



NTC
Dental



DENTAL DIGEST

Namita T . Chaudhary D.D.S.

Family and Geriatric Dentistry

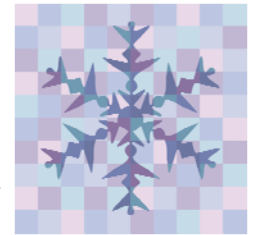
Serving Maryland, DC and Virginia

Winter 2014-2015

Happy Holidays from Our Family to Yours!

Happy New Year MY DENTAL FAMILY!

I cannot believe that another year has gone by already. This year Manav, my oldest son turned 13 and Milan, my youngest one turned 11! Where has time gone???? I also have remarried adding a wonderful husband, Vikas, and 2 beautiful kids Shaunak and Eshana to the family. We are now a great big family of 6 plus let's not forgot about our two dogs, Rocky and Maansi.



**Let it snow,
let it snow, let
it snow!!!**

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I recently underwent Knee surgery on Dec 15th. Recovery has been long and painful, but little by little I am reaching normality again. I am now 6 weeks out and doing well.

2014 flew by faster then I could imagine! So many changes have happened in our office and I am so excited to share it all with you in this fast but very informative read!

With that being said, I look forward to seeing each and every one of you this year. We love having you come in and share your stories and upcoming events in your lives.

In the meantime, STAY WARM AND SAFE....

****Office Specials****

We are always happy to provide you with the best service along with the best prices in the area. Here are our specials for the season for **NEW PATIENTS ONLY**:

\$49.00 Exam, Cleaning, Fluoride and Oral Hygiene Instructions

\$59 Exam, Cleaning, Oral Hygiene Instructions AND Bitewing X-rays

\$89 Take Home Whitening trays with 10-12 days of bleach included

\$109 In office teeth whitening

*****You must inform us that you want to purchase a deal at the time you schedule your appointment*****



“Mary exceeds the expectations of a hygienist”

Ms. Mary...OUR HYGIENIST

Mary Carone, RDH, a member of our dental team since September 2013. Mary has been such an amazing asset to our office and we love having her here with us. With more than 30 years of experience and numerous continued education hours of dental courses, Mary exceeds the expectations of a hygienist.

Cleanings with Mary consist of detailed information about your visit which include LIVE pictures of your teeth or any other areas of concern. Once a year you will also have X-rays taken by her.

This has been a very successful year for us and our hygiene program and it is all thanks to Mary and her attention to detail. Her goal and ours is to make sure you have the best healthiest smile you can have.

Please always make sure to schedule your next appointment for your cleaning during your current visit. When you do this it ensures that you will not forget about your 6 month cleaning appointment, it allows us to keep you on the books and remind you of your upcoming visit. Also, make sure you

ask as many questions as you need and really take up on any advise that we have to give you. A healthy smile is what we look forward to with each and every patient!

SO PICK UP THE PHONE TODAY AND SCHEDULE YOUR APPOINTMENT IF YOU KNOW YOU ARE OVERDUE...We would love to see you!

Anthony and Suyen...OUR DENTAL ASSISTANTS

Please help us welcome our new team members, our Dental Assistants, Anthony and Suyen.

Anthony has been with us since June 2014. Suyen is here with us on Wednesdays since the summer of 2014.

Anthony just graduated from Rockville H.S. in 2014 He plans on continuing his education while still maintaining his position here at the

office. Most of you have had the opportunity to meet him really enjoy his help. A caring and fun person to be around. Anthony is being trained to assist Dr. Chaudhary during all procedures and is very good in teeth whitening. Although this is his first time as a Dental Assistant, he excels at it because of his willingness to help and make everyone around him comfortable. FYI, Anthony is Jessica’s little brother.

Suyen has been a Dental Assistant for many years. She has worked with Dr. Chaudhary in the past doing mobile dentistry, so ENOUGH SAID. Having Suyen here is such a pleasure and fits with our team perfectly! Dr. C is happy to work with her again.

Please let is know how you think they are doing. We love to get any kind of feed back from our patients in regards to how our staff is doing.

SENIOR SMILE: Serving our elderly continues....

As you may know, we continue to grow in the senior living communities. We have expanded Senior Smile into more parts of Virginia, Frederick and of course here locally. Please feel free to make any referrals of parents, friends or family that may be interested in having dental services.

We cater to those who can’t or aren’t willing to leave their home or community for any outside appointments. Some people just enjoy the benefits of

not leaving their community to see the Dentist.

Ask any staff member about the services offered and the areas that we serve. We always love getting referrals from our in-office patients!

If you have specific questions about Senior Smile, please feel free to ask for Noelie. She is our Senior Smile Coordinator and is in charge of all things related to our mobile services. Thank you for your continued support!



WE ALL LOVE TO EAT....RECIPE FOR PORK CHOPS

Slow Cooker Pork Chops:

Prep Time: 10 Minutes

Cook Time: 4 Hours

Ready in 4-10 Hours

Servings: 4

Ingredients:

- 1/4 Cup Olive Oil
- 1 Cup chicken broth
- 2 cloves garlic, minced
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon poultry seasoning
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 4 thick cut boneless porkchops
- Salt and pepper to taste

In a large bowl, whisk together the olive oil, chicken broth, garlic, paprika, garlic powder, poultry seasoning, oregano and basil. Pour into the slow cooker. Cut small slits in each pork chop with the tip of a knife, and season lightly with salt and pepper. Place pork chops into the slow cooker, cover and cook on high for 4 hours. Baste periodically with the sauce.

Enjoy!!!

INSURANCES...

Please remember we accept MOST COMMON PPO Insurances.

We now also offer IN HOUSE DISCOUNT PLANS for patients that do not have dental insurance.

Please ask the Vanessa, our office administrator, for more information about what insurance we accept or for different options you have to make sure you can have the best smile possible.

INSURANCES WE ACCEPT:

- AETNA
- DELTA DENTAL
- GUARDIAN
- UNITED CONCORDIA
- METLIFE
- CIGNA
- DOMINION DENTAL
- HUMANA
- GEHA
- CAREFIRST BLUE CROSS BLUE SHIELD

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