



March 2019

# Lake Avenue Dental Word of Mouth

*Superior care, one patient at a time*

Number 12

## Contact us

**Lake Avenue Dental**  
**830 Tenderfoot Hill**  
**Road #210**  
**Colorado Springs, CO**  
**80906**  
**(P): 719-576-8840**  
**(P): 719-576-3750**

Medical Emergencies

**Be Prepared**  
**Be Aware**  
**Be Ready**

Reviews!



## Always Prepared



At Lake Avenue Dental we take every measure to make sure our patients are comfortable and safe. Not only do we take infection control very seriously, we are also largely prepared for medical emergencies that might happen in the office. These types of emergencies are very few and far between and we hope to never have to use our medical supplies but we are prepared none the less.

- All staff members are CPR certified and trained in basic life support techniques through the American Heart Association.
- We have an emergency kit with medications to manage routine medical emergencies.
  - Oxygen available for emergencies.
  - Epinephrine auto-injectors for adult and pediatric patients.
  - An automated external defibrillator.
- We also subscribe to maintenance services that automatically replace expired medicines and other kit components so they are never out of date.
- We can monitor blood pressure if needed.
- We visually and verbally assess all our patients for signs of distress.

Our staff is completely ready to assist patients in the event of a medical emergency. We are prepared for these situations but we much prefer making your smiles bright!

## How Are We Doing?

It is our goal to provide the best care possible to each patient. How are we doing? We would love to hear about your positive experiences at our office!

If you want to tell the world why your dentist is the best in town, please write us a review! We know how busy life is so we are making it easier than ever to give Dr. Lovato and Dr. Nykaza 5 star ratings. After your next appointment you will receive an email with links to review sites like Google and Rate A Biz. It is also very simple to post a review on the doctors' Facebook pages!



We are growing our practice and reviews will help let those in need of superior dental care, know who we are.

Thank you to everyone who has already posted reviews of our practice! It means the world to us knowing we are exceeding your dental needs!

**Contact us**  
**Lake Avenue Dental**  
**830 Tenderfoot Hill**  
**Road #210**  
**Colorado Springs, CO**  
**80906**  
**(P): 719-576-8840**  
**(P): 719-576-3750**

Kids in Need of Dentistry



Learn more about KIND  
[Click here.](#)

Aging and Oral Hygiene

*If I lose very many more teeth,  
I'll be able to get my entire dental  
checkup through the mail.*



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

## Volunteering in the Community

Kids in Need of Dentistry (KIND) is a wonderful organization and one of Dr. Lovato's favorite volunteer opportunities. Every February, during National Children's Dental Health Month, Dr. Lovato, Heather, and Kyla donate their time and skills to help local children in need maintain their oral health. They had a great time educating kids on healthy oral health habits and addressing their dental needs.



KIND is a local non-profit organization that has been providing dental services to children in need since 1912. With the help of volunteers at their 2 Denver locations and 1 location in Colorado Springs, hundreds of children receive dental care at a cost their family can afford.



## Three Ways to Keep up Good Dental Hygiene as You Get Older

Good dental habits are important at any age but as you age, you might be wondering if your oral hygiene routine needs some tweaking. As the body ages there are 3 very important things to keep in mind when it comes to your mouth.

### Fluoride is still important

Fluoride is not just for children. Older individuals have an increased risk of cavities so the protecting powders of fluoride should be a part of your daily routine. Brush twice a day with toothpaste containing fluoride and try to drink fluorinated tap water to keep tooth enamel strong and ward off cavity causing bacteria.



### Be aware of dry mouth

Aging doesn't bring on dry mouth alone, but many medications and chronic diseases that come with age can cause it. Dry mouth is not only uncomfortable; it increases your risk of cavities. There are many ways to manage dry mouth. You can use a moisturizing mouthwash or spray, or chew sugar-free gum, which encourages the production of saliva. Another option is to use an artificial saliva product, often available from the pharmacy without a prescription.

### Don't forget about gum disease

A study published in the Journal of Dental Research found that nearly 64 percent of adults over age 65 had severe or moderate periodontitis in 2009 and 2010. Maintaining good dental hygiene to avoid plaque attaching to the teeth is the largest part of avoiding gum disease. Brush your teeth twice a day and floss regularly. Also, visit your dentist at least every 6 months for cleanings and exams.