

Comprehensive Dental Care
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Fall 2019

COMPREHENSIVE
DENTAL
CARE

WORD & MOUTH

OSCAR MENENDEZ D.D.S. PalmHarborDentist.com



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Hablamos español



Dr. Menendez received the "Mastership Designation" by The Academy of General Dentistry (MAGD). Only 1% of all dentists ever earn this prestigious title.

We'll Miss You Cheryl

Dear Friends,

I would like to take this opportunity to thank our hygienist, Cheryl Blakeslee, for over thirty years of working with us in providing patient care. She has been a hygienist for 45 years and is now retiring. We wish her the best on her new journey and she will be missed greatly by all! Please read her letter to all her great patients and friends.

Sincerely,
Dr. Oscar



Cheryl's Farewell Message

My Dear Patients,

The time has come for me to transition into retirement. I have had 45 fulfilling years as a hygienist, 31 of those years working with the best dentist on the planet, Dr. Menendez.

To each of you, my dear patients, it is impossible to express how much you have meant to me over these years, and not one of you will ever be forgotten. Thank you all for enriching my life in so many ways.

Dr. Menendez and Denise, I am forever grateful for the privilege of working side by side with you for so many years. It has also been a special time for me to work with Dr. Ramos, and I am so pleased to see that he is Dr. Menendez' counterpart. He continues to be another wonderful asset to this practice. The team here exhibits over and beyond expertise, dedication and fun, just like our doctors!

To all of you on this remarkable team, I have so much admiration for your work ethic and for your commitment to our patients and to this practice. I can't thank you enough for enhancing my days here in endless ways.

As most of you know, I have an incredible family I cherish, my husband, two sons, a daughter-in-law, and three grandchildren. My life will continue to be full of family time, travel, hiking, biking, reading, learning, volunteering and "Just Being".

My heart is breaking that I will be moving on, however it will also be overflowing with love and excitement for all of our next steps.

Love,
Cheryl

Smile Bright This Season!

The holiday season will soon be here! Before you get caught up in all the festivities, make sure your smile is shining bright. We have many simple teeth whitening options and cosmetic procedures to help you look your best just in time for the holidays!

Use It or Lose it!

2019 is almost over! If you have pre-tax dollars, flexible spending accounts or dental insurance benefits remaining for the year, you may have hidden money you were not aware of. If these benefits, that you have already paid for, are not used by year end, they are forfeited! So, if you have treatment that has not yet been completed, or you are due for your regular cleaning and check-up, be sure to give us a call.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



Ask The Doctor

Should I Have My Tooth Removed Instead of a Root Canal?



The dreaded Root Canal is something many people don't look forward to. Recently there has been a lot of misleading information regarding them on the Internet. This information has become available through unaccredited sources and the scariest part, is that none of this information is research based. The Digital Age has made information available to us at the speed of a mouse click. However, we must be careful where our information is coming from, since anyone can post anything they wish online.

Root Canals have been proven to work under unbiased research. As a matter of fact, in 2018 the American Academy of Endodontics celebrated its 75th anniversary. Today, due to advances in technology, Root Canals are one of the most predictable treatment modalities we can offer our patients. When the need of a Root Canal is detected and treated early, the prognosis is excellent. The success rate in this case would be about 95%. However, when much destruction has occurred to a tooth and bacteria have colonized not only the nerve, but also the jawbone, success declines.

We routinely see Root Canals in our office that have been successful for ten, twenty and sometimes thirty plus years. The Root Canal should also be a painless procedure. An individual may be in pain prior to having the Root Canal, however the procedure itself should be painless. In summary, prevention is best, but the quicker we can get to the problem the less extensive and more predictable treatment becomes.

Saimon A. Ramos, DMD, FAGD



Congratulations to Dr. Ramos on receiving his Fellowship in the Academy of General Dentistry (FAGD) fellowship. Only about 6 percent of all dentists in the U.S. and Canada ever receive their FAGD fellowship. Obtaining an FAGD fellowship is a rigorous process that involves completion of a minimum of 500 hours of FAGD approved continuing education credits. With this fellowship Dr. Ramos has been recognized as a leader in the dental field and exemplifies the importance of quality continuing dental education.

Team Member News & Notes

Yanela had a healthy baby boy named Isaac.
He weighed 6 lbs, 3 oz. She is now a stay-at-home mom raising three small children.

Welcome Catherine to our front desk!
She has many years of experience as a dental assistant & manager in her dental career.

Welcome back Robbin and Nicole as Dental Assistants!
Both ladies have great knowledge and worked with us 10 years ago.

Tara is now a permanent part of our team! She initially joined us on a temporary basis and is now here to stay.

Thank you Alison for your time with us. We wish you and your family the very best.

Welcome Laura as a fulltime Hygienist. Laura was a Dental Assistant and Oral Surgery Assistant for many years before going back to school to become a Dental Hygienist. She has worked as a Hygienist for over 11 years. She loves to share her knowledge of dental health and her passion for helping her patients.

We are excited to have so many wonderful new additions to our team!
Remember we are still your friendly dental home.



3 Tips to Keep Your Mouth Healthy When You're Sick

When you have a cold or the flu, it's hard to think about anything except feeling better. But that bug you have can also affect your teeth. So, here's three quick tips to keep your mouth healthy this flu season.

Choose Sugar-Free Medication – Cough drops, lozenges and liquid cold medicines are loaded with sugar. Opt for sugar-free or a pill when you can.

Toss Your Tooth Brush – Once you start to feel better, get a new toothbrush. Your old toothbrush can harbor bacteria and easily reinfect you.

Drink Lots of Fluids – Dry mouth is common when you are congested. Since saliva helps control cavity causing bacteria, stay hydrated with plenty of water.

