



BOUDREAU *FAMILY* DENTAL

Patient Newsletter July-September 2023

Dr. B's Corner

A little-known New England invention:

Many forms of toothpastes have been documented back for thousands of years. Early predecessors included various ingredients from honey, herbs, crushed fruit, ground stones & seashells, metal filings, and rust. Thankfully things have changed over the years. Up until the late 1800's dentifrices (toothpastes) were mostly powders that you would mix prior to brushing. In the 1870's upon his son's suggestion a Connecticut dentist developed the first modern tube of toothpaste based upon the borrowed idea from artist's tubes of paint. Whether you squeeze from the bottom or the sides has been argued by families ever since.



There are a lot of cool things happening at the practice, and to keep you all up to date and informed, we will send out a newsletter every quarter with highlights! In addition, and as appropriate, we will pass along informative tidbits about insurance, health, and community.

“Laugh and the world laughs with you, snore and you sleep alone.” –

Anthony Burgess

Do you have Sleep Apnea?

Obstructive Sleep Apnea affects one out of 13 people. In addition to preventing a restful night's sleep it can adversely affect a person's overall health including high blood pressure, diabetes, and cardiovascular disease. The treatment of choice for most patients are CPAP machines of various designs. However, for most people, being tethered to a hose and mask all night is less than ideal. And traveling with a CPAP is no fun either! By using a specially designed night guard/oral appliance Dr. Boudreau can free you of pumps and hoses to allow you a more comfortable night of rest. Unlike many other dental offices, Dr Boudreau can measure your ideal jaw position with equipment that can find a jaw posture that provides you with the most comfortable position for maximum effect. In addition, you will be sent home with a home monitor after treatment has begun to ensure the best results.

SPOTLIGHT HYGIENIST – OLIVIA

Olivia recently celebrated her 1 year anniversary with Boudreau Family Dental! Prior to joining the practice, Olivia studied at Quinsigamond's College of Dental Hygiene. Olivia brings a bubbly personality and caring disposition to work every day, and patient feedback has been stellar. When she's not cheering on her son Colton's football team or enjoying lake life in New Hampshire, you might find her helping on her boyfriend's alpaca farm. Some of Olivia's favorite things are family time, Caesar salad, iced coffee, and Taylor Swift! Congrats on your 1 year anniversary Liv!



Check out our new website!
www.boudreaufamilydental.com
Give us a “like” on Facebook!
<https://www.facebook.com/boudreaufamilydental>

Boudreau Family Dental
 205 Union Street, Natick, MA 01760
 508-655-1343
 contact@boudreaufamilydental.com

WHAT’S GOING ON IN THE OFFICE?

Sarah is officially on Maternity Leave! She and her hubby Mike welcomed a beautiful baby boy, Cameron, on September 17th! Baby Cam was 4 weeks early and 7 pounds... Sarah’s so happy to be home snuggling for the next few months.

DELTA DENTAL ANNOUNCEMENT

As many of you know, we have notified our Delta Dental patients by email and snail mail that we are going to be an out-of-network provider beginning March 2024. We are still accepting Delta Premier and PPO and all PPO plans for that matter (Aetna, Cigna, Metropolitan, Guardian, United HC, etc.)! All patients with a PPO plan have out of network benefits. The practice will remain in network with Blue Cross Blue Shield.

MEMBERSHIP PLAN

Recently we launched our VIP Membership Plan, which provides discounts on routine preventative care as well as restorative services for our patients who do not have dental benefits. The goal is to make sure patients are seen every six months and don’t skip cleanings because of the cost. Ultimately, missing your preventative care appointments leads to the Doctors’ chair.... As Dr. B says, if you’re “boring”, you’re in good shape. Be boring and keep up with your oral health!

2023-2024 VIP Membership Plan for uninsured patients

Adult VIP – Age 14+ \$559/year	Perio VIP – Age 14+ \$859/year	Child VIP – Age 2-13 \$449/year
2 Professional Cleanings	4 Professional Cleanings	2 Professional Cleanings
2 Routine Exams	2 Routine Exams	2 Routine Exams
2 Fluoride Treatments	2 Fluoride Treatments	2 Fluoride Treatments
Oral Cancer Screenings	Oral Cancer Screenings	Oral Cancer Screenings
All Annual Routine X-Rays (including full set every 5 years)	All Annual Routine X-Rays (including full set every 5 years)	All Annual Routine X-Rays
1 Emergency Visit with Diagnostic Exam and X-Ray	1 Emergency Visit with Diagnostic Exam and X-Ray	1 Emergency Visit with Diagnostic Exam and X-Ray
Free Ortho or Apnea Appliance Consults	Free Ortho or Apnea Appliance Consults	UNLIMITED Corny jokes from Dr. B

PLUS: 15% off all Restorative Procedures and Guards

Includes: Composite Fillings, Scaling and Root Planing, Bonding, Crowns, Implant Crowns, Sports Guards, Night Guards.

5% discount for each additional family member