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Aspect

A QUARTERLY NEWS BULLETIN

Great Health Starts Here®

Winter 2017
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Welcome to Aspect, Nevada Dental Benefits, Ltd.'s quarterly newsletter, through which we offer contemporary news information on oral health, the dental industry, the latest research and advice for providers.

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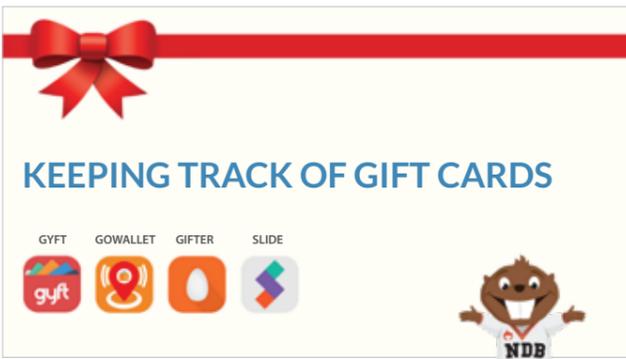
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Great Health Starts Here[®]

THE “DIFFICULT” INFECTION: C. DIFFICILE

By Fred L. Horowitz, DMD

There is a growing problem in the United States due to infection with Clostridium Difficile (C. Diff). While C. Diff often inhabits the intestines of healthy people, exposure to some antibiotics can eliminate other gut flora and make C. Diff deadly. This is especially true in older adults, but all ages can be impacted. It is now recognized that some of those people with C. Diff infections have received recent antibiotic treatment prescribed by dentists. Those patients often visit their physician with severe diarrhea, but do not mention that they were placed on antibiotics recently by their dentist. Generally, that prescription is for pre-medication prior to dental procedures. In recent years both the American Dental Association (ADA) and the American Heart Association have revised their recommendations for pre-medication with antibiotics prior to invasive dental procedures. Those recommendations have greatly reduced the population of people for which such premedication is now advised. To review the most recent recommendation we suggest reviewing the ADA's guidelines at www.ada.org.



Meet NDB's Dental Director Patricia Steiner, DMD. Currently a Dental Quality Alliance Ambassador, Certified Dental Consultant and member of the American Dental Association, Nevada Dental Association and Southern Nevada Dental Society, Dr. Steiner is using her 17 years of experience in the healthcare industry to provide valuable tips as our resident dental expert.

SUMMARY OF CDT CODE CHANGES FOR 2018

The American Dental Association (ADA) has updated several CDT codes that will go into effect on January 1, 2018. Below, I've listed a brief summary of the changes that may affect codes covered under a NDB plan.

DELETED CODES

- ▶ **D5510** repair broken complete denture base; replaced with new codes **D5511** repair broken complete denture base, mandibular and **D5512** repair broken complete denture base, maxillary
- ▶ **D5610** repair resin denture base; replaced with new codes **D5611** repair resin denture base, mandibular and **D5612** repair resin denture base, maxillary
- ▶ **D5620** repair cast framework; replaced with new codes **D5621** repair cast framework, mandibular and **D5622** repair cast framework, maxillary

CHANGES AND ADDITIONS TO SEDATION CODES

- ▶ **D9222** deep sedation/general anesthesia – first 15 minutes (new)
- ▶ **D9223** deep sedation/general anesthesia – each **subsequent** 15-minute increment (changed)
- ▶ **D9239** intravenous moderate (conscious) sedation/analgesia – first 15 minutes (new)
- ▶ **D9243** intravenous moderate (conscious) sedation/analgesia – each **subsequent** 15-minute increment (changed)

Please see the schedule of benefits for each plan to determine benefit coverage and reference the CDT 2018 Dental Procedure Codes book from the ADA for a complete listing of all code changes for 2018.



KEEPING TRACK OF GIFT CARDS

We've all been there. You're about to go to that one store that you think you might have a gift card for, but you can't remember what you did with the darn thing. Bucky is here with some ideas to get your gift cards organized this year.



PLACE GIFT CARDS ON A KEY RING

This option is super fast and easy. Keep gift cards in the same place on the same ring, and when you're ready to shop, you know where they are.



ENTER GIFT CARDS ONTO AN APP

If you're tech savvy, or just someone that has their phone on them 24/7, you may want to consider tracking your gift cards on an application on your smart phone. Below are several apps, where you can enter your gift card number and pin and you're done. This option allows you to access your cards at a moments notice and won't have you searching your car or home trying to find a physical card.



GYFT



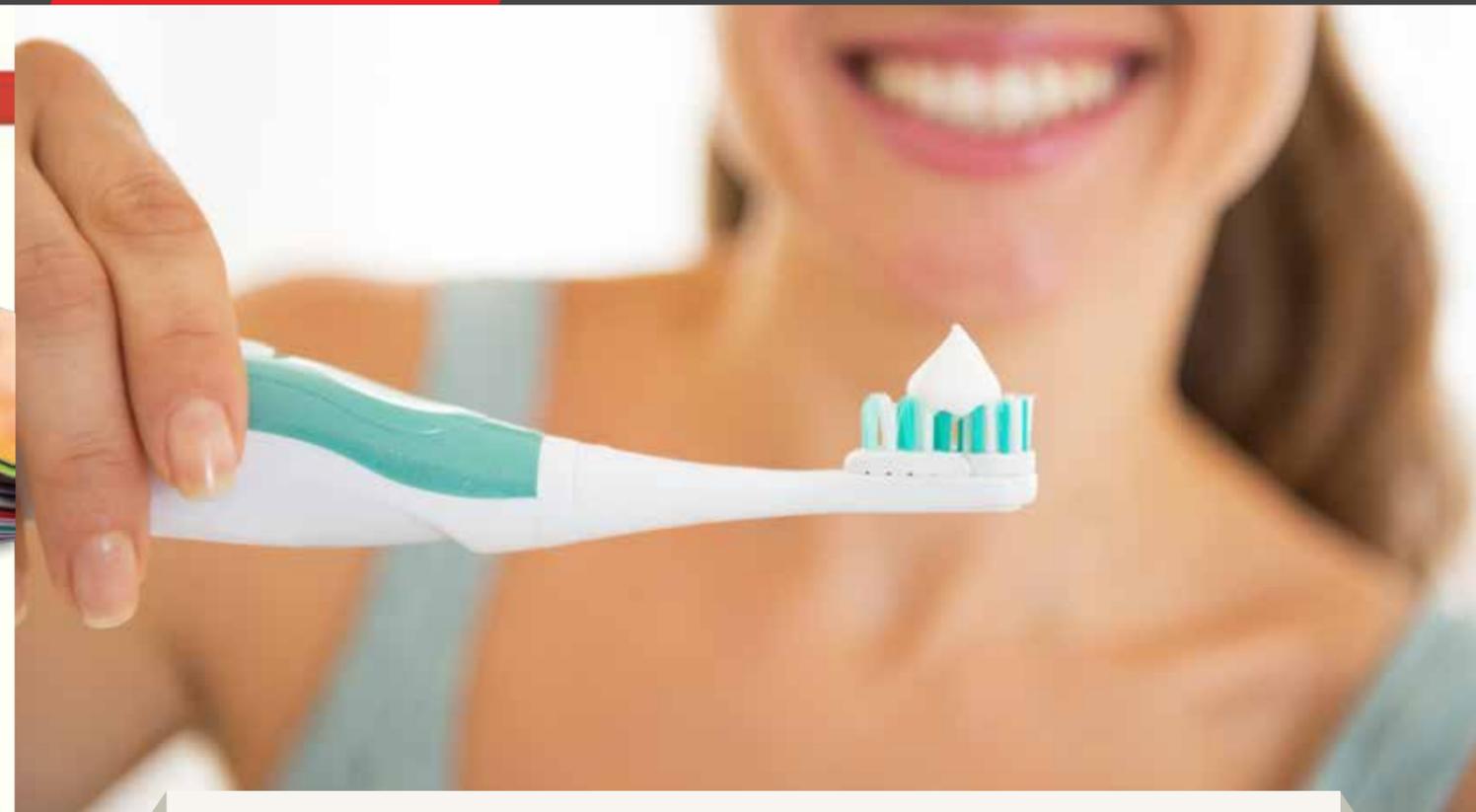
GOWALLET



GIFTER



SLIDE



THE QUEST FOR THE BEST ELECTRIC TOOTHBRUSH

By Rachel Z. Arndt

Toothbrushes have come a long way, but which one is the very best?

Five hundred years ago, someone attached a bunch of hog hairs to a stick and rubbed it against his teeth. Five (or so) decades ago, someone put a battery in a bristle-tipped cylinder and rubbed it against his teeth.

Now, our toothbrushes have timers, Bluetooth chips, companion apps, and replacement heads delivered straight to your home. I explored these evolved teeth cleaners by treating my mouth to the finest in oscillating and vibrating dental care.

Which one is the best? Well the answer isn't so simple, because what's best for you "will depend on the person," said Dr. Matthew Messina, a dentist and consumer advisor for the American Dental Association.

"The human still has to guide the head of the toothbrush and the bristles across all the surfaces of the teeth," he explained. "We don't get a pass on how to move that around. A mechanical [electric] toothbrush can be effective—as long as you use it."

But to get started, these four brushes represent some of the very best dental hardware you can buy. To read the full article [click here](#).

Cathie Davenport



NDB EXECUTIVE ELECTED CHAIR OF AC4OH

Congratulations to Cathie Davenport, Nevada Dental Benefits, Ltd.'s Vice President of Client Relations, on her appointment to Chair for the Advisory Committee for Oral Health (AC4OH).

With her extensive background and expertise in the dental benefits industry, it is no surprise Davenport was chosen as one of 13 valuable members to represent the state. She has served as Vice-Chair for the past year, and as Chair, will be advising and making recommendations to the Division of Public and Behavioral Health and Human Services of Nevada concerning the Oral Health Program. AC4OH supports the Division by promoting the health and well-being of Nevadans through the delivery and facilitation of essential services, to ensure families are strengthened. The Advisory Committee also assists in determining the needs of local communities and sets priorities for the promotion of oral health.

Davenport also serves as Chairperson of the Community Coalition on Oral Health, on the Advisory Committee on the Nevada State Program for Oral Health, is Board Director for Oral Health Nevada and is a board member of United Labor Agency of Nevada.

We appreciate Davenport's local work bringing her to the attention at the state level and thank her for the continued effort she puts forth to improving Oral Health in Nevada.

By Tammy Ishibashi | Provider Relations

With the holiday season upon us, many of us are pulling out decorations from the garage, searching for those special family cookie recipes and coordinating visits with family and friends. It's these traditions that really make this time of year special. So this quarter, I asked our dentists how they spend the holiday season, and if they have any New Year's resolutions to share.

"We have an annual staff fun day, where we go to an amusement park. In the past, we went to Knott's Berry Farm, Sea World, Universal Studios. This year, we're hoping to go to Cancun. For 2018's New Year's resolution, it would really be nice to find heaven on earth."



- Dr. Ben Truong, AC Dental

"For Thanksgiving, I want to see if we could create a small food drive or donation to those in need. For Christmas, traditionally every year our office would have an annual Christmas holiday dinner / party where I will invite each staff and spouse to a good restaurant in appreciation of their hard work and services. "Healthy eating and living" is the New Year Resolution for 2018."



- Dr. Eddie Tai, Apex Endodontics

"Sharpen my snowboarding skills! For New Year's Resolution, continue working on ESOP "Employee Stock Ownership Program" to one day have all employees of BDG become shareholders."



- Dr. David Ting, Boston Dental Group

"Every year I look forward to going to the National Finals Rodeo in December. As far as traditions, each year a bunch of my friends and I get together for a New Year's Trail Ride to bring in the New Year."

- Tammy, Office Manager, Advent Dental

"We get together with family. Last year, I started "Elf on the Shelf," who we've named "Fred," with my kids, so this year I plan on continuing the tradition. Our office anniversary is around the holidays, so we have an office gathering to celebrate both and go to dinner where we have a great time."

- Abby, Office Manager, SmileCity Dental

"I always get together with family and we make tamales! For my New Year's resolution, I'm just trying to be healthy. Dr. Wu always spends time with family from out of town."

- Oscar, Office Manager, Ivy Dental

"I'm looking forward to getting together with family from out of town that we don't get to see as often. Now that the kids in the family are getting older, it's nice to have them all get together. My oldest is in his last year of college and is currently interviewing at dental schools. I've been in dental for over 23 years and am so proud of my son and the great example Dr. Phan has been."

- Lori, Office Manager, Phantastic Dental

"As my staff prepares to decorate the office for the holidays, I can't help but reflect on all of the people I am thankful for. My staff is like family to me. They make my office a professional and joyful place to work. I continue to be so proud of the way they take care of our wonderful patients. We are all thankful for the patients who choose to place their trust in us to do our very best for them. We are thankful for the decade plus we have had an association with the wonderful people at Nevada Dental Benefits. As we look forward to the 2018 New Year we will continue to provide the latest technology combined with the highest quality orthodontic care."

- Dr. Fenn H. Welch, Welch Orthodontics

"I usually host Thanksgiving at my house every year for around 23 people. Many are family that come from out of town. Our tradition is to go around the table and each person says what they are thankful for. For the office, we usually go out to dinner with the staff. For the last couple of years we've gone to FireRock Steakhouse and it's so good, we love it!"

- Haley, Office Manager, Centennial Children's Dentistry & Galleria Pediatric Dentistry

On behalf of all of us at Nevada Dental Benefits, Ltd., thank you to the wonderful team of professionals that we have the privilege of working with each day, caring for our members and health of our community.

Happy Holidays! We are looking forward to a great New Year!



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 www.nevadadentalbenefits.com  (866) 998-3944  contactus@nevadadentalbenefits.com



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