



September 2017

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

Superior care, one patient at a time

Volume 1, Number 6

Contact us

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New Talent!

We are beyond excited to welcome Amy and Kyla to our dental team!



Halloween Candy Buy Back

[Click here for more information on Operation Gratitude](#)



Welcome to our New Team Members!

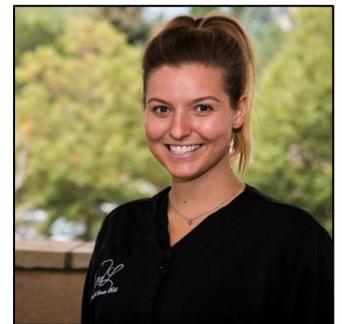
Meet Amy, Office Manager



She's married to an Army veteran and has two kids. She loves being outside in the sun and watching football!

Meet Kyla, Hygienist

Originally from Kansas City, Kyla went to school at Pittsburgh State University in Kansas to study biochemistry. After working as a dental assistant for 7 years, she went to hygiene school to become a dental hygienist. She recently moved to Colorado Springs and says she is very excited to meet and work with everyone at our office. Her hobbies include crafting and calligraphy. Kyla says she and her husband are enjoying Colorado and learning to be hikers! Together they look after two dogs: a Great Dane and a chocolate lab!



Halloween Candy Buy Back



Dr. Lovato and staff are partnering with Operation Gratitude to keep kids healthy and support our troops this Halloween season! Pounds of Halloween candy can wreak havoc on children's dental health. So why not donate that Halloween candy to our office? We will send those treats to Operation Gratitude to be distributed to our soldiers serving overseas. To really sweeten the deal, Dr. Lovato will buy the candy back from the donors at \$1 per pound! We are preventing cavities and bringing smiles to our service men and women's faces. We want to keep our soldiers healthy too, so we will be donating toothbrushes, toothpaste, and floss along with the candy.

Stay Tuned! As October nears, we will email out more details on this event. Check our website, call the office, or stop by for more details on how you can donate.

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Mouthguards and Dental Injuries

Want to read more on the importance of sports mouthguards? [Click here](#)



HSA and Dental Services

Learn more about HSA accounts [here](#).



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

Mouthguards and Your Dental Health

With school starting up again, fall sports are just around the corner. To ensure that all young athletes are safe and healthy I want to remind you of the importance of mouthguards. Approximately one third of dental injuries are sports related and the majority of those could have been prevented by wearing a mouthguard.

Mouthguards not only protect your teeth but also your lips, tongue, cheeks, face, and jaw. They can also help lessen the severity of a concussion by cushioning the blow between your teeth. This extra layer of protection is not only saving you from serious injury but also from serious dental bills. Chipped teeth are the most common dental sports injuries but dislodged teeth are not unheard of in contact sports.

My best advice is to wear a mouthguard during any contact sport. There are many different types of mouthguards on the market. Stock mouthguards are least expensive but offer less protection because they don't fit your mouth as well. Boil and bite options offer a tighter fit because they form around your teeth after being heated. The most effective option is a custom fit mouthguard. These are made from a cast of your unique mouth. If you are interested in a custom fit mouthguard we make them here in the office. You can even get one in your team's colors! Call us for a mouthguard appointment to keep your teeth the way you like them; intact!

-Dr. Michael Lovato

HSA Dollars and Dental Services



Health Savings Accounts (HSA) are used by millions of Americans each year to help manage the costs of health care. You probably already know that with an HSA, you can deposit pre-tax dollars into an account to pay for certain health and medical related expenses. But did you know that HSAs can actually help cover a variety of dental treatments?

According to the IRS, as long as your benefits are going toward the prevention, restoration, and treatment of dental problems (cavities, checkups, orthodontics, etc.) and not cosmetic procedures (like teeth whitening), HSA funds can be used to cover your dental bill. Under the pre-treatment category, services such as teeth cleaning, sealant application, and fluoride treatments are covered. You can also use HSA dollars to pay for procedures and care including X-rays, oral surgery, dentures and other dental ailments.

And the best part is, you can use your HSA money toward dental care even if you have existing dental coverage. Your HSA benefits can pay for the out of pocket expenses insurance doesn't cover. If you are on a fixed income or don't have dental coverage, HSAs are an excellent way to reduce your total dental expenses throughout the year. If the money you use to pay for your dental treatment is coming out of an HSA, it is tax deductible. All you have to do is use your HSA card to pay at the time of your treatment. It's simple and the balance is withdrawn directly from your account.