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WrigleyvilleDental.com 773-975-6666



February 2020

### UPDATED OFFICE HOURS

*\*While our hours are the same, some of the doctors' schedules have shifted. If you would like to schedule your appointment with a specific doctor, please note their schedule may have changed.*

#### OFFICE HOURS:

- Mon: 7 a.m.-7 p.m.
- Tue: 7 a.m.-2 p.m.
- Wed: 8 a.m.-8 p.m.
- Thu: 8 a.m.-2 p.m.
- Fri: 8 a.m.-2 p.m. (every other)
- Sat: 8 a.m.-2 p.m. (every other)

#### DR. TEPLITSKY:

- Mon: 7 a.m.-1 p.m.
- Tue: 7 a.m.-2 p.m.
- Wed: 8 a.m.-2 p.m. (every other)

#### DR. JULIA:

- Mon: 2-7 p.m.
- Wed: 8 a.m.-2 p.m.
- Fri: 8 a.m.-2 p.m. (every other)

#### DR. DONKOH:

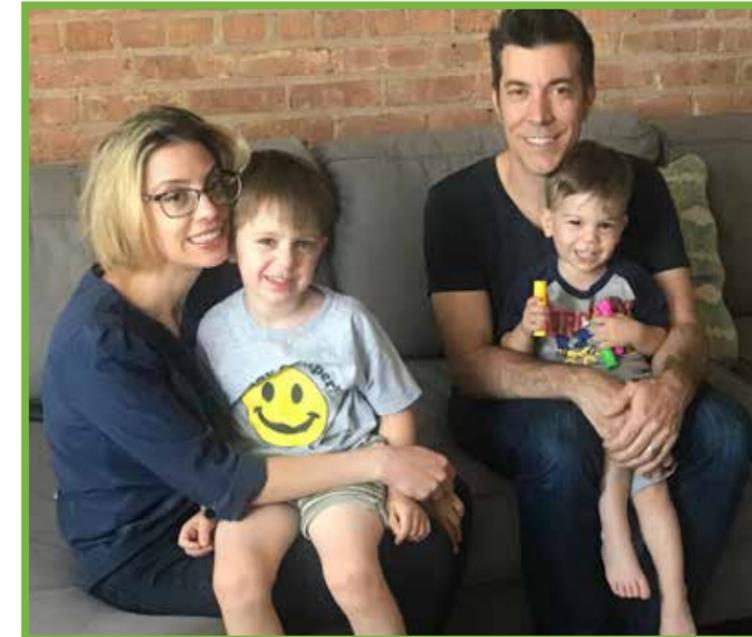
- Wed: 3-8 p.m. (every other)
- Thu: 8 a.m.-2 p.m.
- Sat: 8 a.m.-2 p.m. (every other)

#### DR. LEVY:

- Mon: 7 a.m.-1 p.m.
- Wed: 3-8 p.m.

## Dr. Shira Levy's Journey to Dentistry

### FROM ISRAEL TO THE USA



Hi. For those who haven't met me yet, I'm Dr. Shira Levy. I have been working at Wrigleyville Dental for the past year and a half, and I feel very fortunate to be working with such a forward-thinking and open-minded team.

Here's a little bit about myself: I am originally from Israel. I served two years in the Israeli Defense Force in their intelligence unit and started thinking about school toward the end of my service. I always knew I wanted to be in the health care field, and I loved my childhood dentist as well as working with people, so dentistry seemed like a natural fit.

I ended up moving to the United States to begin my journey toward becoming a dentist. I went to UIC for my undergraduate degree and to Tufts University in Boston for dental school. I then spent a year living in Northern California for a dental residency program.

After that, I returned to Chicago and started my traditional, monotonous dental career.

My first introduction into the holistic world came when I attended my first seminar about obstructive sleep apnea. This seminar changed the trajectory of my career, and, not to be overly dramatic, but it also changed my life.

The instructor at this seminar began to describe early symptoms of sleep disordered breathing and talked about how the symptoms are evident in infants. The instructor was describing my then 2-year-old son.

I continued this journey, at this point out of selfish motives, because I wanted to learn how to help my son.

I would treat adults at the dental office and continuously think that maybe some of their symptoms,

including fatigue, digestive problems, posture problems, trouble sleeping, and head and neck pain, could have been eased or resolved if they had received the same care that I now provide for my son.

I made obstructive sleep apnea treatment the focus of my dental practice. I now take every residency, seminar, and class available to me in order to continue to gain knowledge to serve all of you to the best of my ability. I am very passionate about helping children and adults breathe better, sleep better, and live healthier lives because of it.

My amazing team at Wrigleyville Dental is supportive, encouraging, and on this journey with me.

I look forward to treating all of you for many years to come, and I thank you for the privilege of allowing me to do so.

-Dr. Levy

773-975-6666 | 1

## IN-NETWORK VS. OUT-OF-NETWORK

### THE INS & OUTS OF DENTAL INSURANCE COVERAGE

Out-of-network does not mean you can't use your insurance, and it definitively doesn't mean you won't get any benefits from your plan either.

Insurance coverage in dentistry greatly differs from how medical plans work. With most PPO dental plans, you are still able to see an out-of-network (noncontracted) dentist of your choice, and the office will submit all claims to your insurance for you.

Dentists who are in-network (contracted) have agreed to provide dental services at negotiated rates that the insurance company determines based on the zip code where the office is located. In reality, when choosing to only see an in-network provider, you may be forfeiting your right to choose a dentist who suits your personal and oral health needs. The main benefit of choosing an out-of-network dentist is your ability to choose the office that best suits your needs.

With both an in-network and out-of-network dental office, you still have to spend out-of-pocket money because plans have copayments and deductibles. No insurance will pay 100% of all treatment.

Most highly trained dentists, like in cosmetic, specialty, and/or holistic focused offices, decide to work out-of-network and opt out of having preestablished insurance dictated rates because the fees do not allow for adequate coverage of high-quality or specialty dental materials. You may spend more out of pocket because of the fee difference, but our staff knows what to ask your insurance company about your coverage so that you can make a well-educated decision. We can help you get the most out of your insurance. Many of our patients receive 70%-100% of the coverage that they would have had with an in-network office.

Remember that your coverage will vary according to what your insurance plan establishes for out-of-network services. And because out-of-network providers are not contracted with any insurance company, fees will not be pre-negotiated with your company and are not willingly shared by your insurance company to the office but will be provided to the member. If you have any additional questions regarding your insurance benefits or if you would like an estimate of how much your insurance will pay for a procedure, ask our office staff and we'll help you untangle the insurance puzzle.

# GIVE THE GIFT OF LIFE

*Feb. 14 is National Donor Day*

With all the cards, chocolates, and expensive dinners, it's easy to get cynical about Valentine's Day. However, National Donor Day also falls on Feb. 14, and it can refocus our attention back on the real meaning of the day: love.

In the U.S., 20 people die each day while waiting for an organ transplant. Losing loved ones is one of the most painful aspects of the human experience, and while it is unavoidable, organ donation offers a pathway to help prevent that loss and keep more love in the world.

In the spirit of that love, here are a few ways you can get involved with National Donor Day this Feb. 14.

### REGISTER AS AN ORGAN DONOR.

Signing yourself up is easy and can be done either online or in person at your local Department of Motor Vehicles. You'll need official identification to register. Registration is not permanent and you will always have the option to change your mind. Once registered, you will not need to carry your donor card with you, as your status exists in the registry.

### JOIN A DONOR DASH.

Donor Dash fundraising events pop up all over the country on National Donor Day. These noncompetitive 5K running and walking events are designed to bring donors and recipients together and keep hope alive for those who are currently waiting for a donation. To learn more, or to register for an event, check out DonorAlliance.org.

### PARTICIPATE IN #STARTTHECONVERSATION.

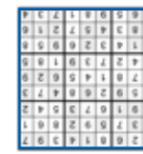
Donor Alliance, a nonprofit that works to promote organ donation, began the #StartTheConversation campaign as a way to help spread awareness about organ and tissue donation. Starting the conversation can be as simple as sharing that you registered with your friends and family or as personal as sharing a story about how organ donation has touched your life or the lives of your loved ones.

Don't let another Valentine's Day come and go in a tide of cellophane, candy hearts, and cheesy cards. This year, get involved in National Donor Day. After all, what better way is there to express the value of love than giving the gift of life?

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Place a number in every cell in the grid, using the numbers 1-9. You can only use each number once in each row, each column, and each of the 3x3 boxes.



# FRESH FLOWER CHAMOMILE TEA

*Enjoy a Cup Grown in Your Own Garden*

Most of us probably associate chamomile with the dried bits of the plant in a tea bag. If you see it in the wild, as it now grows in many parts of the United States, you'll notice cheery little white flowers with yellow centers growing on long green stems. The lovely flora isn't just a pretty sight; the fresh flowers also make great tea with soothing properties.

Chamomile is one of the longest-used medicinal herbs, having appeared in documentation from Egypt, Rome, and Greece. These ancient societies were probably aware of some of the health benefits of chamomile. In some studies, chamomile has been shown to help with nausea and upset stomachs. It may even help ease colicky babies.

Chamomile is also relatively easy to grow, making it not only a pretty addition to your garden but also the perfect fresh ingredient in a cup of tea. It does best in sunny locations and, because of the long stems, grows well in a large container. Fresh chamomile unveils new flavors you don't always get from the dried plant: a touch of sweetness, apple, and brightness.

To make a cup of fresh tea, either purchase chamomile flowers (your farmers market will likely carry them) or pick some that you've grown in your garden. Ideally, you'll use the flowers the same day they're picked. You'll want about 3-4 tablespoons of fresh chamomile flowers per serving.

To use them in tea, pop the flowers from the stem. Use a muslin tea bag or infuser and place the flowers inside. Bring a kettle of water to boil, and when ready, pour over the chamomile. You can also consider adding a few leaves of fresh mint to brighten up the flavor even more. Steep for five minutes, let cool, and close your eyes as the first sip of tea soothes all your worries away.



# CAN YOU FEEL THE LOVE?

*The Secret to Living a Longer, Healthier Life*



The human brain is an incredibly powerful organ. It solves complex problems, recalls forgotten memories, and triggers a dizzying array of emotions. But its most incredible power is the effect it can have on the rest of the body. When it comes to love, well, our brains certainly love it, and our bodies reflect that.

### LESS STRESS

Human beings thrive on a sense of connection and belonging, and studies have shown that love actually has positive effects on a person's physical health as well as mental. The security and commitment felt in a loving relationship are shown to reduce stress by stunting the production of cortisol, the body's stress-inducing hormone. Less stress means lower blood pressure, a healthier heart, and a lower risk of stroke, especially in men.

### HEALTHIER IMMUNE SYSTEMS

Researchers at Carnegie Mellon University found that calm, happy people can fight common colds and

the flu more easily than those who are anxious or depressed. The physical benefits of love even go as far as healing wounds quicker. Small injuries inflicted on a wide test group at Ohio State University Medical Center healed nearly twice as fast on people who experienced consistent warmth and care than those who experienced hostility. In fact, the latter group needed almost a full additional day to achieve the same amount of healing as the first group.

### LONGER, HAPPIER LIVES

Being surrounded by love may even save your life. A statistic from the National Health Interview Survey states that single people face a 58% higher risk of mortality. Further bolstering that claim is the Harvard Health Blog, which claims happily married participants experience better health as they age when compared to peers in unhappy partnerships. In fact, the blog asserts, "People in stressful, unhappy marriages may be worse off than a single person who is surrounded by supportive and caring friends, family, and loved ones."

So, it seems the results are in: Loving someone is a healthy lifestyle choice. Even having a strong network of friends and family boosts your odds of living a long life by 50%. So, get out there and make the healthy choice for yourself and those around you by leading a life full of love.

## Brussels Sprout and Kale Salad

*Inspired by Saveur magazine*



### INGREDIENTS

- 1 lb Brussels sprouts
- 2 tbsp whole grain mustard
- 1/2 cup extra-virgin olive oil
- 4 tbsp fresh lemon juice
- 1 bunch kale, destemmed and finely chopped
- Kosher salt and fresh ground pepper, to taste

### DIRECTIONS

1. Trim stalks off of Brussels sprouts.
2. Using a mandoline, food processor, or very sharp knife, shred Brussels sprouts very finely.
3. In a large bowl, whisk together mustard, olive oil, and lemon juice. Add kale and Brussels sprouts and toss to coat with dressing.
4. Season with salt and pepper to taste.