

Winter 2010



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Orthodontics and  
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[www.kidbraces.com](http://www.kidbraces.com)

## THANK YOU

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Thank you, from all of us, for your ongoing loyalty, cancellation notification, referrals, and every kept appointment that helps our office run smoothly.

Our team's commitment extends beyond your office visits. We stay in touch by emailing newsletters sharing information about our office and ways you can take better personal care of your teeth.

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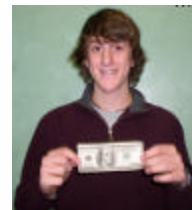
### Our Winners

The **\$100** drawing for the orthodontic patients that come to their appointment:

- On time
- Wearing their t-shirt with our logo
- Having a clean & healthy mouth.



Tallahassee  
January winner



Thomasville  
December winner

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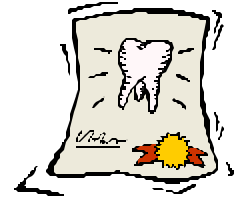


Thank you to those that participated in contributing to Second Harvest food contribution contest.

# A Note about dental insurance

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Dental insurance is intended to cover some, but not all of the cost of your dental care. Most plans include coinsurance provisions, a deductible, and certain other expenses, which must be paid by the patient at the time of services.



As a reminder, Dr. Sexton is double-boarded as both a Pedodontist (children's dentist) and an Orthodontist (braces for children and adults.) We recommend you understand how your insurance pays in regards to each of these specialties. We are not listed as a "general dentist" with insurance carriers.

Our office will file insurance for both "in network" and "out of network" plans. Please check our website for listings of our "in network" insurances.  
<http://kidbraces.com/insurance.htm>

We will file for you if you are allowed to go "out of network". Please be aware that if we are considered an "out of network" dentist, your out-of-pocket expense could be more. This is because your insurance may reduce our fees and pass the difference on to you.

We also recommend that you become aware of your benefits for fluoride treatments, x-rays and sealants. Each insurance pays these services on a different pay schedule at different ages.

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## Orthodontic Lab in the office

Dr. Sexton has his own in-house lab making orthodontic appliances and retainers. He can interact with the fabricating of all the appliances with a Lab Technician available in preparing and delivering what is recommended for each patient.

Patients can choose from a variety of fun colors and patterns in creating their own appliances or retainers.



# Fluoride Facts

Research has shown that fluoride reduces cavities in both children and adults. It also helps repair the early stages of tooth decay even before the decay becomes visible. Unfortunately, many people continue to be misinformed about fluoride and fluoridation. Fluoride is like any other nutrient; is safe and effective when used appropriately.

**Q: Why should fluoride be added to water? Can't I just get it from toothpaste?**

**A:** Drinking water actually contains natural levels of fluoridation. For children, drinking fluoridated water provides life-long protective benefits. In drinking water, a low dose of fluoride is received over a long period of time. In toothpaste you get a heavy dose all at once that mostly gets washed away.

**Q: How does fluoride fight tooth decay?**

**A:** When person eats sugar, or other refined carbohydrates, an acid is produced that removes minerals from the surface of the tooth, a process known as demineralization. If the demineralization process continues for a period of time, it leads to a cavity.

Fluoride fights tooth decay in more ways than one. It reversed the demineralization process, preventing cavities and strengthens tooth enamel, making it more resistant to acids present in the mouth. When ingested, fluoride is incorporated into the enamel of developing teeth before they erupt, making them more resistant to decay.

**Q:** Where can I go online to find information about fluoridation?

**A:** [www.ada.org/public/topics/fluoride/fluoride\\_links.asp](http://www.ada.org/public/topics/fluoride/fluoride_links.asp)

[www.ada.org/public/topics/fluoride/index.asp](http://www.ada.org/public/topics/fluoride/index.asp)

[www.cdc.gov/fluoridation/](http://www.cdc.gov/fluoridation/)



