

Our Office

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Office hours:

Mon: 9:00am - 8:00pm
Tue: 11:00am - 8:00pm
Wed: 9:00am - 8:00pm

Find Us...



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Don't Forget To Use Your Dental Insurance and FSA Funds by the End of the Year

The leaves are falling, squirrels are gathering acorns and there are fewer boats to be seen on Candlewood Lake. These are signs - and warnings - that fall is here and winter is right around the corner.

We'd like to give you a warning too - with winter comes calendar year-end, and many dental plans run on a calendar year basis. This means that you may have benefits remaining that you still could use in 2017.



Maximize Your Insurance Benefits This Year

- Don't let your benefits sit there unused as year-end approaches. Ask your insurance company if you have unused dollars available in dental services. Then call us for an appointment!
- Take advantage of the deductible you have already paid for 2017. Remember that services beginning January 1, 2018 will require paying a new deductible.
- Use up your annual maximum. Most dental insurance plans have a maximum that the plan will pay each year, often \$1,000 per person. If you used benefits for the year are less than this maximum, you will be losing benefit opportunity as any remaining 2017 benefit availability will not roll over into 2018.
- You are paying your monthly dental insurance premiums, so use your benefits! Even if your teeth don't need any work, be sure to come in for regular cleanings and exams. Early detection of cavities, gum disease and even oral cancer is important for the most effective treatment.

Another very important reason for using up your annual dental benefits isn't just monetary - remember that dental problems can get worse! If you put off treatments, you risk more extensive treatments in the future. For example, a simple cavity may turn into an expensive root canal if not addressed promptly.

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....continued from page 1 **Don't Forget To Use Your....**

Don't Forget Your Flexible Spending Account

Calendar year end also brings an end to your 2017 flexible spending account (FSA). If you have elected to contribute some of your pre-tax pay into an FSA, you must use the money in benefits or forfeit it after December 31. Remember the rule - "use it or lose it!"

Check with your insurance company to see if you have a remaining FSA balance. Then give us a call to schedule a cleaning or any dental work that you may need.

October Is a Special Time To Celebrate Dental Hygiene

October is National Dental Hygiene Month and a great time to raise awareness on the importance of good oral health.

This year the American Dental Association is focusing on 4 important routines to help maintain healthy smiles: Brush, floss, rinse and chew.

Here's how to keep your teeth and mouth healthy and fresh:

- Brush twice a day for 2 minutes. Use a soft-bristled brush that can easily reach all of your teeth. With your toothbrush at a 45° angle to the gums, gently move the brush back and forth. Be sure to hit the outer and inner surfaces of the teeth as well as the chewing surfaces. Don't forget to brush your tongue to remove bacteria and keep your breath fresh.
- Clean between your teeth every day by flossing. Flossing can remove plaque that brushing misses.
- Rinse daily with mouthwash to eliminate bacteria and biofilm in your whole mouth. Rinsing can get into areas that brushing and flossing miss.
- Chew sugarless gum for 20 minutes after meals to prevent tooth decay. This action increases saliva to help wash away food and other debris. The increased saliva also neutralizes damaging acids and provides disease-fighting substances in the mouth.

Another great way to promote dental hygiene is to visit your dental hygienist for a cleaning and exam! Our hygienists not only clean your teeth but examine your gums and oral cavity for any problems. You'll receive top notch care not only for your teeth but for your overall wellbeing too.



Brush Up on Dental History:



The quest for sparkling white teeth is not a recent fad. In fact, the ancient Romans valued white teeth as a sign of wealth and nobility. They achieved whiter teeth by applying a paste of pumice, goat's milk and urine.

Our Zoom In-Office Whitening System Provides Quality Results

Have you considered whitening your teeth, but are bewildered by the array of over-the-counter products advertised on television?

We have the perfect solution for you - our Zoom in-office whitening system. This bleaching treatment is the quickest way to whiten teeth. The Zoom whitening product is applied directly to the teeth and may be used in combination with heat, a special light and/or a laser. Although you'll see results in only one 30-60 minute treatment, the most dramatic results require several appointments.

Our in-office whitening treatment uses stronger bleaching agents, usually hydrogen peroxide in concentrations from 15-43%. We use gel or a rubber shield to protect the gums and oral cavity from the effect of the bleaching agent, which is applied directly to the teeth.



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....continued from page 2 **Our Zoom In-Office Whitening System....**

Importantly, the bleaching process is supervised, where over-the-counter procedures are not. We'll thoroughly examine your teeth, gums and mouth and consider your complete medical treatment to determine if bleaching is appropriate for you. We'll custom match the treatment to lighten the stains on your teeth.

Please contact us if you are interested in our Zoom in-office whitening system for a sparkling smile.

Recipe of the Month **Healthy Chicken Salad**

If you love chicken salad but don't like all the calories from mayo, here's a delicious alternative using Greek Yogurt and Sour Cream.

Ingredients

- 2 cups chicken breast, shredded or chopped
- ½ cup Nonfat Greek Yogurt
- ¼ cup Nonfat Sour Cream
- 1 tablespoon Mayonnaise
- ½ Gala Apple, chopped into small pieces
- 2 tablespoons Bell Pepper, diced fine
- 1 tablespoon Dill Pickle Relish
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions

1. In a large bowl, mix together all ingredients until well blended.
2. Adjust salt and pepper as needed.
3. Serve with bread, crackers or vegetables.

Recipe courtesy of youbrewmytea.com



What's Happening in and Around New Fairfield

Oct 7

13th Annual Pumpkin Festival
Clapboard Ridge Road
Danbury, CT
<https://goo.gl/JpTTnz>

Oct 7

Oktoberfest
Knights of Columbus
Carmel, NY
<https://goo.gl/NJ4qvH>

Nov 3

Capitol Steps
Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/x6uHRh>

Nov 17 - 19

Festival of Trees - Taps & Trees Beer
Fest 2017
Crowne Plaza
Danbury, CT
<https://goo.gl/fTpCcb>

Nov 19

33rd Annual Run for the Turkeys - 5K
New Fairfield High School
New Fairfield, CT
<https://goo.gl/yFVVMY>

Nov 19

Hudson Valley Wine and Chocolate
Festival
Patterson Recreational Center
Patterson, NY
<https://goo.gl/HnciZk>

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Dec 1

6th Annual Westchester All-Stars-
Christmas For Veterans
Paramount Hudson Valley Theater
Peekskill, NY
<https://goo.gl/Vg9F2V>

Dec 8

Blood, Sweat & Tears
Paramount Hudson Valley
Peekskill, NY
<https://goo.gl/dtsZ7d>

Dec 10

Christmas with The Celts
The Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/cL8ZZA>

Dec 20

Oakridge Boys
The Ridgefield Playhouse
Ridgefield, CT
<https://goo.gl/bJcdKN>

Meet our Doctor



Dr. Lorraine Burio