

**Comprehensive Dental Care**  
2682 West Lake Road  
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Fall 2013

COMPREHENSIVE  
DENTAL  
CARE

WORD & MOUTH

OSCAR MENENDEZ D.D.S. PalmHarborDentist.com



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*Hablamos español*

## *Effective Solutions to Snoring & Sleep Apnea*

Did you know that snoring can be a risk to your health? Snoring, particularly caused by sleep apnea, is linked to conditions like high blood pressure, heart attack, stroke, heartburn, headaches and depression. But, now we provide safe, effective solutions to finally end your snoring problems.

We offer two different sleeping devices that consist of an upper and lower tray that fit over the teeth. Both work by helping to position the lower jaw forward, preventing the soft tissue of the throat from collapsing and obstructing the airway during sleep. Most people experience relief the very first night of usage.

## *Have You Met Dr. Spurr Yet?*



Dr. Spurr grew up in Rochester, NY. She earned her Bachelor's degree from Penn State University in 1990 and her dental degree from the State University of New York at Buffalo School of Dental Medicine. She has been a resident of Pinellas County since 1996, practicing high quality dentistry here for over 16 years.

Dr. Spurr enjoys skydiving, swimming, gymnastics, and tennis. She also enjoys spending time with family and friends.

Dr. Spurr is a provider on Cigna & Delta Dental Plans!

We are proud to say that Dr. Spurr has been with us for more than a year now. So, if you have not had a chance to meet her, please do so.

**Andrea Spurr  
D.D.S., P.A.**

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.



### *Tap 3®*

This custom-made device improves breathing and eliminates snoring in over 95% of all patients. It is made of medical grade stainless steel, nickel-free alloys and other bio-compatible materials for maximum safety and comfort.

For more details on the TAP 3 & the Silent Nite®, call us anytime to schedule a consultation.



### *Silent Nite®*

Silent Nite® positions the lower jaw forward using special S-shaped connectors that are attached to upper and lower trays. These trays are comprised of a soft inner layer with a hard outer layer that is durable and BPA-free.

*Dr. Menendez & his wife Denise both now wear the Silent Nite® and are thrilled with the results. In fact, their daughter says that there is no longer the sound of a freight train running through the house at night!*

# A Message from Dr. Menendez



Dear Friends,

As always, no sooner do we start a new year, then we find ourselves coming to the end of it at an astonishing pace. I hope and pray everyone has had a safe and healthy 2013.

It's been a busy year for us. I committed to achieving my Mastership in the Academy of General Dentistry, which has used up many weekends this year. I'm continuously taking courses on the latest technologies so that we can provide unsurpassed care to all of you. I've also been very committed to the "Access to Care" issue by volunteering at some Free Clinics that provide dentistry to those in need.

On a personal note, our daughter graduated from college and we are very proud of her. She graduated in 4 years from the Fashion Institute of Technology in Manhattan and is thrilled to be starting her career.

Lastly, we're pleased to have added 2 new team members, Donna Portugues and Yanela Pena. We are happy to have them aboard and I feel confident that you will be pleased with the care they provide.

A last word of sage advice, "An ounce of prevention is worth a pound of cure" and nowhere is this more true than in dentistry. Take care of your teeth and they will take care of you.

Wishing you all my very best!

Oscar Menendez

## Get Your New Sonicare Right Here at Our Office!

Sonicare is personally used by more US dental professionals than any other electric toothbrush brand. What's more, there are over 10 million people who use Sonicare and love it.

We are proud to now be able to sell the new Sonicare Toothbrush to our patients.

Here's why you should buy it here, rather than at your neighborhood drug store.

- You'll pay less
- You get a 2.5 year warranty
- You'll receive a \$20 rebate

So, ask us about a new Sonicare Toothbrush on your next visit!



# Dreaming of a White Christmas?

## Get your Teeth Ready for the Holidays



The holidays are right around the corner, so if you'd like to have a nice white smile by then, now is the time to do so. We are proud to offer both in-office and take-home teeth-whitening treatments.

### Zoom Take-Home Whitening Treatment

Our Zoom at-home whitening treatment is a convenient and effective bleaching process that lightens discoloration of enamel and dentin. The Zoom take-home gel is designed to be worn between four and eight hours per application. Studies show that you can achieve an average improvement of six shades after just three nights of use.

### Boost In-Office Whitening Treatment

Opalescence Boost is an in-office, chemically activated whitening treatment that offers results in less than an hour. It's ideal if you want fast whitening for an upcoming special event. Being chemically activated, no hot uncomfortable light is needed. Plus, Opalescence Boost contains PF (potassium nitrate and fluoride), which can help reduce sensitivity and strengthen enamel.

## Important Patient Reminder

2013 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.

## 5 Top Cavity Risks for Adults

Cavities are not just for kids. In fact, cavities are one of the most common worldwide health problems. Here are some of the top cavity risks for adults...

- Sodas & Sports Drinks
- Frequent Snacking
- Inadequate Brushing & Flossing
- Worn Fillings or Dental Devices
- Not Enough Fluoride

The symptoms of cavities vary depending on their severity. In fact, when a cavity is just beginning, you may not have any symptoms. That's why it's important to have regular checkups and cleanings even when your mouth feels fine.