



Dr. Scott Quandt's Word Of Mouth

Produced to improve your dental health and awareness

Spring 2009

fromthedentist

Think Spring It's in the air!

Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward ... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Yours in good dental health,

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

turnthepage

Rejuvenate your smile!

What's your *flossophy*?

Defeating diabetes!

Dental Green

And mercury free

Over the last 5 years, *Dental Designs by Quandt* has instituted various action plans to make our office more eco-friendly. With so much public awareness about the Green Movement recently, we would love to share with you how we are "Going Green."

We have replaced incandescent lights with florescent lighting which is 5 times more efficient.

We have a fully integrated and comprehensive practice management software suite which stores all of our patient records. This means no more wasting paper in order to produce paper charts and records.

All of our computers, faxes, copy machines and printers are energy star rated meaning they run cooler and save on energy.

We recycle all paper, cardboard, plastic, and glass.

We use recycled/remanufactured ink for our printers.

We have digital radiography which means no more film processing with harsh chemicals. It also uses less radiation than a traditional x-ray system.

We have a CAD/CAM milling machine which reduces material use as well as fuel consumption by both lab and patient.

We use less water with our motion sensor sprays used to disinfect our hands.

We use biodegradable non-toxic cleaners.

We consolidate our supply orders to save packaging and fuel consumption.

We use an autoclave cassette system rather than paper and plastic bags for most instrument sterilization.

We launder our own garments.

We use an oil free air compressor and oil free vacuum system.

(Please see back page for more)

Thank you for all your referrals. We appreciate them!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

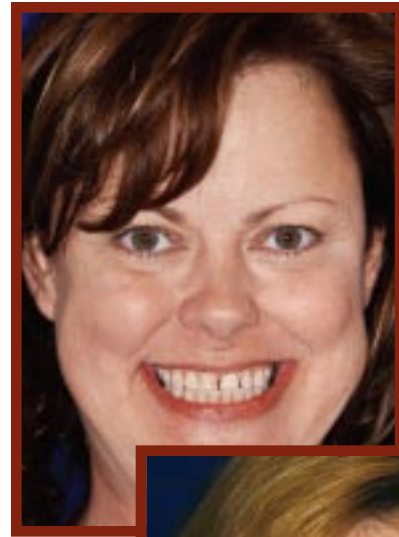
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

Teeth Whitening	Instantly brighten your smile
White Fillings of Composite or Porcelain	Make tell-tale dark fillings a thing of the past
Tooth-Colored Bonding	Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth
Cosmetic Veneers	Conceal spaces, crooked, chipped, or discolored teeth
Crown Restorations	Restore severely damaged or broken teeth
Dental Implants	Restore appearance and function
Crown/Implant & Bridge Restorations	Replace missing teeth and prevent further damage to your smile

Continued from front

Mercury Free

Most importantly, we do not place mercury based amalgam fillings in your mouths. We have an amalgam/mercury separator in our vacuum system which filters out the discharge of the harmful element mercury from the filling material which is removed from your teeth.

The discharge of mercury filling material into municipal sewage systems has been implicated in contributing to elevated levels of mercury in our lakes and rivers. Dental offices nationwide, it has been estimated, have contributed

40-50% of the mercury found in waste water. Several countries have banned dental mercury based fillings for this reason.

In addition, the FDA has become more involved in addressing health concerns from these mercury-silver fillings in our mouths and has reclassified the material. All mercury based filling material is also classified as hazardous waste by the EPA when it is removed from your teeth. Any scrap must be disposed of in a hazardous waste container.

The bigger questions are why would anybody choose a mercury based filling to be placed in their mouth after knowing these facts? Addition information can be found at www.epa.gov/guide/dental or Google: dental amalgam, EPA or dental mercury separators.



office information

Dental Designs by Quandt
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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 www.greenbaydental.com

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



Road Construction

This is a FYI to patients who use Highway 172 to reach our office. There will be extensive road work beginning February 2nd and lasting all year. Please check for an alternate route or feel free to call us at 920-499-6466 for directions.



Food Drive

Our office would like to thank everyone who donated food to Paul's Pantry over the holiday season. Our annual food drive for Paul's Pantry was a smashing success again this year as we received more food this year than in any previous year. Paul's Pantry and everyone who received this food are extremely grateful for your kind gifts.

We would also like to congratulate our lucky winner who received a \$100 gift certificate to Festival Foods.