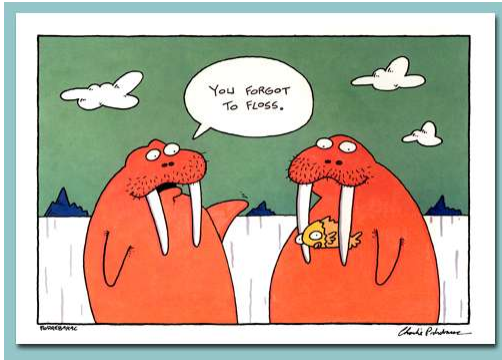


☺ PDC KIDDIE KORNER ☺

(JOKES & COMICS)



**Why does a vampire clean his teeth three times a day?**  
To prevent bat breath

**Why is 4,840 square yards like a bad tooth?**  
Because it is an acre.

**Why did the king go to the dentist?**  
To get his teeth crowned!



4-21  
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**"Mommy, we have a problem. Jeffy's already gone to bed and his toothbrush is DRY!"**

Let's talk about...

## Silent Nite® Snore Guard

Do you snore at night?



The medical profession estimates that 80 million people in North America alone snore while sleeping. Obstructive Sleep Apnea (OSA is a disorder whereby breathing repeatedly stops for brief periods during sleep. But there is hope! Along with a few lifestyle changes such as losing weight and correcting posture and positions while sleeping, patients can obtain more restful nights sleeping with the aid of the prescription snore guard appliance called **Silent Nite®**. **Silent Nite®** is a custom made, affordable, flexible and comfortable device that aids in reducing snoring.

The appliance is made by your dentist taking impressions and sending them to the lab. The lab sends back an appliance composed of two separate plastic bite trays, one each for the bottom and top teeth. These trays are attached together with a pair of plastic hinges which keep the lower jaw in protrusion (coming forward). By keeping the jaw forward, this helps to allow ease of airflow while you sleep. Contact us today for an appointment to find out if a Silent Nite® Appliance is right for you.

**PEOPLE'S DENTAL CARE, P.A.**  
DR. TABREENA WALKER, DDS



*"Creating Happy Healthy Smiles"*

100 W. CenTex Expwy, Suite 110  
Harker Heights, TX 76548  
254-699-7002

The PDC  
**Smile-O-Gram**  
**Newsletter**

(A Quarterly Publication)

**JAN-MAR 2012 ISSUE**

**HAPPY NEW YEAR!**

**HAPPY MARTIN LUTHER KING DAY!**

**HAPPY VALENTINE'S DAY!**

**HAPPY PRESIDENT'S DAY!**

**HAPPY St. PATRICK'S DAY!**



Call Us For Details!

254-699-7002

## A HEALTHY MOUTH MEANS A HEALTHY BODY!

### **Obstructive Sleep Apnea**

Obstructive sleep apnea is the most common form of apnea. **Obstructive sleep apnea (OSA)** -- also called obstructive sleep apnea syndrome -- occurs when there are repeated episodes of complete or partial blockage of the upper airway during sleep. During a sleep apnea episode, the diaphragm and chest muscles work harder to open the obstructed airway and pull air into the lungs. Breathing usually resumes with a loud gasp, snort, or body jerk. These episodes can interfere with sound sleep. They can also reduce the flow of oxygen to vital organs and cause irregular heart rhythms.

Men, individuals who are overweight, and people over 40 are at greater risk for sleep apnea. Untreated sleep apnea can cause hypertension, stroke, or heart failure.

**The most common obstructive sleep apnea symptoms include:** daytime sleepiness or fatigue; headaches in the morning; trouble concentrating, forgetfulness, depression, or irritability; night sweats restlessness during sleep; sexual dysfunction snoring; and sudden awakenings with a sensation of gasping or choking.

**In children the symptoms may include:** bedwetting; choking or drooling; excessive sweating at night; inward movement of the ribcage when inhaling; learning and behavioral disorders; poor school performance; sluggishness or sleepiness ; snoring; teeth grinding; restlessness in bed pauses or absence of breathing; unusual sleeping positions

We encourage patients to be evaluated by their primary care physician and possibly have a sleep study done to determine if sleep apnea is present. With that said **your DENTIST can fabricate an Anti-Snoring device which can help open the airway and allow for an improved sleep pattern.** The device offered at People's Dental Care is the **SilentNite® Appliance.**

Call 254-699-7002 for details.

## INSURANCE & ECONOMICS IN THE DENTAL OFFICE Tips About Money Matters Affecting Your Dental Treatment Decisions

PDC has a partnership with both **CareCredit** and **Citi Health-Card**, and **Chase Health Advance** -- three types of payment plan options allowing patients to easily pay their balances through set monthly installments and get dental care they need when they need it. Just fill out a short application & start your treatment immediately.

**PDC is NOW A TEXAS MEDICAID AND TEXAS CHIP PROVIDER.** To request PDC as your provider for these programs, simply contact **Medicaid Client Hotline at: (800) 252-8263.**

**People's Dental Care P.A. is a contracted Preferred Provider for the following dental insurances:** Aetna, Cigna, Delta Dental, Humana, MetLife, Southwest Life &Health (First Care), and United Concordia/TRICARE. Provider for GEHA insurance pending.

Patients should inform PDC of any changes in their insurance coverage and mailing address as promptly as possible to expedite billing and claim processing.

**Talk to your CPA to find out how you can deduct your dental co-payments not paid by insurance and money paid for specialized dental/medical equipment on your taxes when filing this year.**

Call Us For Details!  
254-699-7002

## Community Events & News

### **Christmas Tree Recycling**

01/07/12 9:00AM - 2:00PM

**Killeen Special Events Center**

9:00 a.m. – 2:00 p.m.

Sponsored by Keep Killeen Beautiful Committee

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**February is  
National Dental Health Month:**  
*Give your child a head start on a healthy smile... Bring them in for a dental exam.*

### **People's Dental Care, PA**

**Celebrating Black History Month  
Saluting Pioneer African American Dentists**

**Dr. Robert Tanner Freeman – 1<sup>st</sup> African-American to earn a dental degree**

**Dr. George Grant – A Dentist, Inventor of Golf Tee**

**Dr. Ida Gray Nelson Rollins – 1<sup>st</sup> African American Female to practice in the US.**

**Dr. Clifton O. Dummett, - Prominent African American Dental Historian**

## **City of Harker Heights Parks & Recreation**

### **Baseball/T-Ball**

Youth Baseball and T-Ball will begin in the Spring of 2012. Registration will begin on March 1.

### **Softball**

Softball registration begins on March 1.

**For more Details:  
contact the Harker Heights Recreation Center at (254) 953-5657**