

The Smile Times TM

The official newsletter of Diamond Dental Service

Vol. 2023.1

754 S. Rand Rd., Lake Zurich, IL. (847) 550-3135



AMAZING TECH: LASER DENTISTRY

One of the greatest advancements in modern dentistry is the diode laser. These incredible devices can be used in over 34 different procedures, usually resulting in faster healing times, faster appointments, and greatly reduced pain and discomfort.

Most people think of lasers as a substitute for the scalpel (and it's great for that), but lasers also treat many conditions non-surgically. For example, dental diode lasers can quickly and comfortably treat canker sores and even herpetic lesions ("cold sores"). The laser can also be used to treat certain TMJ issues by decreasing pain and improving range of motion.

Patients may also benefit from the dental diode laser after their cleaning, with the laser being used to kill harmful bacteria that promotes gum disease. Diode lasers can also be used with professional teeth whitening. The many uses for these devices make them truly remarkable.

Dr. Alma Lombardo of Diamond Dental Service in Lake Zurich, IL has extensive experience with dental diode lasers and is proud to offer a wide variety of dental laser treatments in her Lake Zurich, IL office. Ask us about the laser at your next visit!

DEEP CLEANINGS: FACT VERSUS MYTH

WHAT ARE THEY? DO I REALLY NEED ONE? DOES IT COST MORE?

If you were given just one car to own your entire life, would you merely spray the road salt off the hood and doors in winter, or would you also wash under the car to prevent rust and permanent damage to the most critical parts? In many ways, your teeth are like that car. People only get one set of adult teeth to last a lifetime. So, when your dentist or hygienist informs you that you need a "deep cleaning," here are the facts and why you should follow their advice.

The phrase "deep cleaning" is an imperfect nickname for an important dental procedure called scaling and root planing, or "SRP." While regular cleanings and SRPs both clean tooth surfaces above the gum line, during SRP the hygienist also removes bacteria from diseased gum tissue far below the gum line, to the tooth root. Regular cleanings prevent gum disease before it forms, whereas SRPs treat gum disease that has already formed. SRPs usually require local anesthetic, and could involve multiple appointments depending on the severity of the detected gum disease.

The need for SRP is based on objective, measurable facts gathered during a dental exam, where X-rays are taken, pocket depth is measured, bone and tissue health are evaluated, and the patient's medical history is reviewed.

When periodontal disease is detected, SRP is necessary to prevent further, irreversible damage. In the presence of periodontal disease, a regular cleaning is not sufficient.

Although the cost of SRP is initially greater than a routine preventative cleaning, catching periodontal disease early and treating it properly increases the chances of saving the patient's natural teeth and avoiding the need for root canals, surgical extractions, implants, crowns, dentures etc., potentially saving a great deal of money in the long run. Plus, there is nothing better than a person's natural teeth.

For the 47% to 70% of U.S. patients with periodontal disease, SRP followed by more frequent dental cleanings and improved oral hygiene habits at home can help slow the progression of gum disease and hopefully prevent tooth loss and other serious problems for years.



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Dr. Alma Lombardo, DDS
Founder of Diamond
Dental Service



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Existing Patients:

REFER - **A** - FRIEND

YOU GET
\$50!



THEY GET
FREE WHITENING!

Limit one \$50 account credit per household you refer. Referred patient must be new to our office and accepted as patient. Referral must mention this offer and your name at booking to earn your \$50 credit and their professional-strength whitening product after cleaning. Exp. 9/30/23.



Take a Virtual Tour!
www.LZdentist.com



ABOUT DIAMOND DENTAL SERVICE

Diamond Dental Service is a full-service family and cosmetic dental studio conveniently located between Costco and Walmart in Lake Zurich, IL at 754 S. Rand Rd. The office prides itself on having the latest and most advanced technology to ensure the highest level of patient care and safety. All of Diamond Dental's team members regularly participate in professional training and continuing dental education programs to stay at the forefront of modern dental procedures and patient satisfaction. We invite you to visit us!

FEATURED SERVICES:

- General family dentistry
- Invisalign
- Implants, Crowns and Bridges
- Dentures
- Zoom Teeth Whitening
- Veneers
- Root Canals and Extractions
- Emergency Treatment
- Sleep Apnea Treatment
- TMJ Disorders
- Night Guards and Sports Guards
- Periodontal Treatment
- Botox, Juvederm, Xeomin, and Restylane

MOST INSURANCE ACCEPTED:



Plus many others!

UnitedHealthcare

Ameritas

74 MILLION AMERICANS LACK DENTAL INSURANCE

It is estimated that over 74 million Americans do not have dental insurance. However, skipping the dentist increases the risk of Heart Disease, Clogged Arteries, Stroke, Kidney Disease, Bad Breath, Brown or Yellow Teeth, Periodontal Disease, Tooth Loss, Oral Cancer, Pneumonia, and other serious health problems. Dr. Lombardo strongly believes that everyone should have access to affordable, quality dental care, so she created the DiamondCare Plan, available only at Diamond Dental Service in Lake Zurich, IL. For a small annual fee, all DiamondCare members receive dental cleanings and exams, x-rays, fluoride treatment, oral cancer screenings, emergency exams, a digital intra-oral scan, and much more. Plus, DiamondCare members receive major discounts on almost all other treatments in her office.



PREPARE YOUR TEENS FOR THEIR FUTURE

Today's teens struggle with low self-esteem, low self-confidence, and numerous other challenges such as teasing, cyber-bullying and so on. Studies show that 90% of teens feel judged by their peers, 70% are not satisfied with their appearance, and 87% wish to change how they look.

Unfortunately, things may get harder as teens grow into adulthood, with studies showing that teens who are insecure now will continue to be self-conscious as adults. Meanwhile, studies show it is the adults with greater self-confidence and greater self-esteem who are more likely to land better jobs, secure more promotions, earn more money, and enjoy a better quality of life.

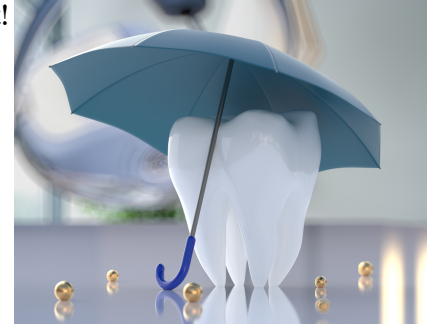
One of the biggest reasons teens feel self-conscious is because of their smile and their teeth. And while traditional metal braces can solve much of this concern, 84% of teens with metal braces are even more self-conscious, and feel like they don't fit in.

Fortunately, there is a way to straighten teeth in as little as 6-18 months without metal braces. Invisalign is a series of clear plastic trays that are nearly invisible, and they can be easily removed for special events, photos, eating and brushing. If you have a teen who is just entering high school, or is preparing to head off to college soon, now is the perfect time to give them a lifelong boost to their self-esteem and self-confidence, and help set them up for a lifetime of success. Dr. Lombardo at Diamond Dental Service in Lake Zurich, IL has advanced Invisalign training and can even scan your teen's teeth and show a 3-D rendering of how their smile could look after Invisalign treatment. And for a limited time, if you start a Full Invisalign case between June 1 and August 30, 2023, you will receive a professional teeth whitening! Of course, adults of all ages can likewise take advantage of this incredible offer. Call today or see page 4 for details!

WHAT DOES MY DENTAL INSURANCE COVER? CONFUSED? WE CAN HELP!

Dental insurance PPO plans can be very confusing, with many policies using technical terms and medical jargon. We hope this simple guide will answer some questions and help prepare you for your next dental appointment!

PPO policies usually contain 4 categories of dental work: Preventative, Basic, Major, and Orthodontic. In a typical policy, Preventative includes cleanings, exams and routine x-rays. Basic usually includes non-surgical extractions, fillings and root canals. A policy's major category may include crowns, implants, bridges, dentures, surgical extractions and oral surgery.



Once you know the category of treatment needed, PPO policies usually have something like a 100-80-50 model, where 100% of Preventative is covered, 80% of Basic is covered, and 50% of Major is covered. But plans do vary and they also have an annual maximum of usually \$1,000 or maybe \$1,500, and they pay nothing over this amount. There could also be a deductible - a set amount you must pay for a procedure before insurance covers anything. Lastly, orthodontic coverage (think braces or clear aligners) is in its own category. Some policies have this coverage, while others have none. Also, please note that elective cosmetic treatments, like veneers and whitening, are almost never covered. Diamond Dental Service in Lake Zurich, IL has in-house dental insurance experts who will ensure that their patients get the maximum possible coverage for their treatment.

REDUCE DENTAL APPOINTMENT STRESS WITH NITROUS SEDATION

For millions of Americans, a trip to the dentist can be very stressful - but it does not have to be. Nitrous oxide gas is a safe and highly effective means of managing nervousness, anxiety and discomfort in the dental office. Nitrous oxide makes patients feel incredibly relaxed, both before and during their treatment. Plus, the effects wear off very quickly once the gas is turned off, so patients may go about their day. Nitrous oxide gas has been used for more than 150 years in dental settings and is considered highly effective and very safe. Dr. Alma Lombardo and her team at Diamond Dental Service in Lake Zurich, IL are proud to offer nitrous oxide sedation to their patients. For more information, or to add nitrous oxide sedation to your next appointment, visit LZdentist.com or call 847-550-3135 today.



WWW.LZDENTIST.COM



ASK THE DOCTOR: Can my natural teeth last my entire lifetime?

It's true that dental crowns, bridges, implants and dentures can vastly improve someone's life after losing some or all of their teeth, but nothing beats natural teeth. Since you only get one set of adult teeth to last your entire lifetime, help make them last.

First and foremost, brush at least twice a day, no excuses. Also make sure you are using fluoride toothpaste and a proper brushing technique: ask the hygienist for tips at your next cleaning. Likewise, get an electric toothbrush, which are very affordable and beneficial. And like it or not, flossing is extremely important, as most problems start below the gum line where you may not notice a problem until it's too late. Fluoride mouthwash is great for added protection.

On top of your home routine, be sure to visit your dentist every 6 months, or more if recommended. No amount of brushing and flossing can match what is removed professionally. Plus, routine x-rays and exams allow dental professionals to catch problems before they start to hurt or become visible to the naked eye, and there is no substitute for acting early to stop problems before they worsen.

Finally, if your dental care team recommends any treatment, I strongly encourage you to pay close attention. I would rather see a small cavity filled before it turns into a root canal, and I'd rather see a root canal performed before it turns into an extraction and tooth loss. Whatever the issue might be, it will only get more painful and more expensive over time. See you soon! -Dr. Lombardo



2 DIAMONDCARE PLANS NOW AVAILABLE FOR THOSE WITH NO DENTAL INSURANCE

It is estimated that over 74 million Americans do not have dental insurance. The lack of dental insurance, and the fear that dental treatment will be expensive, causes many individuals to avoid the dentist, visiting only when something hurts. Skipping regular dental visits, however, increases the risks of heart disease, clogged arteries, stroke, kidney disease, bad breath, brown or yellow teeth, periodontal disease, tooth loss, oral cancer, pneumonia, diabetes, and other serious health problems. It is far less expensive and less painful to see the dentist regularly and preserve natural teeth, than it is to wait until something hurts and much more serious (and more costly) treatment is required.

Dr. Lombardo of Diamond Dental Service in Lake Zurich, IL strongly believes that everyone should have access to affordable, quality dental care, so she created the DiamondCare Plan for her uninsured patients. For a small annual fee, all DiamondCare members receive dental cleanings and exams, x-rays, fluoride treatment, oral cancer screenings, emergency exams, a digital intra-oral scan, and much more. Plus, DiamondCare members receive major discounts on most other treatments and procedures in her office. And due to popular demand, Dr. Lombardo has unveiled a new DiamondCare Plan option for patients who require periodontal therapy, saving them more than ever on the care they need to keep their natural teeth longer and avoid more costly and painful treatment down the line. Make an appointment today at LZdentist.com or call 847-550-3135 for more information on the DiamondCare Plan.



NO DENTAL INSURANCE? NO PROBLEM!



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WORK-FRIENDLY HOURS:

MONDAY 7AM-3PM
TUESDAY 7AM-3PM
WEDNESDAY 11AM-7PM
THURSDAY 11AM-7PM
SATURDAY 9AM-2PM

Call or Schedule Online Today!