

DENTAL HEALTH AND ALZHEIMER'S DISEASE

Alzheimer's Disease (Alzheimer's) is the sixth leading cause of death in the United States. Alzheimer's affects approximately 5 million Americans today and is expected to rise to over 16 million cases by the year 2050. There is no known cause of the disease, which has led researchers to investigate a possible link between type II Diabetes Mellitus (Diabetes) and Alzheimer's. Research has begun to show a direct correlation between increased blood glucose levels and inflammation of the tissues surrounding the teeth. Furthermore, research is revealing that patients who suffer from Alzheimer's are also at an increased risk of developing periodontitis.

Individuals who develop type II Diabetes later in life are at an increased risk for developing Alzheimer's due to hyperglycemia, which increases oxidative stress. Neurotoxins are released by the increased oxidative damage, which compromises the endothelial lining of the cerebral blood vessels that decreases the acetylcholine production. The formation of deadly beta-amyloid plaque may be encouraged by this decreased acetylcholine production and compromised endothelial linings. This plaque can accumulate in the brain and cause normal neurofibrin to tangle, which deteriorates the white matter of the brain and exacerbates diabetes by killing the beta islet cells of the pancreas.



Diabetics also experience a prolonged healing time throughout the body. Decreased blood circulation prevents nutrients and white blood cells from reaching infected sites of the body. This causes a deficiency in how well the immune system functions and leads to more infections, including the tissues surrounding the teeth. When both type II Diabetes and Alzheimer's are present in a patient, there is a greater risk of developing periodontitis. Patients who are suffering from Alzheimer's will oftentimes unintentionally neglect their oral care, as these patients will forget to brush their teeth. Patients who are suffering from severe cases of Alzheimer's may require the assistance from a caregiver. Caring for the oral health of Alzheimer's patients can be challenging, as they may become combative. It is important that these patients have a dental home and receive routine preventive care. It is recommended that patients who have periodontitis receive periodontal care from their provider every three to four months.

Reference: Tiffany Kong, RDH, BS, EFDA; Leanna J Myers, MAT, RDH, EFDA; Jacob C. Reving, BA, RDH, EFDA

OFFICE OF THE QUARTER

Dr. Richard Freedman
North Babylon, New York

Congratulations!

A special thank you to Dr. Richard Freedman and staff for their courteous manner and ongoing commitment to patient care and service.

Offices chosen are voted upon by the various departments interacting with providers. An office gift and a plaque were presented to the office.



Inside This Issue

Keep Your Office Info up to Date on Provider Directories!.....	pg. 2
Healthplex Contacts.....	pg. 2
Changing Practice Information.....	pg. 2
Appropriate Use of Social Media.....	pg. 3
Provider Satisfaction Survey.....	pg. 3
Check it Out.....	pg. 4

KEEP YOUR OFFICE INFO UP TO DATE ON PROVIDER DIRECTORIES!

Healthplex strives to keep accurate and relevant provider directories. Knowing which providers and specialists are available within a plan is critical, as patients who visit a non-participating provider will face higher fees or be denied care. Whether a provider joins or leaves a particular practice, an office should always notify the insurance plans with which they participate of any changes to their associate providers. Healthplex, like many insurance carriers, maintains an online directory that lists the participating providers at a given office location. Checking the internet to see which providers are listed in a given plan’s directory, and then informing the plan of any required changes is highly recommended to prevent confusion with patients who believe that an otherwise listed provider is available and accepting their plan.



HEALTHPLEX CONTACTS

www.healthplex.com

Phone Numbers

Provider Hotline.....888-468-2183 (Options)

- 1: Eligibility
2: Urgent Referrals
3: Website Support
4: Claims Automated System
5: Contracting (Commercial Programs)
6: Contracting (Government Programs)
7: Panel Participation

UM Clinical Review.....888-468-5182

Internet Support.....888-468-5171

Fax Numbers (516 area code)

Claims.....542-2614

Credentialing.....228-9568

Customer Service.....227-1143

Government.....228-9576

Provider Relations.....228-9571

Referral Authorization.....228-5025

E-Mail

ProviderRelations@healthplex.com

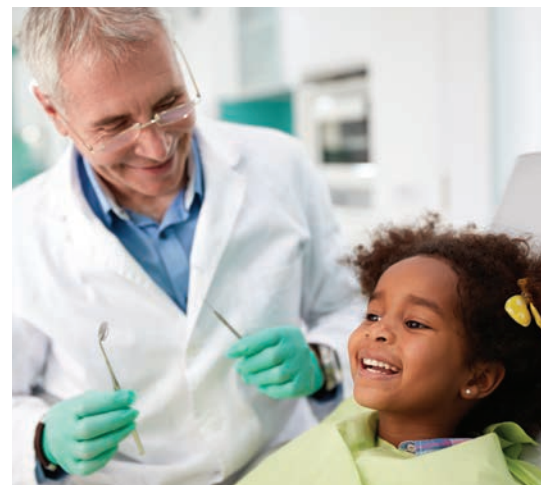
Info@healthplex.com

Claims@healthplex.com

Referrals@healthplex.com

CHANGING PRACTICE INFORMATION

We understand the challenges of running a practice. You may find that your practice has become too small to house the growing number of patients, you may even be selling your practice or moving onto retirement. This is a friendly reminder to notify Healthplex at least 30 days prior to any changes in your practice information. This includes changing your Tax Identification Number, changing the name of your practice, or if you are moving and/or selling your practice. We need this updated information so that we can send you all necessary paperwork for the change. This will allow us to process claims in a timely manner and ensure that payments are sent to the correct practice. Please remember to contact Healthplex if you have changes to your telephone number(s), fax number(s) or the email address(es) associated with your practice. If you have any questions or need assistance with updating your practice information, please feel free to contact Provider Relations at providerrelations@healthplex.com or by calling 800-468-2183 option 5.



APPROPRIATE USE OF SOCIAL MEDIA

Social media sites are arguably the most accessed Internet sites. We all use social media sites, probably daily or multiple times a day, for personal and business purposes. There are quite a number of social media sites, with LinkedIn, Facebook, Twitter and Instagram probably the most frequently used, and more sites being set up all the time.

We should “think twice” before posting information on a social media site. The following are some “Do’s and Don’ts” for using social media:

Do’s

- Maintain contact with friends, family and colleagues
- Manage your accounts
- Share useful and interesting information
- Know your audience – differentiate personal and business sites and post accordingly
- Check and understand site privacy settings
- Review your business social media sites regularly for any negative posts about your practice and respond with a positive message

Don’ts

- Assume only your friends, contacts, etc., can view your posts
- Accept people as connections who you don’t know as this is a method for identity theft
- Discuss your day at your office
- Post any office proprietary or confidential information, including patient, dentist, or office employee information
- Neglect to proofread your posts to ensure you are posting what you truly want to say
- Share too much information or allow others to post more about you than you are comfortable with

Some information to “think twice” about posting is:

Personal information – are you posting too much personal information about yourself or others? Do you really want people to know that information...do they want to know that much information about you?

Your whereabouts – do you want people to know where you are, that you are away on vacation and your home is empty?

Potentially controversial information – it is easy to take posting out of context (just like an e-mail), make sure you want to post the information, joke, etc.

Hashtags – Be mindful of the tags and hashtags that you affiliate with your content. Inappropriate hashtags often stream you into a group of messages that may not reflect you or the company’s brand in a positive light.

Above all: Use common sense when posting information to a social media site.

PROVIDER SATISFACTION SURVEY

The provider satisfaction survey will be available on the Healthplex website from March 1 through April 30. We strongly encourage you to complete the survey as we value your opinion and would like your office’s feedback on your experience and interaction with Healthplex in 2016.

You may be eligible to win a \$300 gift card! To complete the survey, please follow the instructions below:

1. First, go to www.healthplex.com and log in with your username and password.
2. After logging in, you will automatically be prompted to complete the online survey.
3. Remember to complete a survey for each of your office locations and specialties.

Please be assured that Healthplex will use the survey results to evaluate how we might improve both our programs and our overall relationship with our providers.

Thank you in advance for taking the time to complete the Healthplex Dental Satisfaction Survey!



CHECK IT OUT

Charter Oaks Dental Meeting

Come visit us at booth 410 during the **Charter Oak Dental Meeting!** The event begins on Thursday, May 11 from 8:30 a.m. to 5:30 p.m. and ends on Friday, May 12 from 8:30 a.m. to 3:00 p.m. **The Charter Oak Dental Meeting** features approximately 120 Exhibitors showcasing products and services designed to enhance both your professional and personal life.

2017 Garden State Dental Conference & Expo

The 2017 Garden State Dental Conference & Expo will be held at the Newark Airport Marriott on Friday, May 5 from 8 a.m. to 6 p.m. and Saturday, May 6 from 8 a.m. to 1 p.m. The **Garden State Dental Conference & Expo** showcases the latest in dental technology, products and services, and brings members quality continuing education, prizes and the ability to interact with dentists. Register online to reserve your spot and visit Healthplex at booth 206 during your stay. We will be raffling an iPod mini!

Greater Long Island Dental Meeting

The Greater Long Island Dental Meeting will be held at the Hilton Huntington Hotel in Melville, New York. The meeting is to include full and half-day scientific programs and clinics with over 145 Exhibitions displaying the latest in technology, equipment, supplies and services. The Exhibition Hall will open on Tuesday, April 25 and Wednesday, April 26 at 5:00 p.m. We will be raffling an iPod mini!

Lyndon B. Johnson
"Yesterday is not ours to recover, but tomorrow is ours to win or lose."
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