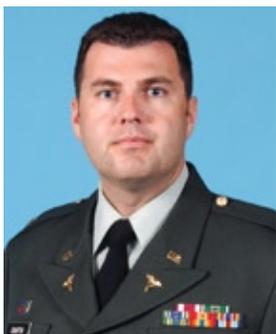




Meet Dr. Jeffrey Chaffin Chief, TRICARE Dental Care Branch



COL Jeffrey Chaffin was recently named Chief of the Dental Care Branch, TRICARE Management Activity (TMA). He is an Army dentist and no stranger to TRICARE—he served as the Branch Deputy since 2008 and has been very involved in the program management of the TRICARE Dental Program.

COL Chaffin completed a one-year Advanced Education in General Dentistry Residency at Fort Sill, Okla., in 1993. Successive assignments include Camp Walker, Korea; Vicenza, Italy; Fort Drum, N.Y.; and San Antonio, Texas. He served on the Army Dental Command Staff with responsibility for oral health prevention across the Army. Before coming to TMA, he was on the Department of the Army staff as the Public Health Dental Officer for the Office of the Surgeon General. He spearheaded many initiatives aimed at maximizing the oral health of Army Soldiers.

Dr. Chaffin was a Distinguished Military Graduate from the University of Tampa in 1988, and received a Doctor of Dental Surgery from the University of Nebraska in 1992, a Master's in Public Health from the University of Michigan in 2000, a Masters in Business Administration from the University of Texas at San Antonio in 2006 and a Masters in Healthcare Administration from Baylor University in 2006. He is a graduate of the Army Medical Department Officer Basic and Advanced Courses as well as the Command and General Staff College.

Dr. Chaffin is a Diplomate of the American Board of Dental Public Health, a Fellow of the American College of Healthcare Executives, a Fellow of the International College of Dentistry and a member of the Official Order of Military Medical Merit (O2M3), and he holds the Surgeon General's "A" designator for excellence in Dental Public Health. COL Chaffin serves as the Consultant to the Army Surgeon General for Dental Public Health. He currently serves as a Director on the American Board of Dental Public Health. ■

The Dentist is in: Diabetes and Dental Care

*COL Jeffrey Chaffin
Chief, Dental Care Branch
TRICARE Management Activity*

In the United States, 24 million children and adults live with diabetes, and another 57 million are at risk for the disease. November is American Diabetes Month, making this the ideal time to consider the impact that diabetes has on general and oral health.

Diabetes affects the body's ability to use blood sugar, also called glucose, for energy. Insulin is necessary for the body to be able to use glucose. There are three main types of diabetes: type 1, type 2 and gestational. With type 1 diabetes, which is usually diagnosed in children and young adults, the body does not produce insulin. For patients with type 2 diabetes—the most common form—either the body does not produce enough insulin or the cells ignore the insulin. Gestational diabetes affects pregnant women who have never had diabetes before but who have high blood sugar levels during pregnancy.



Dental Implants: A Natural-Looking Option

One of the best ways to replace a missing tooth is with a dental implant. However, it is important to fully understand the procedure and TRICARE Dental Program (TDP) coverage before you start the process.

Dental implants are a time-tested option for replacing missing teeth and, according to the American Dental Association® (ADA), an implant is the closest option to a natural tooth. Along with looking natural, dental implants offer several other benefits.

Dental implants can preserve and maintain the integrity of surrounding teeth. Unlike other treatment options, the teeth adjacent to a dental implant can remain untouched if they are healthy. In addition to looking more natural than a denture or a partial, dental implants have the advantages of stabilizing the bite and being able to replace just one tooth.

Long-Term Commitment

A dental implant consists of the implant—or anchor—which is surgically anchored in your bone, a post inserted into the anchor and a crown or other prosthetic device attached to the post to replace the tooth.

Receiving an implant is a three-part process that takes several months to complete. The steps include:

- Insertion of the implant in the bone followed by a three- to six-month period during which the implant fuses with the bone, a process called “osseointegration”
- Installation of the post followed by a period during which the gum tissue is allowed to heal around the post
- Placement of the crown

Know the Effects of Grinding Your Teeth

Grinding your teeth and clenching your jaw, a condition known as bruxism, is potentially damaging to your oral health. This common, involuntary habit—which typically occurs during sleep—can wear down or loosen your teeth and even cause fractures. Symptoms include dull headaches and a sore jaw.

Factors that can cause bruxism include stress, an abnormal bite, missing teeth or sleep disorders. If stress or anxiety is

Cost Can Be a Factor

Costs for implants vary, but it is very likely you will use your entire \$1,200 annual maximum dental benefit for a single implant. You are also responsible for a 50 percent cost-share for dental implants.

Because of the out-of-pocket expense for implants, United Concordia Companies, Inc. (United Concordia) recommends that you submit a request for predetermination of cost for both the implant placement and the crown or other prosthodontic service. The predetermination allows you and your dentist to know—prior to treatment—if the implant is covered and United Concordia’s anticipated payment.

If you are a TDP enrollee living overseas, you must obtain a *Non-Availability and Referral Form* (NARF) from your overseas military dental treatment facility or your TRICARE Area Office before receiving implant services from an overseas host nation provider. Visit the TDP Web site at www.TRICAREdentalprogram.com for detailed information and requirements regarding implants and NARFs for overseas enrollees.

Is an Implant Right for You?

It is important to keep in mind that a dental implant is just one of several treatment options for replacing a missing tooth. Your dentist may also recommend traditional tooth replacement with fixed bridges or removable prostheses, if appropriate. Speak with your dentist about all treatment options and the pros and cons associated with each before making a treatment decision.

For more information about dental implants and TDP coverage, visit www.TRICAREdentalprogram.com. ■

causing you to grind your teeth, try to find a way to relax—by exercising, eating right or doing something that calms you.

Your dentist can fabricate a mouth (occlusal) guard that helps to protect your teeth as you sleep. The TRICARE Dental Program covers occlusal guards for patients age 13 and older to treat bruxism. Coverage for occlusal guards is limited to one per year. For more information, you can visit www.TRICAREdentalprogram.com. ■

Drink Tap Water, Prevent Cavities

For the past decade, Americans have consumed an increasing amount of bottled water. Drinking bottled water is convenient and its consumption, in some circles, is considered fashionable. Yet choosing to drink bottled water instead of tap water may increase a person's chance of developing oral health problems.

The majority of tap water that comes from community or municipal water supplies contains fluoride. Fluoride prevents cavities and protects teeth against decay. The Centers for Disease Control and Prevention (CDC) recognizes water fluoridation as one of the 10 great public health achievements of the 20th century, and drinking fluoridated water reduces the chance of developing cavities in permanent teeth by 18 to 40 percent.

From the foods we eat to the liquids we drink, teeth are bombarded by bacteria and acids every day. As a result, they go through a series of demineralization-remineralization cycles.

“Fluoride helps to remineralize teeth so that cavities don't form,” said COL Jeffrey Chaffin, chief of TRICARE's Dental Care Branch. “When the demineralization process is faster than remineralization, teeth develop cavities. The benefits of fluoride lie in its ability to strengthen tooth enamel. Fluoride also stops decay and actually repairs early cavities and prevents new cavities from forming.”

The concentration of fluoride in most bottled water is typically below the optimal therapeutic level for oral health. A 2000 study published in the *Oklahoma Dental Association Journal* compared five national brands of bottled water and found

a significant difference in their fluoride concentrations. The study also found that the fluoride concentration in three of the five brands varied depending on the batch tested.

Scientific research has proven that drinking fluoridated water from community or municipal water systems is safe, and it's endorsed by many organizations, including CDC, the U.S. Surgeon General, the American Dental Association® (ADA), the U.S. Public Health Service and the World Health Organization.

In addition to its health benefits, choosing fluoridated tap water instead of a pricier bottled counterpart is less expensive.

Drinking bottled water is also a strain on the world's natural resources and the environment, a point often overlooked in the tap-versus-bottled water debate. Each year millions of gallons of oil are pumped out of the ground to make plastic water bottles, depleting the world of a highly valuable natural resource. If they're not recycled, the bottles can end up in landfills or in the world's oceans.

To find out more about the importance of drinking tap water, visit the CDC's Web page at www.cdc.gov/fluoridation. The ADA's Web site at www.ada.org includes information about the benefits of fluoridated water. In addition, you can view and/or order the “Fluoride and Your Oral Health” brochure from the TRICARE Dental Program Web site at www.TRICAREdentalprogram.com. Click on the “Dental Health Center,” then “Dental Health Brochures.” ■

United Concordia Receives Communicator Awards

United Concordia Companies, Inc. (United Concordia) is proud to announce it is the recipient of three “2010 Communicator Awards of Distinction.” United Concordia's two online educational videos and the interactive children's pages received the award from the International Academy of the Visual Arts (IAVA) in the “Interactive” category. The winning video submissions provide program information and offer dental health tips to TRICARE Dental Program (TDP) beneficiaries, while the children's pages provide interactive games and activities that educate children about oral health care.

With thousands of entries received from across the United States and around the world, the Communicator Awards is the largest and most competitive awards program honoring the creative excellence for communications professionals. The entries are submitted under one of six categories and are judged by the IAVA, a 550+ member organization of professionals from various disciplines of the visual arts dedicated to embracing progress and the evolving nature of traditional and interactive media.

United Concordia's winning videos and children's pages are available online at www.TRICAREdentalprogram.com in the “Dental Health Center.” ■

Wisdom Tooth Information and Coverage

Wisdom teeth are the molars that are located in the very back of your mouth. Dentists refer to these teeth as third molars. They usually start to emerge between the ages of 17 and 25. It is important to monitor the growth of wisdom teeth with your dentist. Wisdom teeth can be effectively used for chewing and biting when they are healthy and properly aligned; however, there may be instances when your dentist recommends removal and may refer you to an oral surgeon. Some common reasons for wisdom tooth extraction are:

- Impacted wisdom teeth (teeth that are unable to emerge completely, misaligned or trapped between the gum and jaw bone)

- Partially erupted wisdom teeth (wisdom teeth that are visible in the mouth but are positioned such that they have a high probability of causing pain, infection and swelling)

Coverage

The TRICARE Dental Program covers extractions for all enrollees. However, the removal of impacted wisdom teeth is covered only for patients ages 15 through 30.¹ General anesthesia is also covered for the procedure with a 40 percent cost-share. ■

1. Removal of impacted third molars in patients under age 15 and over age 30 is not covered unless specific documentation is provided that substantiates the need for removal and is approved by a United Concordia Companies, Inc. Dentist Advisor.

United Concordia Develops Social Networking Avenues for TDP Enrollees

United Concordia Companies, Inc. (United Concordia) has developed a TRICARE Dental Program (TDP) Facebook site designed to keep enrollees and the military community up-to-date on TDP benefits, oral health information and United Concordia on-site visits.

Since launching this spring, the page has drawn more than 3,000 fans and has proven to be a valuable resource for many current and potential enrollees. Visitors to the site have used it as a forum for discussion and networking, as well as a way to receive TDP-specific benefits and

enrollment information. Additionally, fans are alerted to regional events that will have a United Concordia TDP representative in attendance to personally answer questions.

Fans receive updates posted to their own Facebook accounts and can also share comments and links with other fans and United Concordia. To become a fan and begin enjoying the benefits of networking with your peers and United Concordia, go to <http://www.facebook.com/TDP.ADDP>. ■

You Can Quit Smoking and TRICARE Can Help

This summer, TRICARE launched a toll-free Smoking Quitline that is available 24 hours a day, 7 days a week. TRICARE's Smoking Quitline is a telephone support and resource service for TRICARE beneficiaries living in the United States. Callers will be assessed and receive guidance for a smoking cessation plan that fits their unique smoking habits. Cessation materials can also be provided through U.S. mail upon request. Call the toll-free number for your region for assistance.

Note: The Smoking Quitline is available to all stateside TRICARE beneficiaries who are not eligible for Medicare.

The Smoking Quitline is part of the Department of Defense and TRICARE-sponsored tobacco-cessation program, which offers a variety of online tools and resources to help you quit, including live chats and step-by-step quit plans. Visit www.ucequit2.org for more information. ■

Regional TRICARE Smoking Quitline Contact Information	
TRICARE North Region—Health Net Federal Services, LLC	1-866-459-8766
TRICARE South Region—Humana Military Healthcare Services, Inc.	1-877-414-9949
TRICARE West Region—TriWest Healthcare Alliance Corp.	1-866-244-6870

Tooth Sealants Offer Protection for Your Child's Teeth

According to the Centers for Disease Control and Prevention, 90 percent of children's cavities occur in the back teeth (premolars and molars), where rough grooves called pits and fissures cover the tooth surface, collecting bits of food and liquid that can attack tooth enamel. Daily brushing and flossing help remove food particles and bacteria from the smooth surfaces of the teeth, but pits and fissures are more difficult to keep clean because brush bristles cannot always reach into these tiny grooves.

Your dentist may suggest protecting your child's back teeth with dental sealants—plastic material that is applied to molars' chewing surfaces. Research indicates that dental sealants prevent tooth decay and can also stop decay in its earliest stages. Experts recommend that dental sealants be placed on children's molar teeth shortly after eruption. The first permanent molars come in around age 6, with the second set of permanent molars appearing in children around age 12.

Sealing the Teeth

The plastic material covers and seals the chewing surfaces of the teeth, acting as a barrier so that cavity-causing bacteria and acid cannot get into the pits and grooves of the teeth.

Sealants are easy for your child's dentist to apply, and it takes only a few minutes to seal each tooth.

First, the dentist will thoroughly clean your child's teeth and prepare the surface with a solution to make the plastic material stick to the tooth enamel. The sealant is then painted on the tooth, where it attaches. The dentist may use a curing light to help the sealant harden. The procedure is completed in one short visit, and the benefits can last for years.

Coverage

Dental sealants are covered under the TRICARE Dental Program (TDP) on permanent molars through age 18. The teeth must be cavity free and without fillings. One sealant per tooth is covered in a three-year period. The cost-share for covered sealants for TDP members in the CONUS service area¹ is 20 percent. Sealants are covered at 100 percent for command-sponsored TDP enrollees in the OCONUS service area.

For more information about dental sealants, you can visit www.TRICAREdentalprogram.com.

1. The TDP CONUS service area includes the 50 United States, the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands.

The Dentist is In: Diabetes and Dental Care

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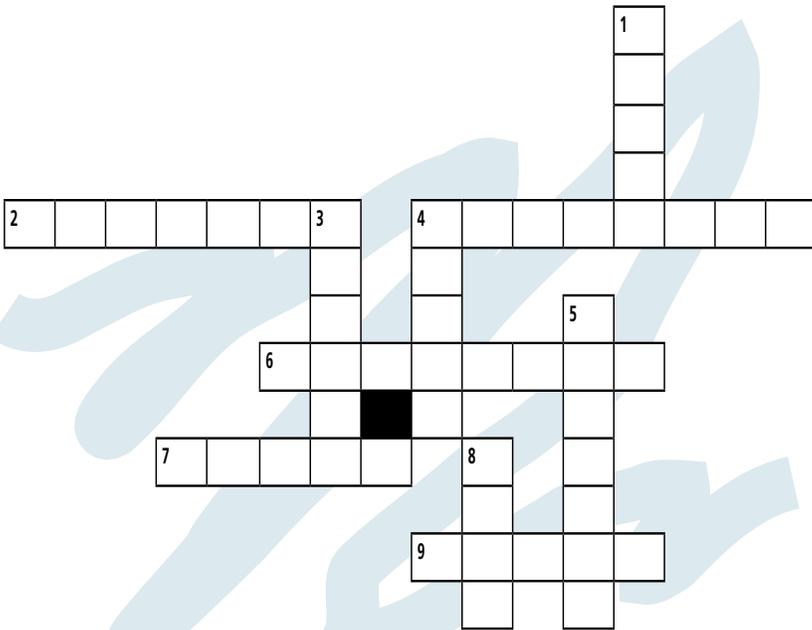
People with diabetes have a higher risk for gum disease (periodontal disease) and other dental problems, including oral infections, fungal infections (thrush) and dry mouth. Poorly controlled blood glucose levels also increase the chance of infection after dental surgery. At the same time, serious gum disease can have a negative impact on patients' diabetes. Moderate to severe periodontal disease may increase blood sugar, decrease the effects of insulin and increase risks for diabetic complications. Other health complications from diabetes include heart disease, stroke, kidney disease, blindness and amputation. There truly is a relationship between general and oral health.

Diabetics have special dental needs—and your TRICARE Dental Program (TDP) network dentist is well-equipped to meet those needs, with your help. The American Dental Association® (ADA) recommends keeping your dentist

informed about any changes to your medical condition, as well as your blood glucose level and any prescription or over-the-counter medications you are taking. Additionally, you should postpone any nonemergency surgery if your blood sugar is not well-controlled. Most importantly, brush and floss twice a day and see your dentist regularly for checkups and cleaning.

For more information about diabetes, dental care and TDP coverage, please visit the TDP Web site at www.TRICAREdentalprogram.com. You can view and/or order the "Your Oral Health and Diabetes" brochure. Click on the "Dental Health Center" and then select "Dental Health Brochures." You can also obtain information about diabetes from the American Diabetes Association® at www.diabetes.org or the ADA at www.ada.org. ■

TRICARE
Kids'
Dental Health Fun Page



Crossword!

Across

- _____, found in dairy foods, helps develop strong bones and teeth.
- _____, which is added to tap water in many towns and cities, strengthens your teeth and protects them from decay.
- Avoid _____ by keeping your teeth clean and visiting your dentist.
- You should _____ your teeth twice a day.
- Use _____ to clean between your teeth.

Down

- _____, found in sweets, promotes tooth decay.
- _____ are the teeth you use to grind food before swallowing.
- _____ is a healthy snack that helps prevent cavities.
- Visit your _____ regularly for checkups and cleanings.
- _____ is a great source of calcium.



Fun Fact: What animal had the largest teeth ever?

Recently discovered in the deserts of Peru, the fossils of an ancient sperm whale called *Leviathan melvillei* set the tooth size record at 36 centimeters (more than 14 inches) long! The creature, which lived 12 to 13 million years ago, had massive teeth in both its upper and lower jaws and a giant skull that supported its huge jaw muscles. Unlike today's sperm whales—which lack functional teeth in their upper jaw and feed by suction, diving deep to hunt squid—scientists think the *Leviathan* may have hunted like predatory killer whales, which use their teeth to tear off flesh from their prey.¹ ■

1. http://www.sciencenews.org/view/generic/id/60690/title/Moby_Dick_meets_Jaws



“Month of the Military Child” Prize Winners

North Region

First Prizes:

Joshua Gunderson
Eli Kettner
Jesiris M. Burgos
Tyler Harding

Second Prizes:

Faith DeMerchant
Olivia Elena Hutchens
Rocha
Emily Cordero
Dimitrious Rieg

Third Prizes:

Angelica S. Mendoza
Parys Wasilewski
Karisa Leigh Hanna
Kayleigh Ecklid

South Region

First Prizes:

Ross Duckett
Jacob Armstrong
Elijah M. Harkins
Ryan Browning

Second Prizes:

Madeleine Gray
Kathryn Pack

Mikayla Quinones
Daniella Hightower

Third Prizes:

Mia luna Mercado
Jerome Johnson
Angelica Jasmine Graciano
Emilio Pedroza

West Region

First Prizes:

Alexander King
Kyra Wajer
Jonathan Jaictin
Lauren Kuhr

Second Prizes:

Ellie Barber
Jenaka Decou
Alexandra May
Nicole Brashears

Third Prizes:

Vishayla Beauchan
Patrick Henry
Shawn Lamoreaux
Keegan M. Meenagh

Eurasia-Africa

First Prizes:

Nicholas Aiden Nelson
Jacob Dieguez
Matthew D. Mercado
Ethan Groendyk

Second Prizes:

Joceyln Parks
Claire Moriyama
Anna Sepanic
Mary Michelle Marshall

Third Prizes:

Alex Lomparski
Brendan Miner
Alejandra Diaz
Briana Long

Latin America and Canada

First Prizes:

Jahdan E. Candelario
Breelyn Caffey
Gizangely M. Marrero
Sebastian Beletic

Second Prizes:

Trevor Griffin
Andres S. Alvarez Rivera

Carolyn M. Perez

Sidney Marie Gonzalez

Third Prizes:

Gennsen Lincoln
Daniel Coleman
Adrian Camacho, Jr.
Pedro Luis Alvarez Thomas

Pacific

First Prizes:

Kiley Mellan
Shoma Ennis
Savana R. Baza
Austin Taylor Braswell

Second Prizes:

Erik Eastman
Adrian Zepeda
Alisara Padua
Amity S. Fong

Third Prizes:

Drew Aron S. Blas
Lena Isabella Nunez
Castillo
Leah James
Nkosei Gravesande

Prizes

First prize winners—\$300 All Services Exchange gift certificate

Second prize winners—\$150 All Services Exchange gift certificate

Third prize winners—\$50 All Services Exchange gift certificate

United Concordia Companies, Inc. thanks everyone who entered this year’s contest. We appreciate your support of our nation, the military family and the TRICARE Dental Program.

Note: Winners were randomly selected in each TRICARE region. Any entry submitted with an incorrect region was researched and reentered in the applicable region to ensure consideration. Winners have been notified by United Concordia.

TRICARE Dental Health Matters



United Concordia
TRICARE Dental Program
P.O. Box 69426
Harrisburg, PA 17106-9426

An Excellent Value

- Generous coverage
- Superior dental health care
- Decisions are health driven, not insurance driven
- High satisfaction with care
- Low out-of-pocket costs
- Easy access



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TRICARE Dental Premium Rates Steady Through July 31, 2011

The following tables list your current TRICARE Dental Program (TDP) monthly premium rates, which will continue through July 31, 2011. The premium amounts will be deducted from your military pay account or billed directly to you. Visit the TDP Web site at www.TRICAREdentalprogram.com for information regarding payment options. ■

Active Duty	
Single Premium (one family member)	Family Premium (more than one family member)
\$12.69	\$31.72

Selected Reserve			
Sponsor-Only Premium	Single Premium ¹ (one family member, excluding sponsor)	Family Premium (more than one family member, excluding sponsor)	Sponsor and Family Premium
\$12.69	\$31.72	\$79.29	\$91.98

Individual Ready Reserve			
Sponsor-Only Premium	Single Premium ¹ (one family member, excluding sponsor)	Family Premium (more than one family member, excluding sponsor)	Sponsor and Family Premium
\$31.72	\$31.72	\$79.29	\$111.01

1. If both the sponsor and a single family member are enrolled, the premium due is the total of the sponsor-only premium and the single premium.