

## (BRAI N TEASERS)

1. What letter is next in this sequence?  
M, A, M, J, J, A, S, O, \_\_\_
2. What can run but never walks, has a mouth but never talks, has a head but never weeps, and has a bed but never sleeps??
3. How can you use the letters in NEW DOOR to make one word?
4. Why are 2007 pennies worth more than 2006 pennies?
5. yyy u r, yyy u b, i c u r y 4 \_ ?
6. You have a dime and a dollar, you buy a dog and a collar, the dog is a dollar more than the collar, how much is the collar?

### Answer Key:

1. "N " for November
2. A River
3. ONE WORD
4. One more penny
5. Wise you are, Wise you be, I see you are too wise for me.
6. A Nickel, the dog costs \$1.05



*"Smile and then share it with someone...  
You'll feel much better when you do!"*

Let's talk about...

## PREGNANCY & ORAL HEALTH

During pregnancy, the body's hormone levels rise considerably. **Gingivitis** is common during the second to eighth months of pregnancy and may cause red, puffy or tender gums that tend to bleed when you brush. This is an elevated response to plaque and is caused by an increased level of **progesterone** in your system.

Sometimes overgrowths of gum tissue, called "**pregnancy tumors**," appear during the second trimester. These growths, related to excess plaque, bleed easily & are usually found between the teeth. They are red, raw-looking, with a mulberry-like surface and are usually surgically removed after the birth.

Studies indicate that pregnant women who have severe periodontal (gum) disease may be at increased risk for pre-term delivery, (**Premature Babies**), which in turn increases the risk of having **a low-birth weight baby**.

During pregnancy it is crucial that Mothers-to-be have excellent oral hygiene and see the dentist/hygienist for **more frequent cleanings** during the second trimester or early third trimester to help avoid problems.

**Note:** Some dental insurance companies offer additional hygiene coverage for cleanings during pregnancy. Contact your individual insurance plan for details.



Call Us  
For Details!  
254-699-7002

**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**

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HAPPY EASTER!

HAPPY CINCO De MAYO!

HAPPY MOTHER'S DAY!

HAPPY MEMORIAL DAY!

HAPPY FATHER'S DAY!

HAPPY JUNETEENTH!

## A HEALTHY MOUTH MEANS A HEALTHY BODY!



### GUM DISEASE & HEART DISEASE

Several theories exist about the link between periodontal disease and heart disease. One theory is that oral bacteria can affect the heart when they enter the blood stream, attaching to fatty plaques in the coronary arteries of the heart and contributing to clot formation.

Coronary artery disease is characterized by a thickening of the walls of the coronary arteries due to the buildup of fatty proteins. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks.

Another possibility is that the inflammation caused by periodontal disease increases plaque buildup, which may contribute to swelling of the arteries. Researchers have found that people with periodontal disease are almost two times as likely to suffer from coronary artery disease as those without periodontal disease.

Periodontal disease can also exacerbate existing heart conditions. Patients at risk for infective endocarditis may require antibiotics prior to dental procedures.

Check with your dentist and cardiologist to determine if your heart condition requires use of antibiotics prior to dental procedures.

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

1. PDC has a partnership with both **CareCredit** and **Citi Health-Card**, two 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.
2. PDC is not a Medicaid/Medicare provider. Find out which dental office in your area is a provider by contacting the **Medicaid Client Hotline at: (800) 252-8263**.
3. **People's Dental Care P.A. is a contracted provider for the following dental insurances:** Delta Dental, MetLife, Southwest Life & Health (First Care), and United Concordia/TRICARE.
4. Patients should inform PDC of any changes in their insurance coverage and mailing address as promptly as possible to expedite billing and claim processing.
5. 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

#### Summer Sports- Killeen Parks & Rec

##### **Adult Coed Volleyball**

Registration Dates: March 8–April 9

##### **Summer Adult Softball**

Registration Dates: April 5–May 7

##### **Boys Summer Basketball**

Registration Dates: May 3–June 4 Season starts: July

5 Fees: \$40.00/player Ages: 6–12

Call 501-6391 or 501-8889 for details

#### **City of Harker Heights** SUMMER SPORTS

Girls Volleyball (ages 8 - 13)

Go to <http://www.ci.harker-heights.tx.us/default.aspx?name=pr.download2> to download a registration form.

Call 254-953-5657 for details

#### **JUNETEENTH**

Juneteenth is an annual observance on June 19 to remember when Union soldiers enforced the Emancipation Proclamation and freed all remaining slaves in Texas on June 19, 1865. This day is an opportunity for people to celebrate freedom and equal rights in the United States.

To Learn more about Juneteenth go to [www.juneteenth.com](http://www.juneteenth.com).

#### **Viva Les Arts Upcoming Productions**

**Shout!** April 9-10 & 16-18, 2010

**Spring Ballet** May 22, 23, 2010

**Missoula Children's Theatre**

**Workshop Tour** June 12, 2010

Call (254) 526-9090 for details