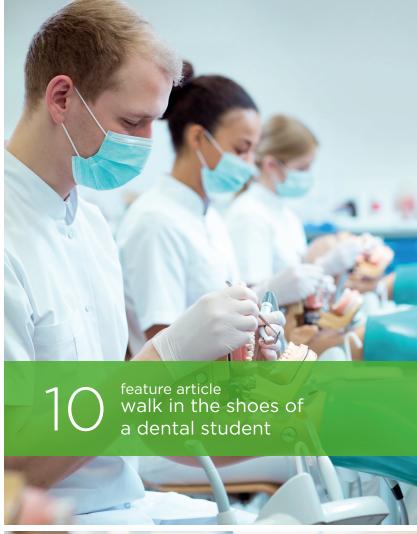




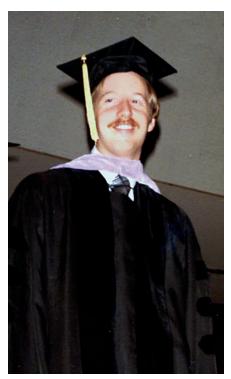
grin!

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Dr. Kohn at his dental school graduation

on topic with dr. kohn

dental school memories

My favorite part of dental school, of course, was walking across the stage in cap and gown, receiving my diploma, and hearing the dental school dean say, "Congratulations, doctor!" as he shook my hand!

It was a difficult and stressful four years, but I remember the fun and shared experiences I had with my classmates — people who were also trying to survive and become knowledgeable, successful clinicians.

I think my main memory is my first patients. After 40 years, I still remember most of their names. I remember the feeling of tremendous responsibility, that someone was trusting *me* to take care of them. There is a certain vulnerability when you are worried about any aspect of your health, and you put your faith and trust in someone to do the right thing for you. I always tried to put myself in my patients' shoes and do for them what I would want done for my family or myself. It also made me want to become as knowledgeable as possible about all aspects of my profession.

Meet Delta Dental's Vice President of Dental Science and Policy, Bill Kohn, DDS. Formerly the director of the Division of Oral Health at the Centers for Disease Control and Prevention, Dr. Kohn has timely tips and valuable insights to share as our resident dental expert.





strawberry energy bites

These chewy strawberry energy bites are packed with flavor and vitamin C, helping repair bones and teeth. Try them for breakfast or as a midday snack.

ingredients:

1 cup frozen strawberries 1 cup oats 1/2 cup sunflower seeds 1/2 cup coconut flour 1-2 tablespoons coconut oil Unsweetened shredded coconut

directions:

- Blend strawberries, oats, sunflower seeds, coconut flour and 1 tablespoon of the coconut oil in a food processor. You can also add a pinch of sugar substitute if you prefer a sweeter taste.
- 2) When the mixture becomes a fine paste, mold it into balls. You may need to add another tablespoon of coconut oil if the mixture seems too dry.
- 3 Roll the balls in the shredded coconut, then refrigerate for at least 2 hours before enjoying.
- 4 Store them in the fridge for up to 3 days, or put them in the freezer to save for later.

HISTORY OF ORAL HEALTH:

dental education

Dental education has come a long way since barbers were trained to perform tooth extractions. Here's a look at the developments over the centuries.



1948

The National Institute of Dental Research (known today as the National Institute of Dental and Craniofacial Research) is founded by Congress.

1210 The Guild of Barbers forms in France. Barbers were split into two groups: educated surgeons who could perform operations and lay barbers who could perform routine tasks such as tooth extractions - and shaving.



1840 The first dental school in the world, the University of

Maryland School of Dentistry, opens in Baltimore.



1530

The first book dedicated to dentistry, The Little Medicinal Book for All Kinds of Diseases and Infirmities of the Teeth, is published in German.



1959

The first comprehensive book on dental hygiene, Clinical Practice of the Dental Hygienist, is published by dentist and dental hygienist Esther Wilkins. New editions of the textbook are still used to teach dental hygiene today.





Lee Ann asks:

"My daughter's wisdom teeth are coming in, but they don't seem to be bothering her at all. Does she really need to have them removed?"

Hi, Lee Ann. Between the ages of 17 and 21, most people get a third set of molars, also known as wisdom teeth. In some situations there may not be enough room for the teeth and they may not be able to fully erupt, or push past the gums. When wisdom teeth are impacted (stuck completely or partially below the gums), they may contribute to tooth decay, gum disease and misalignment of other teeth.

Though it's generally agreed that wisdom teeth should be removed if they are causing problems, such as infection, frequent pain, damage to adjacent teeth or other immediate difficulties, dentists debate about what to do when they haven't caused any dental issues. In an effort to prevent problems before they start, dentists may recommend removing wisdom teeth as soon as they grow in.

The American Association of Oral and Maxillofacial Surgeons supports removing wisdom teeth "with disease or at a high risk of developing disease." However, when there is no sign or risk of disease, the organization recommends regular x-rays and exams to keep an eye on the teeth. Waiting to see how the teeth develop may result in less surgical trauma if extraction is eventually needed, or the teeth may never need to be removed at all. In either case, the American Association of Oral and Maxillofacial Surgeons recommends making a decision by age 25 or 26, so there is usually ample time to monitor and evaluate.

The bottom line:

Your daughter may not necessarily need to have her wisdom teeth removed. Talk with her dentist to get an expert opinion on how your daughter's teeth are developing and whether your dentist recommends surgery. With most young adults, there usually is very little risk in waiting to see how the teeth develop.



Have a question you'd like us to answer? Send it to grin@deltadental.com, and it could be featured in an upcoming issue.

5 WAYS TO THINK outside the (lunch) box

Don't get stuck in a PB&J rut when you're prepping lunches for school or the office. These five alternatives are healthy and delicious.



Egg and avocado salad sandwich
Did you know that avocado may halt oral cancer cells?
Spice up your bread with this delectable spread of mashed avocado, hard-boiled eggs, salt, pepper and lemon juice.



Almond coconut bars
Feeling hungry? A great source of protein, almonds can
help you feel full, so you don't binge on unhealthy snacks.
Make them at home with nuts, coconut and honey.



Ground turkey and veggie lettuce wraps
Saute some ground turkey with colorful veggies, like red
peppers and tomatoes, for a satisfying and vitamin-rich lunch
on a bed of fresh lettuce.



Apple slices with almond butter
Apples are high in fiber and can help rinse food particles out
of your mouth. Add some dark chocolate chips for a bit of
sweetness without too much sugar.



Spinach salad with strawberries and feta This fresh salad offers a tantalizing mix of sweet and savory, with no added sugars. Just toss some spinach, strawberries, feta and walnuts in a bowl, and drizzle with olive oil.

TWO-WORD answers

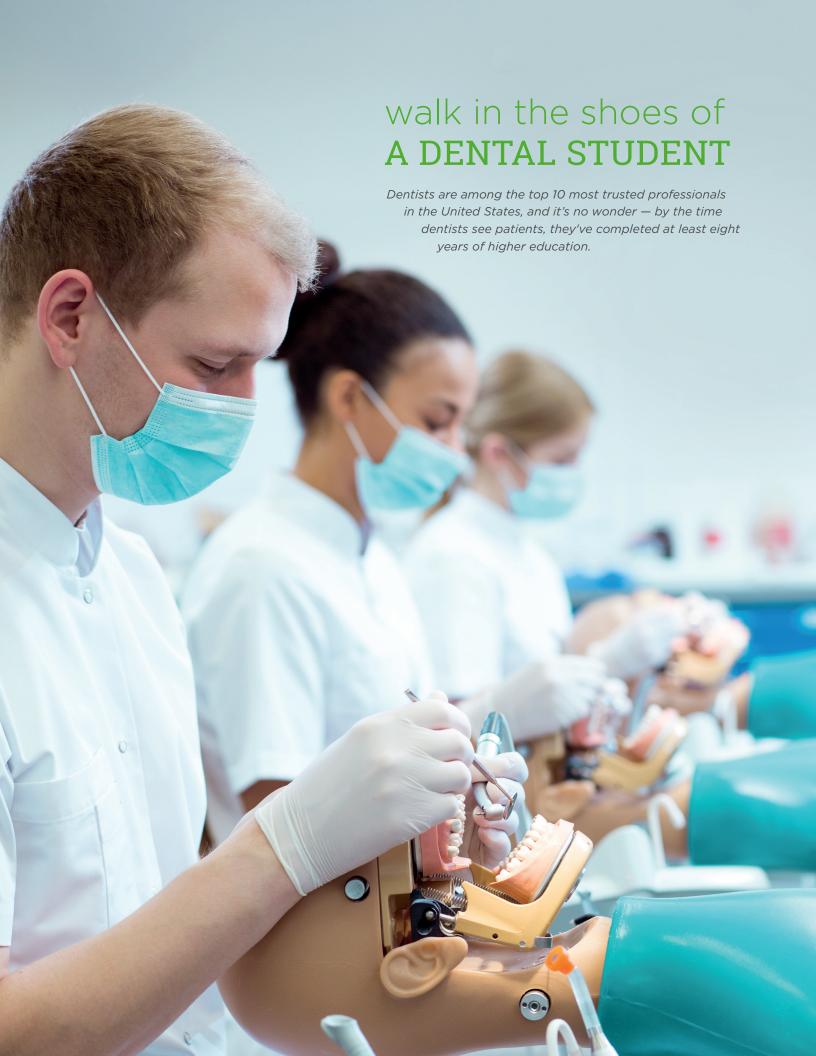
Q: How do you call the thing that attaches the tongue to the floor of your mouth?

A: Lingual frenulum.

A frenulum is a small fold of tissue in the body. "Lingual" specifies that the tissue relates to the tongue.









Joseph Suslik, a dental student at the Virginia Commonwealth University (VCU) School of Dentistry, is starting his final year of dental school this fall. Here's what he had to say about his path to becoming a dentist.

grin!: What made you want to pursue dentistry?

Suslik: It is very empowering and emotionally rewarding to help patients understand the cause of dental disease and to help them achieve good oral health. The ability to provide patients with treatment that will better their day-to-day lives keeps me working hard. I was always tinkering with things with my hands as a child, so dentistry's marriage of medicine and microsurgery made it an obvious career choice for me.

grin!: What kind of classes do you have to take?

Suslik: The first two years of dental school are a 50/50 split of lectures and time in lab practicing different treatments. The last two years are spent focusing mostly on clinical application by working with patients in our clinic. Our studies include anatomy, pharmacology, behavioral science, histology, microbiology, ethics, professionalism and a number of other classes.

grin!: Who are your teachers?

Suslik: With the exception of a few courses, like pharmacology, most of our classes are taught by dentists. The majority still maintain their own practices or work at the faculty practice at VCU. A few are recently retired from private practice and spend a few days a week with us passing down what they have learned throughout their careers. It is great to work with so many different dentists — they each bring a distinct set of skills and pearls of wisdom.

grin!: How do you practice procedures such as extractions and dental surgeries?

Suslik: We first learn the theory and reasoning behind different procedures, practice them countless times on mannequins, spend a lot of time observing others completing procedures and asking questions, then work alongside licensed dentists as we perform them ourselves.

grin!: How many years of schooling will you go through personally?

Suslik: I am proud to have spent an awesome four years at Virginia Tech (go Hokies!) studying biology and biochemistry and am finishing out another four years at VCU School of Dentistry. Definitely mark me down for at least another year of schooling after my graduation this coming May -1just need to figure out in what!

grin!: What are your post-graduation plans?

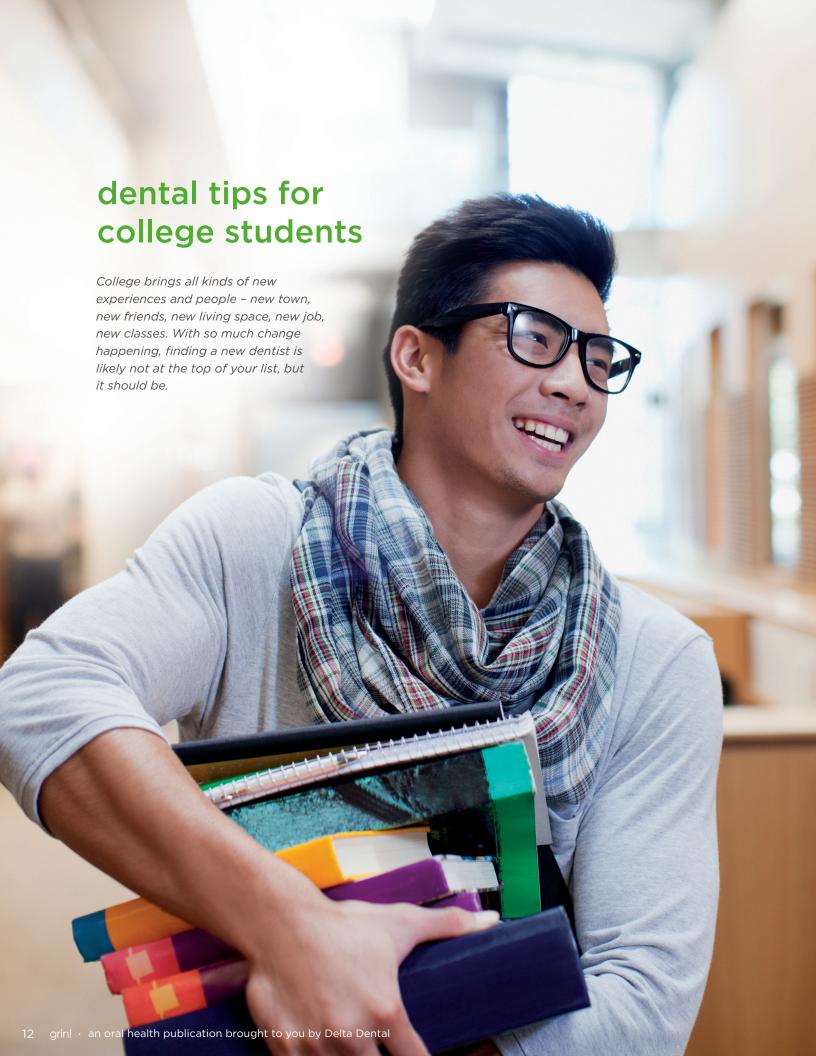
Suslik: I am the proud fiancé of a dentist who is currently studying to become a pediatric dentist! She recently graduated from

> VCU School of Dentistry and is continuing her education down in Dallas, Texas, at Texas A&M School of Dentistry. Many of my weekends throughout this last year in school will be spent flying back and forth to Texas to spend time with her and our 1-year-old puppy. After graduation, I plan on joining her as she finishes her residency.



Owning my own practice would be an amazing opportunity, and I'm sure I'll get there one day, but for now, I plan on joining an existing practice. This will allow me to focus on dentistry and let someone else deal with the challenges of being a business owner.

We wish Joseph and his fiancée the best of luck in finishing dental school and hope to see them as Delta Dental network dentists soon!



If you're a college freshman, you may be used to your parents scheduling appointments for you, especially if you're covered on a parent's dental plan. But keeping track of your dentist appointments is an important habit to establish. Routine appointments allow your dentist to monitor your oral health, helping prevent and identify issues before they become serious and costly.

Finding a dentist in a new town doesn't have to be daunting. Here are a few ways to get started:

- TALK TO LOCALS OR STUDENTS who have been there for a year or two and ask for recommendations.
- ASK YOUR DENTIST AT HOME for recommendations in the area.
- SAVE MONEY BY VISITING AN IN-NETWORK DENTIST. These dentists who have agreed to set fees for Delta Dental patients. Go to deltadentalins.com to find a Delta Dental network dentist.



Booking an appointment isn't all. Here are four more ways you can keep your mouth in A+ shape.



REMEMBER TO

FLOSS. Flossing every day not just the day before your dentist appointment — is an essential way to maintain healthy gums

and cavity-free teeth.



SLASH THE STARCHES AND SUGARS. Swap out chips, crackers and cookies for fruits, veggies, cheeses and nuts.



KEEP YOUR DRINKING

IN CHECK.

An occasional adult beverage is fine (if you're of legal age!), but a binge-drinking has been linked to a greater risk for oral cancer.



PUT OUT YOUR CIGARETTE. Smoking causes yellow teeth, bad breath and an increased risk of gum disease, cavities and oral cancer.

dental benefits education:

understand claim statements

Want to see how much your dental plan covers? Download a claim statement (also known as an explanation of benefits, or EOB) after you visit the dentist. Just go to deltadentalins.com, log in to your online account and click on Documents to view recent claim statements. You can download these statements as PDFs for your records. (Make sure your browser hasn't disabled pop-up windows.)

What's in my claim statement?

#1 Claim number: 20160255494511	_A_	B_		D _	B -		G	—
PROCEDURE NUMBER AND TYPE OF SERVICE	SUBMITTED FEE (\$)	ACCEPTED FEE (\$)	MAXIMUM CONTRACT ALLOWANCE (\$)	AMOUNT APPLIED TO DEDUCTIBLE (\$)	PAID BY ANOTHER PLAN (\$)	CONTRACT BENEFIT LEVEL	DELTA DENTAL PAYS (\$)	PATIENT PAYS (\$)
Date of service: January 1, 2016 Treatment type: Restorative (D2393) RESIN-BASED COMPOSITE - TWO SURFACES, POSTERIOR TOOTH Tooth: 30 Surface(s): B,O	280.00	255.00	255.00	0.00		80% Treating pro	204.00 ovider: JANICE	51.00 LEE
Date of service: January 1, 2016 Treatment type: Restorative (D2393) RESIN-BASED COMPOSITE - TWO SURFACES, POSTERIOR TOOTH Tooth: 31 Surface(s): D,O	280.00	255.00	255.00	0.00		80% Treating pro	204.00 ovider: JANICE	51.00 LEE
Claim total for JOHN SMITH	560.00	510.00	510.00	0.00	0.00		408.00	102.00

- Submitted fee: The amount charged by the dental office.
- Accepted fee: The total owed to the dentist, including your share and the amount paid by insurance.
- Maximum contract allowance: The total on which Delta Dental bases its payment portion.

Note: If you go to an out-of-network dentist, this amount may be lower than the accepted fee.

Amount applied to deductible: How much of your deductible you have fulfilled with the given procedure(s).

> Note: Not all plans include a deductible (a fixed dollar amount you are required to pay before your coverage applies).

Paid by another plan: The amount covered by your primary plan, if you have dual coverage.

> Note: This column only applies if Delta Dental is your secondary plan (such as coverage through your spouse or second job).

- Contract benefit level: The percent of the maximum contract allowance that's paid by your dental plan.
- Delta Dental pays: The amount your dentist is paid through your current dental plan.
- Patient pays: How much you owe the dentist: This is what's left over from the accepted fee after your insurance covers its portion(s).



dental trend spotlight: therapy dogs in dental offices

In recent years, dental offices have incorporated many innovative techniques to help their patients relax in the chair: music, TVs, aromatherapy and even spa-like treatments. But there's one that really gets our tails wagging: therapy dogs.

Therapy dogs have long been used to help people, including veterans suffering from post-traumatic stress disorder and hospital patients who need a morale boost. But a furry, friendly face can also have a calming effect on patients who get nervous in the dental chair.

It takes special canines to become therapy dogs: These dogs need the right temperament to be around people, including kids. They also need to be able to deal with strange smells and noises, such as

> sounds from dental handpieces, compressors and other equipment. To get an official certification, dogs must go through weeks of training to be able to handle a variety of situations and people. Even after the initial training is complete, therapy dogs continue to receive reinforcement training on a regular basis.

An in-office therapy dog may have to pass another test — the allergy test. Many practices try to get hypoallergenic dogs, which means they're tolerable to people with pet dander allergies. But no dogs are 100% hypoallergenic, and some patients are simply not "dog people." When a patient has an allergy or fear of dogs, the dental staff will take the therapy dog out of the room to keep the patient comfortable.

Although therapy dogs may have been intended to calm patients, their work extends beyond the person sitting in the chair. They often visit people in waiting rooms while their loved ones undergo procedures — and some dentists have noticed that an office dog helps the staff de-stress during the workday, too.

your back-to-school smile list

Gear up for school with these fun activities.

- 1 Sharpen all of your No. 2 pencils. (Just don't chew on them.)
- 2 Get in one more beach or pool day. Don't forget your SPF lip balm!
- 3 Stay up too late one more time before "tomorrow is a school day."
- 4 Enjoy dinner with your family on your patio, deck or porch.
- 5 Take a spur-of-the-moment day trip.
- 6 Go shopping for a new backpack. Tuck a toothbrush and travel-size toothpaste inside!
- 7 Finish up your summer reading list.
- 8 Research some fun new lunches to take to school. (Try our tasty strawberry energy bites on page 5!)
- 9 Sleep in while you still can.
- 10 Create a back-to-school playlist to get pumped in the mornings.

