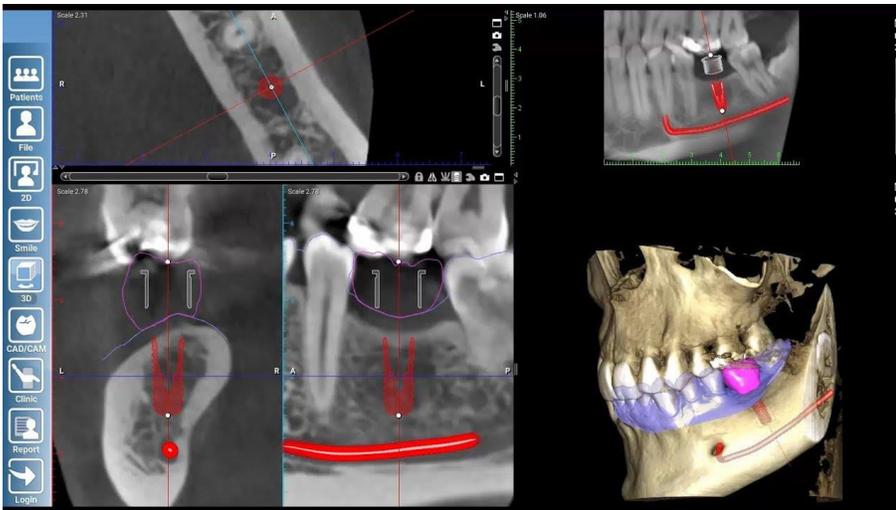


7 Questions to Ask When Choosing a Dentist

Although we all know proper dental care is vital to good health, most people don't know how to choose a good dentist for themselves. We can all evaluate how we are treated and if the dentist and team are polite and courteous but how does a layperson person know what questions to ask and how to evaluate technical features before they select a dentist? In this new era of high tech and high touch let us outline 7 questions to help you choose the quality dental care you need and deserve.

1. **Does the office use digital x-rays/digital imaging?** Digital x rays are of much higher image quality and much less radiation exposure for the patient. This is a win-win scenario for both the dentist and the patient as you get less radiation exposure and a more accurate diagnosis for your treatment. There is also less likelihood of something being missed.
2. **Does the office have a CBCT Scanner?** CBCT stands for Cone Beam Computed Tomography and is a fancy way of saying a 3D X-ray. CBCT is an integral part of diagnosis and planning for implants, Airway dentistry, Orthodontics, and diagnosis of root fractures other dental complications. It is literally changed the landscape of how things are done in a dental office.



Planmeca CBCT Software and Imaging

3. **Is the dentist and his team trained in identifying Airway issues and in the treatment of Obstructive Sleep Apnea?** This is a newer area of dental practice but is extremely relevant as over 50% of moderate to severe Sleep apnea patients remain undiagnosed in the US alone. An even greater number remain untreated. These ailments fall into the category of Sleep Disordered Breathing and if left untreated can lead to Heart Attack, Stroke, Diabetes and even Death. Ask the office if they offer Medical Billing for this service.
4. **Does the office do Digital Scanning and Milling?** If you've ever had a crown or braces you probably remember the gooey impression material to this day. Digital scanning is more accurate and eliminates the need for these impressions, decreases turnaround time, and is

generally more comfortable for the patient. Additionally, if the dentist has the ability to mill in office, often time a crown and/or bridge can be made in the same appointment, eliminating the need for temporary crowns or bridges and saving you time and additional trips to the dentist.



Planmeca Emerald Scanner in action

5. **Does the office have a DSP (Dental Savings Plan) or self-insurance plan?** A Dental Savings Plan helps the patient afford care if they don't have insurance. For a yearly fee they can get Free Cleanings, Free Exams and discounts on other treatment like Crowns, Fillings and Periodontal Care. Family plans are often available as well.
6. **Does the dentist invest in continuing education for himself and his team?** While all providers in the State of Florida are required to perform 30 hours of CE every two years that is really a minimum requirement. Dentistry has evolved as has technology and more time is really need to keep up with the latest and greatest and to properly serve the patient's needs. Dr. Eckstein has consistently done over 80 hours of CE every biennium over the last decade.
7. **Does the office offer financing options?** Let's face it Dentistry can be expensive and sometimes you need options to help pay for your treatment. Choose an office that has a variety of ways to assist you in this process, it should be a team effort.