



# Happy MARCH



## Building a Healthy Team

At Sandia View Family Dental, we believe great patient care starts with a healthy, supported team. This year we'll be closing early once a quarter to spend time together as a team, and we just had our first team building activity last week!

We talked about the science of stress, how it impacts both physical and mental health, and ways we can better support ourselves and one another in the workplace. Dentistry is incredibly rewarding, but it is also demanding. One of the things we're committed to as a practice is creating an environment where our team feels valued, encouraged, and cared for—not just professionally, but personally as well.

After our chat we headed to Tenpins & More for a little friendly competition and a lot of laughter. It was a great reminder that strong teams aren't built only through hard work, but also through time spent connecting with one another. We're grateful for this incredible group of people and the culture we're building together.



TEAM BUILDING: BOWLING!!

- Nichole

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- New tech!
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## DR. CHRIS'S CORNER

One of the things I love most about dentistry is that it's always evolving. New materials and techniques allow us to help patients improve their smiles in ways that are more comfortable, more conservative, and more accessible than ever before.

That's why I'm excited to introduce **Hybrid Veneers**, a new cosmetic option we're beginning to offer at Sandia View Family Dental. Hybrid veneers can improve the appearance of your smile **without numbing or shaving down your natural teeth**, and the process can be completed in just two visits.

Even better, the process begins with a virtual consultation. Simply submit a photo of your smile through our online consult link, and I'll personally send you a short video sharing what I see and what options may be available for you.

What excites me most is that this option allows many patients to enhance their smile while preserving their natural tooth structure.

Of course, none of the things we offer here would be possible without the incredible team that surrounds me every day. I truly believe we have one of the strongest, most supportive teams anywhere. They care deeply about our patients and about one another, and their dedication is what allows us to continue bringing new ideas and better care to our community. I'm grateful for them every day.

- Dr. Chris

### Hybrid veneers help improve:

- Worn or chipped teeth
- Discoloration that whitening can't fix
- Small gaps between teeth
- Uneven tooth shapes or sizes



# My Teeth Don't Hurt, So Why Do I Need X-rays?

Many dental problems develop quietly. Cavities between teeth, infections at the root, bone loss, and changes in existing dental work often can't be seen during a visual exam alone. X-rays allow Dr. Chris to see what is happening below the surface—between teeth, under the gums, and inside the bone. It is possible to have an infected tooth that is not causing any pain! This information is essential for diagnosing problems early, planning treatment, and protecting your long-term oral health. ***Finding these problems early often means simpler, more affordable treatment.***

Recently, some dental insurance companies have begun limiting how often certain X-rays are covered. While insurance guidelines may change, Dr. Chris's recommendations are always based on medical necessity and what is best for your health.



Insurance policies are designed around financial coverage rules—not individual patient needs. In some cases, an X-ray may be recommended even if it is not covered by insurance.

At Sandia View Family Dental, we only recommend X-rays when they are clinically necessary to help diagnose, monitor, or treat dental conditions. They are a critical tool that allows us to provide the thorough, preventative care our patients deserve.

If you ever have questions about why an X-ray is recommended, we are always happy to talk through it with you.

## DID YOU know?

**Dental X-rays use very low levels of radiation.** Modern digital x-rays use up to 80–90% less radiation than traditional film x-rays from years ago.

**Insurance coverage doesn't always equal medical necessity.** Insurance companies set coverage limits, but those limits don't always reflect what a dentist needs to properly diagnose and treat a patient.

MARCH  
REFERRAL GIVEAWAY

**2 tickets to an April Isotopes Game!**

Do you know someone who's looking for a new dentist? A referral is the highest compliment we can receive—and we'd be honored to care for your friends and family.

Anyone who refers a new patient to Sandia View Family Dental who books their first appointment during March will be entered to win two tickets to an Isotopes Game in April!

Just make sure your friend or family member mentions your name when scheduling so we can give you credit. Thank you for trusting us with the people who matter most to you—it truly means the world to us.



**Staff Spotlight:**  
*Joyelle (Jojo) Romero*  
*Treatment Coordinator*

Joyelle began her dental career in 2010 as a dental assistant, gaining experience in both oral surgery and general dentistry before moving into office management. Her background allows her to understand both the clinical and administrative sides of patient care.

She holds her DANB and DAANCE certifications as well as a Bachelor's degree in Mathematics. Jojo loves helping patients understand their options and guiding them toward treatment that feels comfortable, affordable, and right for them. She sees her role as an advocate—helping patients get the care they need while building lasting relationships.

Originally from Northern New Mexico, Jojo enjoys fishing, spending time in the mountains, cheering on football, and making memories with her four grandchildren. She also loves relaxing at home with her two cats.