

# THE DUBOWSKY DENTAL DIALOGUE

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## From Us to You, Happy Holidays

Don't forget to enter our holiday giveaway! The entry form is on the back.



Season's Greetings

### Rock'nRenew Garden Project to Help Teach Bayonne Kids



You may have noticed some changes to our adjacent lot when you come to our 22nd Street office. We now have a functioning, organic urban farm there thanks to my son Jonathan. He's the founder and executive director of the Rock'n Renew Foundation, a 501.3c charitable organization, whose mission it is to teach children the relationship between the well being of the planet and their own personal health.

The Bayonne Rock 'n Renew project helps students to understand the relationship between the health of our planet and their own physical health. Rock 'n Renew also connects students to mentors that are practicing sustainability methods in a wide variety of career fields. The end result provides the blueprints to help communities become sustainable from the ground up. Every Bayonne public school will be participating with hands on experience for the children in planting, composting , watershed and habitat restoration, and sustainability



The Bayonne children will also be able to connect with children via the internet in New York City, Sag Harbor, Santa Monica, California, and Honoka'a, Hawaii to compare their projects and results.

Growing a garden can become a metaphor for the journey of personal growth and discovery that takes place within each child. As their efforts yield results, they will be able to connect to the natural world and learn the problem solving skills they need to succeed in life.

More information about Rock'nRenew is available online at [www.rocknrenew.com](http://www.rocknrenew.com) . Tax deductible donations will be gratefully accepted and processed on the site.

## HAVE YOU MAXIMIZED YOUR DENTAL BENEFIT for 2010?

Most dental benefit plans have an annual maximum. This dollar amount is set by your carrier and it runs out at the end of the annual contract period. For most all plans this is December 31st. This means that when the new year, 2011, starts, whatever benefit you may have left will be lost forever.

We urge you to check your coverage to see what benefit is left for 2010. You not only can use this remaining coverage but can often coordinate this coverage with your 2011 benefits to effectively double the funds available to you. Don't miss out on this opportunity.

## ENTER OUR 4th ANNUAL HOLIDAY GIVE AWAY RAFFLE!

Just fill out the entry form below and return to our office. This year the grand prize will be a Keurig Coffe Maker and the two 1st prizes will be Oral-B electric toothbrushes. Make sure that you submit the form before the deadline of 5:00PM on December 23, 2010

**Enter our 4th Annual Holiday Giveaway. Just fill out the information below and either drop off or send to our office. One entry per patient**

Name \_\_\_\_\_ telephone# \_\_\_\_\_

email \_\_\_\_\_

How long has it been since your last check up? \_\_\_\_\_ Do you have any dental discomfort, now? \_\_\_\_\_



2009

Entry deadline is December 23, 2010 at 12PM. Drawing to be held at 12:05 PM on December 23,



## *Online bonus page*

# **New agent available to reverse numbness**

For those patients that find the numbness of the local anesthetic annoying or feel constrained to limit their social activities after visiting our office, there is now a reversal agent named Oraverse available that will dramatically reduce the time that you are numb after a dental procedure. The agent is injected in the same spot as the local anesthetic and in a short time your numbness will be gone.

Of course this added procedure is not advised where the additional numbing effect would be preferable in such procedures as oral surgery or some root canal treatments. Oraverse is recommended for all patients over the age of 6. The medication does have the potential to lower blood pressure so if you have any underlying medical conditions or are taking any medications that can lower blood pressure make sure that you tell us beforehand.

The fee for this procedure is generally around \$20.00 and is not usually covered by dental insurance. If you have any questions about Oraverse, be sure to ask us.

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