Dental Care Delivered

Lift the Burden
DentaCare Gives Me a Reason to Smile

Decades of public service campaigns and improved information have led to more people understanding the importance of dental care and oral hygiene. Even when news stories try to claim certain dental habits are “unsanitary” — such as the Associated Press report on flossing last year — I still see many people continue to value the advice and trust the expertise of their dentists. Unfortunately, while most people know regular visits to the dentist are important, not everyone is able to commit to such habits.

Only about 66 percent of people living in the United States have dental insurance, according to the National Association of Dental Plans (NADP). That means one million Americans are walking around without insurance, and they’re paying for it big time. On average, patients without dental insurance pay thousands more every year than patients with dental insurance — and that’s if they go to the dentist at all! More often than not, if someone doesn’t have dental insurance, they will avoid going to the dentist.

This might keep some money in their pockets now, but treating the damage down the road can potentially cost far more than a dental checkup today, and that’s not addressing the health risks. Research from the NADP found that individuals who don’t have dental coverage of some sort are 67 percent more likely to have heart disease, 50 percent more likely to have osteoporosis, and 29 percent more likely to struggle with diabetes.

While it pains me to watch people opt out of visiting their dentist, I understand some patients literally can’t afford the costs. Instead of adding to their stress by guilting patients who already find themselves in difficult circumstances, I want to help lighten their burden.

As a dentist, I’m only able to do my job if my patients feel comfortable enough to sit in my chair. I want DentaCare to help my patients with anxiety. We always see the best results when patients are able to enjoy their dental visits — and that’s if they go to the dentist at all! More often than not, if someone doesn’t have dental insurance, they will avoid going to the dentist.

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While it pains me to watch people opt out of visiting their dentist, I understand some patients literally can’t afford the costs. Instead of adding to their stress by guilting patients who already find themselves in difficult circumstances, I want to help lighten their burden. This is why I’m proud to offer DentaCare, an in-house insurance plan specially designed for our patients who need dental insurance.

— Dr. Vincent Monticciolo

Patients with a DentaCare Dental Plan save 20–50 percent on over 300 services we offer right here at the office. This includes everyday cleaning and crowns as well as more complicated — and expensive — services like dentures, cosmetic bonding, and even orthodontics. DentaCare is meant to make my patients’ lives easier, which means there’s no pre-authorization and no annual limits, and no waiting periods, exclusions, or restrictions. Individuals, large families, single parents, and even small businesses are eligible to start using DentaCare.

EXPERIENCE SOMETHING NEW
Local Events for Making Memories

FIRST ANNUAL ST. PETE STREET FOOD FESTIVAL
Where: Port St. Pete, Saint Petersburg, Florida
When: Friday, May 19, 6-9 p.m
Admission: Free
Website: events.stpete.org

Start a new tradition at the first St. Pete Street Food Festival! Fill up on the area’s best food-truck cuisine while you stroll through the market or tour the Sir Winston cruise ship. Enjoy a warm spring evening, complete with live music, that is sure to warm your heart.

SALSA ON THE SPONGE DOCKS
Where: Tarpon Springs Sponge Docks, Tarpon Springs, Florida
When: Saturday, June 17, 5 p.m
Admission: Free
Website: tarponarts.org/event/salsa-on-the-sponge-docks

There’s only one way to improve a night spent under the stars: salsa dancing! Come out to historic Ybor City for live Latin music that’s perfect for dancing the night away. The evening starts off with free salsa lessons, so even first-time dancers are sure to have a great time. This is a free, all-ages community event, so bring the whole family!

SKATE FOR HOPE
Where: Florida Hospital Center Ice, Wesley Chapel, Florida
When: Saturday, June 17, 5 p.m
Admission: See website for admission
Website: skatesforhope.org

In the U.S. there are over 1.6 million new cancer diagnoses every year. Skate for Hope exists to battle the disease. Local ice skaters join national champions and Olympic gold medalists in stunning performances of grace and athleticism, all to raise money for cancer research and education programs. Get your tickets now for an icy event that is sure to warm your heart.

What Is DentaCare?
America’s Best Amusement Parks
Surprises, Suspense, and Snorkeling
A Chip off the Old Tooth
Vegan Black Bean Sweet Potato Chili
Local Events

Local Events for Making Memories

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LIFE
THE RIDE OF YOUR LIFE

Summertime means family vacations, and few places offer as much family fun as your classic amusement park. When it comes to amusement parks, big names come to mind, but many of us would rather avoid the high prices and long lines found at the home of a certain mouse.

This year marks the 40th anniversary of Cedar Point, Sandusky, Ohio. Founded on every thrill-seeker’s to-do list, Cedar Point has been a vacation destination: a place where the whole family can have fun. And if you’ve ever been to Cedar Point, you know a thing or two about the ‘old-fashioned’ way of doing things. It’s not just about the coasters, the rides, the food, or the entertainment – it’s about the memories that are made here.

Kelly Chard is the youngest of five kids, and her whole family has been seeing Dr. Monticciolo for years. After getting her degree in health science administration at the University of Central Florida, Kelly enrolled in the dental hygiene program at St. Petersburg College before coming to work at the clinic in 2010.

“Hello, my name is Kelly Chard and I’m here to take care of all your dental needs.”

Kelly brings a fun spirit of adventure with her to the office, and while it’s not just about the new office, it’s all about the experience. She’s happy to be part of the team, and she’s excited to see what the future holds.

A chipped tooth can happen in the blink of an eye. From biting into a piece of candy to taking a hockey puck to the mouth, teeth break for all sorts of reasons. Sometimes, you may not even know a tooth has been broken until someone else points it out.

In the event that you do chip or crack a tooth, the first course of action you should take is to schedule a dental appointment. While chipped teeth may not be all that painful, they are uncomfortable. Sometimes they even make eating difficult.

Left untreated, a broken tooth can also lead to infection. To limit pain, take ibuprofen. A piece of wax parafin or gum will help keep any sharp edges of your tooth from cutting your tongue. You should avoid eating, but if you can’t, stick to soft foods. You can also buy temporary dental cement if you’re on vacation and cannot get an appointment for an extended period of time.

Once we take a look at the damage, we can make an assessment on the best course of treatment. If the breakage is caused by the decay of the tooth or an old filling, we might recommend upgrading to a modern filling or removing the tooth entirely. For breaks and cracks, treatment may not be required. Your tooth may simply need polishing or a basic cosmetic filling. Deeper cracks, however, where the nerve is exposed, will often require a root canal and a crown.

Regardless of the severity of your break or chip, we can help. While a chipped tooth may feel like a big deal, modern dentistry is more than equipped to deal with it.

INGREDIENTS:

• 1 tablespoon vegetable or olive oil
• 1 large sweet potato, peeled and diced
• 2 cloves garlic, minced
• 14-ounce can diced tomatoes
• 2 ½ cups water
• ¼ teaspoon salt
• ½ teaspoon ground chipotle chile (optional)

DIRECTIONS:

1. Heat oil in a large pot. Add sweet potato and onion and cook until onion begins to soften. Add spices and salt and stir for 30 seconds.
2. Add beans, tomato, and lime juice. Increase heat and return to a boil.
3. Remove from heat, stir in cilantro, and serve.

RECEIVING DENTAL CARE SHOULDN’T BE DIFFICULT. • PHONE 813-DENTIST • 3