

## April Drawing

Our first monthly drawing was a definite success! Just for fun we decided to up the ante and generate a little more excitement! Now is your chance to experience the new market next door to DeWitt Dentistry. Make and keep your April appointment and be eligible for our monthly drawing. What a great way to start the Spring season!

**WIN A GIFT CERTIFICATE TO  
THE GOOD EARTH MARKET  
GREENHOUSE & CAFÉ!**



## Community Corner

### Did you know???

Dr. DeWitt is the ONLY General, Trauma, and Cosmetic dentist on staff at Elmhurst Hospital. For 20 years he has taken great pride in serving our community as emergency room dentist and liaison. He is also a consultant for in-patient assessment and diagnosis. Dr. DeWitt is also on staff at Resurrection Healthcare's Westlake Hospital in Melrose



## Dental Insurance Corner

### The Case of the Mysterious Fine Print...Investigate your Dental Plan!



You may need more than your deer stalker hat and magnifying glass to identify all the possible changes in your new dental insurance plan. We have all encountered changes that our current economy has necessitated. One of these may be your new or updated dental plan. Many new policies contain changes in coverage such as services and their frequencies, changes in benefit plan year dates, deductibles, and maximums.

As always, we will be most happy to try to help you understand your policy in order to maximize your benefits. However, try as we may, it has become more difficult to obtain complete information from insurers regarding individual plans. So sleuth your way through the fine print of your policy to prevent surprises at billing time. You are your own best private eye!

## Contact Us

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# THE DENTAL TIMES

APRIL 2010

## Referral Program

Effective April 1, 2010:  
Refer **1** patient to our office and once that patient has completed treatment receive a **free fluoride treatment** at your next cleaning visit.

**(\$31.00 value)**

Refer **4 or more** patients within a 1 year period of time & receive a choice of:

**1 Sonicare Ultrasonic Toothbrush (\$170 value)**

OR

**A Dinner/Theatre Package for Two to Drury Lane**

Call for additional details.

*We appreciate patients who refer friends and family to our practice.*

*We value your confidence in our dental team!*



Another Chicago area winter is beginning to fade into the history books. New beginnings are apparent almost everywhere you look. The first young green shoots have made their appearance and the promise of change and hope always “springs eternal.” We at DeWitt Dentistry are celebrating some firsts as well. We have our first monthly drawing winner. We were delighted to present four movie tickets to Mrs. Sandra Q. We are thrilled to be able to continue this tradition with the upcoming April drawing. We thank all of our patients who participated and wish all of our April patients Good Luck!



## DRINK WHITE TEA FOR DENTAL HEALTH



Virtually everyone is aware of the health benefits of drinking tea. But not all teas are equal when it comes to your dental health. White tea seems to top the list in terms of oral health in several ways. First, white tea has the strongest concentration of antioxidants. These antioxidants or polyphenols appear beneficial in reducing cavities, plaque buildup, and Periodontitis. The fluoride in the tea helps reduce oral bacteria and keeps the teeth less sticky. This helps to prevent plaque from building. White tea has the added benefit of keeping teeth stain free, a problem for black tea and coffee drinkers alike.

So, while all teas are beneficial to good dental and systemic health, lets all raise our pinkies and indulge in 2 cups of white tea between meals. Your teeth and your body will thank you!

(Source: SCIENCEDAILY.COM, MSNBC.MSN.COM)



## Floss Your Way To A Longer Life



While acquiring a pet can add a possible 2 years to your life, daily flossing can add up to 6.4 years. Flossing helps reduce plaque build up in the teeth and gums. Plaque is a thick coating of nasty bacteria and is linked with an overactive immune system, along with a doubled risk of cardiovascular disease. Research has also shown that periodontal disease doubled the risk of stroke in adults over 25. So floss for a longer life and maybe get a cat. Just maybe.