



# Dr. Scott Quandt's Word Of Mouth

Produced to improve your dental health and awareness

Fall 2009

## fromthedentist

### Getting It Done!

#### *Fall's the time*

There's a saying that if you want something done, ask a busy person ... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment. Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

*Yours in good dental health,*

*Scott Quandt D.D.S., F.A.G.D.  
and Team*

## turnthepage

Brush up on brushing!

Transform your smile!

Slow food for health!

## Can't Tolerate CPAP?

### Consider oral appliance therapy

Have you ever seen a teeth whitening tray or a sports mouthguard? Well, if you suffer from sleep apnea, an equally small, comfortable, custom-fitted device could be just the solution you're looking for. While in the past Continuous Positive Airway Pressure (CPAP) has been considered the gold standard therapy for obstructive sleep apnea, not everyone can tolerate the cumbersome device and simply won't use it. That's hazardous to their health.

Therapy with a portable custom-fitted oral appliance can be extremely helpful for a variety of apnea problems ranging from mild to severe – without surgery. Snoring noise is caused by

vibrations of air moving through a narrow airway. In apnea, the tongue and soft tissues relax and completely collapse the airway during sleep until breathing stops. The brain partially awakens them to restore breathing.

The key to successful treatment with your oral appliance is custom fitting so that it meets your unique needs and will maintain an open, unobstructed airway while you sleep by repositioning your lower jaw, tongue, and soft palate. It is an excellent alternative for many apnea patients and also for snorers whose problem has not improved in spite of weight loss, avoidance of alcohol, quitting smoking or shifting their sleep position.

*Wouldn't you like to greet every day again feeling rested and re-energized? We'll be happy to answer any of your questions about oral appliance therapy.*



*Thank you for all your referrals. We appreciate them!*

# PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

**Restore** gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

**Prevent** or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

**Sculpt** your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



## Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

# STEP UP TO THE WINNER'S CIRCLE!



## Winner Takes All!

### Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

**Brighten your teeth** by up to eight shades quickly, reliably, and safely.

**Camouflage** more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

**Say goodbye to old silver fillings** with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

## Set Your Sights On Health

### Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.





## Paul's Pantry Annual Food Drive

*Thanks*

Our annual food drive for *Paul's Pantry* will begin on October 5th this year and run through the middle of December. Please bring in any non-perishable food items or cash during this time. Everyone who contributes to the program will be entered into a drawing for a \$100 gift certificate to *Festival Foods*. Thank you for your prior donations and continued support.

## Email Confirmations

Thanks to the ever expanding world of technology, we will now be implementing a new confirmation method. Patients who give us a valid email address will now have the opportunity to confirm their appointment via email. Please ask us for more information on this new service or call us at 499-6466. You may also email us at [drquandt@greenbaydental.com](mailto:drquandt@greenbaydental.com) with your email address so that we can update our records. Thank you.



## office information

**Dental Designs by Quandt**  
**Scott Quandt, DDS, FAGD**  
 2280 Holmgren Way  
 Green Bay, WI 54304-4710

### Office Hours

|           |                   |
|-----------|-------------------|
| Monday    | 8:00 am – 5:00 pm |
| Tuesday   | 8:00 am – 5:00 pm |
| Wednesday | 8:00 am – 5:00 pm |
| Thursday  | 8:00 am – 5:00 pm |
| Friday    | Closed            |

### Contact Information

|          |  |
|----------|--|
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| Web site | <a href="http://www.greenbaydental.com">www.greenbaydental.com</a>           |

*Communication and  
 feedback is important  
 to us - don't be  
 afraid to ask questions!*



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