



# BAKER BRECHT

Excellence  
in dentistry



Summer 2009

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Choices. Choices in how your health is managed and improved. Today's economic climate has placed many of our patients in a financial situation that is completely new to them—no employer provided dental insurance. This situation may cause high levels of anxiety and cause you to make quick and unresearched decisions in purchasing private personal dental insurance. Dental care is the most affordable form of health care provided to the public. Traditionally, 65% of our patients have insurance and 35% pay out of pocket.

## What to consider when selecting or changing a dental plan:

- Some plans require you to select from a limited list of dentists. Selecting from a list is not the same as freedom of choice. If we're not on the list, give us a call and ask why.
- Most plans pay only a portion of your dental expenses and may exclude or discourage certain treatments, like sealants, or yearly cavity detecting x-rays. These treatments can save you money in the future. Read your plan carefully and understand the limitations. We may recommend a procedure that is not covered by your plan.
- Some plans do not cover pre-existing conditions, dental implants, specialist referrals and other needs. Even if we agree on the best treatment method for you, the insurance plan may only pay for a portion of the procedure or the least expensive alternative treatment as determined by the insurance company.

## Dental benefit plan models

Dental plans can be divided into two categories: managed care and fee-for-service. Managed care plans typically treat the insurance plan, not the patient. They restrict the type, level and frequency of treatment; limit access to care; and control the level of reimbursement for services. Fee-for-service plans are freedom-of-choice arrangements which pay the dentist for each service according to fees established by the dentist.

Patients are often surprised to learn their insurance benefits do not cover all of the treatment their dentist recommends, and are forced to pay some out-of-pocket expenses. Dental insurance benefits have remained at this level for more than two decades. For more tips on selecting or changing a dental plan, visit [www.ada.org/public/manage/insurance/index.asp](http://www.ada.org/public/manage/insurance/index.asp).

There are hundreds of different insurance plans. At the present time, our office participates with Delta Dental (Traditional and Premier) and Blue Cross Traditional. Please inform us as soon as possible about any insurance changes, or when exploring options. This will allow us to contact the insurance carrier and determine if it is a plan beneficial to your care.

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## Your dental health

### Office staff

#### Dentists

Jeffrey Baker DDS

Paul Brecht DDS

#### Hygienists

Jeanne

Sue

Susan

#### Dental Assistants

Karen

Patty

#### Administrative Assistants

Anna

Clare

### Protecting the dental health of your children

#### First dental visit

Bring your child in as early as three-years-old. The child will sit on mom or dad's lap and get a ride in the dental chair. We will count teeth, check for decay and show you how to properly brush your child's teeth. It is important you do not let the child know if you feel any anxiety toward your own dental visits.

#### Your child's diet

You know the importance of a good diet for your child's overall health. It is important to know that the teeth, bones and soft tissues of the mouth also need a well-balanced diet. Children should always eat a variety of foods from the five major food groups:

- Fruits
- Vegetables
- Bread, cereals and other grain products

- Milk, cheese and yogurt
- Meats, poultry, fish and alternates such as dry beans, peas, eggs and nuts

For strong teeth, resistant to decay, children need protein, vitamins and minerals, especially calcium, phosphorus and proper amounts of fluoride. Set a good example by making healthy choices for yourself. Developing good eating habits at a young age will help your child maintain a healthy smile throughout their adult life.

#### Dentally healthy snacks

- Cheese
- Raw vegetables
- Nuts
- Gelatin
- Unsweetened yogurt
- Unsweetened gum and candy

*Source: Michigan Dental Association*

## From the dentist

#### We value our customers

We would like to express our sincere gratitude to our patients for choosing us to provide dental care. If you know of anyone who is in need of the same type of quality care, please feel free to refer them to our office. We will be placing the names of all referring patients into a

monthly drawing. The winner will receive a Philips Sonicare toothbrush. Monthly winners will also be recognized in our quarterly newsletter.

Congratulations to our spring winners!

April—Shelley Lawrence

May—Tammi Kern

June—DeAnn Schluessler



# Smiles go high tech

## My new tooth!

By Beth Monicatti-Blank

I'm a new patient of Dr. Baker. My father has been a patient for years and he's always spoken very highly of Dr. Baker. I trust my dad, so, I made an appointment.

All new appointments—whether they are for a physical or dental visit—can be a bit unnerving. My appointment was confirmed the day prior by Clare—a nice touch I thought. The offices are beautiful, loaded with great magazines, comfortable and state-of-the-art. There's nothing calming about sitting in an ugly, plastic, unimaginative waiting room for a doctor visit. This was a great change of pace.

After a thorough exam that included an oral cancer screening, gum measurement and blood pressure check, I learned that I had a cavity. I thought you stopped getting cavities in your youth? It must be my love of candy! The cavity was in a tooth that already had a filling. Not much room left for another filling. Dr Baker suggested an onlay—the creation of a partial tooth that would fit perfectly into the space that the new cavity and old filling used to occupy.

My new onlay could be made with Dr. Baker's new E4D machine, a new technology that creates onlays, inlays and crowns in his office. The benefit is that the new tooth (or section of tooth) is done the same day.

No more waiting two weeks for your "new tooth" to come in—and worrying about your temporary teeth coming off at the most inopportune moments (it's really horrible if you've ever had it happen!).

A set of pictures with a James Bond-like pencil thin camera gives Dr. Baker and his staff the digital photos they need for the E4D machine to create the perfectly sized, perfectly colored tooth. After bonding, my new overlay looks much better than most of my regular teeth.

I'm going to shout the virtues of Dr. Baker's new technology on my Facebook page.



**E4D Dentist\***

Modern Dentistry. Modern Lifestyles.™

## Q&A

### Do my lips need sunscreen?

Yes! Your lips are more susceptible to burning than other parts of your body. Excessive exposure to the sun's rays has been linked to lip cancer. The best way to protect our lips from the sun is to wear lip balm with an SPF of 15 or higher all year long. Women should make sure their lip gloss or lipstick contains an SPF as well.

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Lastly, you should consider if dental insurance is worth your investment. Are your premium costs and out of pocket co pays higher than the fees we charge? We offer up to 12 months, zero percent financing through Citi Health and a cash courtesy on payments made in full with a check or cash. (Certain restrictions apply.) This provides you the ability to be more informed and directive in your care. You no longer will be required to conform to insurance mandated care. Choose wisely, your health is in your hands. Look for more information on insurance options in the near future.





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586-992-9222

smilesbybaker.com



*Did you know?*

**Dr. Baker honored by local magazine**

Dr. Jeffrey T. Baker, DDS was recently named one of *Hour Detroit* magazine's Top Dentists of 2009. This list is based on a peer-review survey sent to over 5,000 dentists and specialists in metropolitan Detroit. Thousands of votes were cast honoring excellence in all fields of dentistry. Look for the complete list in the July 2009 issue of *Hour Detroit* and online at [www.hourdetroit.com](http://www.hourdetroit.com).



8152 25 Mile Road  
Shelby Township, MI 48316

**Hours:**

Monday & Tuesday: 8 a.m.-6 p.m.  
Wednesday: 8 a.m.- 2 p.m.  
Thursday: 8 a.m.-5 p.m.

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