



“FILLING” YOU IN

A Dental Newsletter from the Office of Dr. Margaret Szott

Vol. 9, No. 2, December, 2011

Newsletter Spotlight

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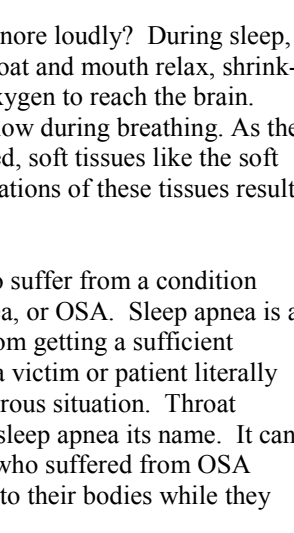


Questions or comments, e-mail us at: sellars3@bellsouth.net or call us at 336-286-9897

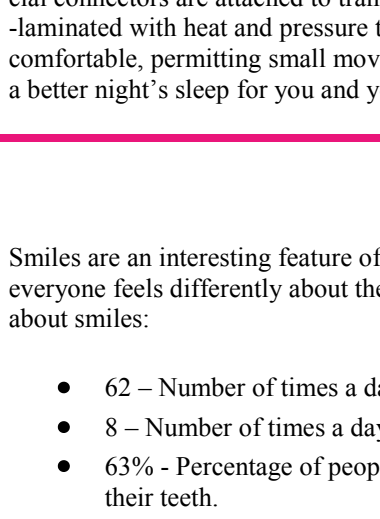
Win a FREE I-PAD

A successful practice does not just happen. It is the result of a strong commitment to excellence in our treatment and in our relationships with patients. We would like to take a moment to thank you for showing your confidence in our practice through your recommendations to friends, family, and colleagues. We are gratified to find how many new patients regularly call on us based on your words of advice.

To show our appreciation for your referrals, we have begun an in-office contest. The current patient who makes the most referrals between now and January 31, 2012 will **WIN A FREE I-PAD**. It is the least we can do to say "Thank You" for the confidence you have expressed in our practice.



Silence Your Night with a Snore Guard



Does your partner complain you snore loudly? During sleep, muscles and soft tissues in the throat and mouth relax, shrinking the airway and causing less oxygen to reach the brain. This increases the velocity of airflow during breathing. As the velocity of required air is increased, soft tissues like the soft palate and uvula vibrate. The vibrations of these tissues result in "noisy breathing" or snoring.

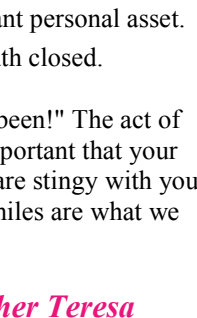
Those who snore are also likely to suffer from a condition known as Obstructive Sleep Apnea, or OSA. Sleep apnea is a disorder that prevents the body from getting a sufficient amount of oxygen during sleep. During times of sleep, the sleep apnea victim or patient literally stops breathing for small periods of time, creating an extremely dangerous situation. Throat blockage, mostly from the tongue or palate, is what gives obstructive sleep apnea its name. It can result in excessive daytime sleepiness and fatigue. In the past, many who suffered from OSA were required to sleep with an oxygen machine (CPAP) to force air into their bodies while they slept. These machines limited sleeping positions and were noisy.

Now, for the majority of snorers, and for some who suffer with OSA, the most affordable, non-invasive, comfortable, effective snoring solution remains a dentist-prescribed snoring preventative device called a Snore Guard.

A Snore Guard is a custom-fabricated dental device that moves the lower jaw into a forward position, increasing space in the airway tube and reducing air velocity and soft tissue vibration. Special connectors are attached to transparent flexible upper and lower splints. The splints are custom-laminated with heat and pressure to the dentist's model of the mouth. The fit is excellent and comfortable, permitting small movements of the jaw and allowing uninhibited oral breathing and a better night's sleep for you and your spouse.

Smile Statistics

Smiles are an interesting feature of everyone's life. Everyone has one, but everyone feels differently about their own. Consider a few interesting facts about smiles:

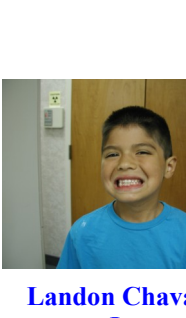


- 62 – Number of times a day the average woman smiles.
- 8 – Number of times a day the average man smiles.
- 63% - Percentage of people who say they look best in photos when they are showing their teeth.
- 99.7% - Percentage of adults who say an attractive smile is an important personal asset.
- 23% - Percentage of people who say they look the best with their mouth closed.

Mark Twain once wrote, "Wrinkles should merely indicate where smiles have been!" The act of smiling is a very uncomplicated and important human activity. It really isn't important that you smile because it's something less than what you want it to be, we can help - Smiles are what we do best....Because A Smile Lasts a Lifetime!

Every time you smile it is an action of love - a gift ... ~Mother Teresa

Win Free Teeth Whitening



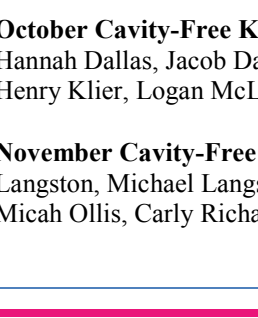
Want to brighten your smile for free? All existing patients who "Like" us on Facebook will have their name entered into a random drawing at the end of September, December, March, and June to win free custom bleach trays from Dr. Szott.

You must be a patient to win. No repeat winners. Patients with active tooth decay must have treatment completed before bleach trays are made for dental health reasons. Like us today!

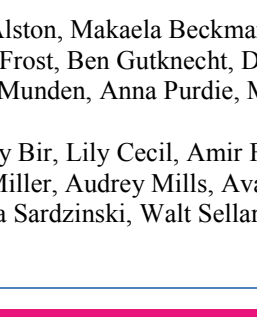
Cavity-Free Kids

All kids 12 years of age and younger who are cavity free at their dental hygiene appointments now get to enter their name into a monthly drawing for a \$20 gift card to Toys & Co. At the end of the month, a name is randomly selected and in addition to the gift card, the winner's photo is placed on the cavity-free board in our reception area for an entire month. All other cavity-free kids have their name listed on the board as well. Congratulations to all of our Cavity-Free Kids. Keep on brushing and flossing ...Because a Smile Lasts a Lifetime!

Cavity-Free Kid Monthly Winners:



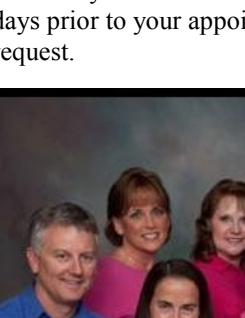
Landon Chavarria
June



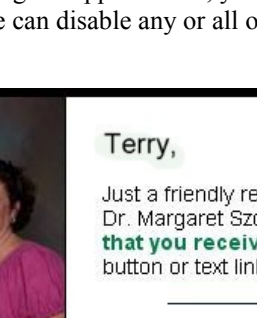
Nathan Cory
July



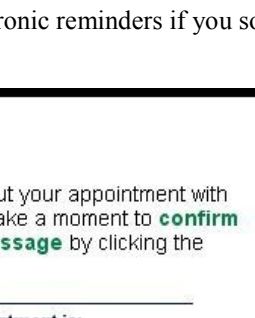
Hunter Seidle
August



Rachel Lurie
September



Henry Klier
October



Joshua Spinks
November

June Cavity-Free Kids: Alex Allen, Jacob Breeden, Kennady Chavarria, Landon Chavarria, Emma Donnelly, Elijah Fox, Sara Garba, Maddock Griffith, Wesley Halley, Aidan Heberle, Regan Heberle, Stephen McLean, Carley Swanton, Sydney Turner, Sarah Webb, Jack Wildman, Isaac Yates.

July Cavity-Free Kids: Jack Chaney, Anna Copple, Jacob Copple, Lucas Cory, Nathan Cory, Cameron Gray, Trent Gray, Bobby Hall, Trey Jackson, Michael Kastanek, Lucas Kolls, Isabella McNeil, Luke Phillips, Ben Register, Leah Register, David Rodriguez, Evan Tucker, Emily Woods.

August Cavity-Free Kids: Connor Ballou, Rylan Ballou, Tanner Ballou, Taryn Beckman, Jack Garrison, Kody Groff, Sophia Hazlett, Joshua Hwang, Noah Hwang, Ellie Niven, Will Niven, Jack Purdie, Michael Purdie, Abigail Seidle, Hunter Seidle, Nicholas Seidle.

September Cavity-Free Kids: Carmen Baker, Madeline Baker, Kennedy Boston, Bryce Griffith, Jayla Grimes, Rachel Lurie, Shane Mays, Noah Morton, Madison Muscatello, Jacob Shoffner, Sylvie Sorensen, Hannah Swanton, Matthew Szott.

October Cavity-Free Kids: Alex Alston, Makaela Beckman, Andy Bir, Sophie Blankenship, Hannah Dallas, Jacob Dallas, Allias Frost, Ben Gutknecht, Danielle Khaitas, Yonatan Khaitas, Henry Klier, Logan McLoud, Leyla Munden, Anna Purdie, Molly Stewart.

November Cavity-Free Kids: Andy Bir, Lily Cecil, Amir Faeizi, Mitra Faeizi, Matthew Langston, Michael Langston, Kate Miller, Audrey Mills, Ava Mills, Celeste Ollis, Kirby Ollis, Micah Ollis, Carly Richardson, Anna Sardzinski, Walt Sellars, Joshua Spinks, Destiny Wright.

Confirming Dental Appointments

A Message from Charles

As more and more patients become dependent on the internet and computers, we have found that e-mail confirmation of dental appointments offers significant convenience. The e-mail you receive five days prior to your appointment allows you to click a button at the bottom of the screen, automatically confirming your appointment. **If you confirm this appointment, you will not receive any further e-mails** but will receive a text message a few hours before your appointment. If you do not confirm your original appointment a few hours before your appointment, you will receive a second e-mail two days prior to your appointment. We can disable any or all of our electronic reminders if you so request.



Terry,

Just a friendly reminder about your appointment with Dr. Margaret Szott. Please take a moment to **confirm that you received this message** by clicking the button or text link below.

Your appointment is:

Tuesday, November 15, 2011

12:40PM

CONFIRM NOW
click to confirm your appointment

If this is your first visit to our office, please click the button below to fill out new patient paperwork prior to your appointment.

New Patient Forms

We appreciate your time and look forward to seeing you then!

Sincerely,

Dr. Margaret Szott

Add to My Calendar Submit a Review Refer a Friend

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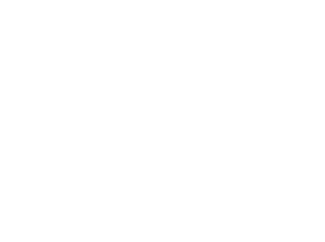


We realize that some of you would still like to be contacted via telephone. If you have a preferred confirmation method, e-mail, voice mail, or both, please let us know and we will accommodate your needs.

Please realize that our confirmation requests are more than just a reminder about your appointment. We are asking that you take a few seconds to let us know that you will be at your scheduled appointment, either by clicking the reply button on the e-mail or calling the office. When you schedule an appointment, the treatment room and time is reserved only for you. Confirmed appointments allow us to be completely prepared for you upon your arrival in our office. If we are made aware, with ample notice, that you need to reschedule, we can offer your time slot to a patient that might be having tooth pain or other some other emergent dental need. Thank you for your attention to this matter. We are striving to make coming to the dentist easy and efficient for everyone.

From Our Family to Yours

Dental Assistant **Barbara Leggett** and **Dr. Szott** participated in the North Carolina Missions of Mercy (NCMOM) free dental program in early November. The goal of this program is to provide free dental care to as many under-served persons within North Carolina as possible. A great time was enjoyed by all.



Janet Luther and her husband, Mike, just added to their crew of five. Katie Luther was born on August 2, 2011. Janet is now back at work on Monday and Tuesday of each week. Congratulations to "The Luther Bunch!"

Halloween didn't go unnoticed at the office. This year, we dressed up as "Snow White Teeth's Six Dwarfs." "Doc" was played by Dr. Szott, Charles was "Sleepy," Amy was "Happy," Shea was "Dopey," Beth was "Grumpy," and Barbara was "Sneezy." We handed out apples (non-poisonous of course) as treats to patients that day.



Mission of Mercy

Katie Luther

Halloween