



December 2016

Michael A. Lovato D.D.S. Word of Mouth

Volume 1, Number 3

Contact us

**Michael A. Lovato,
D.D.S.**

**830 Tenderfoot Hill
Road #210
Colorado Springs, CO
80906
(P): 719-576-8840**

Holiday Donations

[Click here for details on the Bob Telmosse Christmas Giveaway](#)

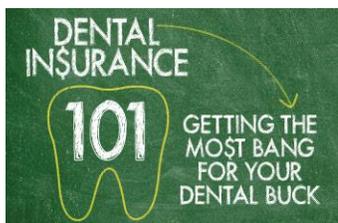
Improving your Smile

[Click here for more info on Inman Aligners](#)



Year-End Insurance Tips

[Click here for Insurance information on our website](#)



Bob Telmosse 43rd Annual Christmas Giveaway

This year our office is participating in the Bob Telmosse Annual Christmas Giveaway. The Bob Telmosse Foundation collects toys and everyday essentials for local families in need. They also provide a complete Christmas dinner for families. We will be collecting donations for this local charity until December 15th. If you would like to donate, please bring your items to our office. Donations will be collected by the foundation and given to families on December 17th. Visit our [website](#) for more details.

We are still in need of:

- New Toys and books (for kids of all ages)
- Household Gifts
- Canned goods
- Coats, gloves, hats, and blankets

Thank you in advance to anyone who donates to this wonderful organization!

Improving your Smile

-Dr. Lovato

This past October, our entire office had the privilege of attending the American Dental Association National Convention in Denver. We were able to attend some fantastic continuing education classes where we learned new concepts and saw demonstrations of new products and procedures from all aspects of dentistry. Personally, I learned about a relatively simple way to align the front 4 to 6 teeth on either the upper or lower jaw with retainers called Inman Aligners. This process takes between 6-16 weeks from start to finish and in the end you will experience better alignment and a straighter smile.

I will be taking further courses to perfect the skills needed to provide this service to patients. If you are interested in straightening your front teeth using the latest technology available please give us a call for more information.

Year-End Insurance Tips

There are just 4 more weeks until the end of the calendar year. Before we say goodbye to 2016 we wanted to send a friendly reminder about dental benefits. As you may know, most dental insurance plans and flexible spending dollars expire at the end of December. This means if you have insurance, typically you have to pay the deductible again in January. As far as flexible spending dollars, some policies say "Use it or lose it!" We don't want you to lose out on your benefits or your hard earned money, so call us to schedule an appointment at your earliest convenience. Please contact Elizabeth for a complimentary insurance benefits check. Remember, end of the year appointments fill up fast so call or email today to reserve your time with us! For more dental insurance tips you can click these links to visit the [ADA website](#) or [our website](#).

Contact us

**Michael A. Lovato,
D.D.S.**

**830 Tenderfoot Hill
Road #210
Colorado Springs, CO
80906
(P): 719-576-8840**

**Halloween Candy Buy
Back Update**

[Click here for Operation
Gratitude details](#)

**Holidays without Tooth
Decay**

[Click here for the full
article "10 Holiday
Foods Dentists Won't
Touch"](#)



**Happy holidays from
everyone here at
Michael A. Lovato
D.D.S. We wish you
happiness and joy this
holiday season and
throughout the
coming year!**



**Like us on
Facebook
for a
chance to
win a FREE
teeth whitening kit!**

Halloween Candy Buy Back Update



Thank you to our patients, family, and friends who participated in the Halloween candy buyback this year! Our office collected and donated 63 pounds of candy to our troops all thanks to our generous donors. We also donated toothbrushes, floss, and toothpaste to Operation Gratitude to keep the soldiers healthy as they enjoy the candy. We can't wait to participate in this fun event again next year!



Holidays without Tooth Decay



The holiday season is filled with wonderful foods, large meals with family, and delicious treats. These things are what make this time of year so special but keep in mind that some of these treats are not good for your teeth. We want you to enjoy your holidays and also be educated on what different types of foods can do to your oral health.

Candy Canes have high sugar content and can cause tooth decay due to long exposure to these sugars. Hard candies are also know to chip or break teeth causing an emergency visit to the dentist. Although we love seeing you, fixing a cracked tooth is probably not how you pictured your Christmas Eve. Just be careful when enjoying hard candies and remember to brush and floss afterwards. Other cavity causing culprits include dried fruits and starchy foods. Eat these in moderation to avoid decay. Sticky foods like toffee can pull out older fillings or crowns. Be careful when eating these and try to chew on the opposite side of any existing dental work. Tis the season for warm comforting drinks like coffee or spiked cider but remember they (alcohol in particular) can dry out your mouth. Try drinking water in between the egg-nogs and cinnamon sangrias.

Most importantly, have a wonderful holiday season. We wish you happiness and joy and wonderful memories you can cherish for years!