



scott quandt  
dental designs by quandt

# Dr. Scott Quandt's Word Of Mouth

Produced to improve your dental health and awareness

Fall 2006

## fromthedentist

### Fall Power!

#### For power lifestyles

Whether your power lifestyle centers around a boardroom, a home office, or a nursery, oral health care can be a real challenge during the summer months. Thankfully, fall has the power to jolt us back to re-energize ... reorganize ... and reschedule!

If you've let treatment appointments slide or if you've been delaying your next preventive care appointment, you've got plenty of company. Almost 80% of baby boomers *say* they consider dental care to be part of their preventive health care routine, yet fewer than half visit the dentist twice a year as recommended!

Everyone today is struggling with a busy schedule. But remember: benefits from dental plans that end on December 31st are not carried forward to the next year.

Schedule a fall appointment and take back the power!

*Yours in good dental health,*

*Dr. Scott Quandt*

### New Office Hours

Due to the frequency of Friday seminars our office will no longer be open on Friday's starting November 1st. All other office hours will remain unchanged. If you have any questions please feel free to contact us.

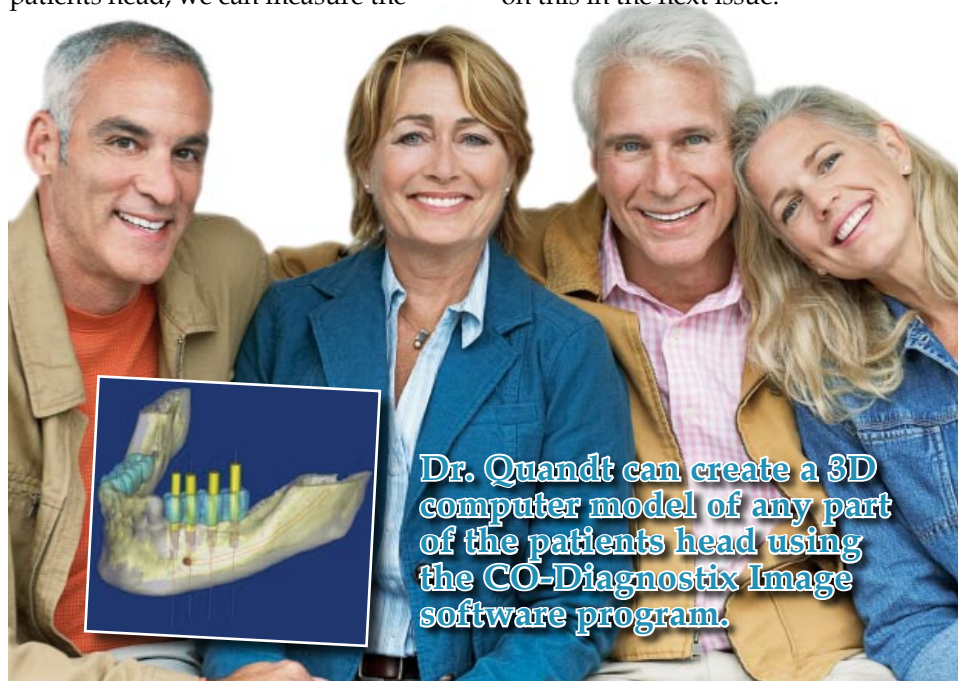
## Dental Implants

An evolving array of new technology in the area of dental implants has paved the way for an exciting future for both patient and doctor. The new innovations come from a cutting edge 3 Dimensional CAT Scan technology. From this scan, Dr. Quandt can create a 3D computer model of any part of the patients head using the CO-Diagnostix Image software program. This will allow the doctor to place the implant exactly where he desires which will improve the accuracy and quality of the implant itself. The scan itself only takes 20 seconds to complete. This CAT scan is also at a much reduced fee from traditional CAT Scans and is taken in a mobile unit which visits our office.

By creating a 3-D model of the patients head, we can measure the

amount of bone present and the density of the bone. The doctor can then accurately evaluate how much bone is available to plan the placement of the dental implant. We can also see vital structures which will influence the placement of the implant such as nerves, blood vessels, and sinuses. With this information we are able to design a surgical guide to place the implants within 0.1mm of accuracy.

The combination of the Mobile CAT Scan unit, the CoDiagnostix program, as well as Dr. Quandt's expertise, makes dental implants a more functional and predictable process that is more cosmetically pleasing. This CAT Scan technology will also be used to more accurately diagnose patients with "TMJ" problems. Look for more on this in the next issue.



Dr. Quandt can create a 3D computer model of any part of the patients head using the CO-Diagnostix Image software program.

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



# Cause For Concern

## Why should you be concerned about periodontal (gum) disease?

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It is an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

## What causes it?

Plaque, the soft thin film you may feel on your teeth, is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* (or *tartar*) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it is called *periodontitis*.

## How can you prevent or manage gum disease?

It's very important that you maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed – and even reversed!

## Go Pro-Active!

### Prevent cavities and gum disease

We know that bacteria has been linked to cavities *and* gum disease. A pro-active approach to your home care routine will go a long way to preventing oral health problems that can affect your appearance and overall health.

- Brush to prevent the buildup of the bacterial biofilm that can contribute to cavities and harden into the tartar that causes gum disease.
- Floss to reach below your gumline and in-between teeth where your brush can't reach.
- Rinse with antibacterial mouthrinse. We can recommend alcohol-free products.
- Remineralize enamel that has weakened and become porous. We can help here in the office, and can recommend and prescribe fluoride gels, mouthrinses, drops, or tablets that will keep your teeth strong and resistant to decay.

## Think Positive!

### Benefit from a whole new point of view!

Can't you just *see* yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy – you just might *make* yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help ... modern dental technology that maximizes their comfort ...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

We can help replace

outdated fears and

imagery with

positive experiences.

Have you booked your

recare appointment?



# It's In The Numbers!

## **One Tip You Might Not Know**

● Cosmetic dentistry can plump out lines on the lower third of your face – without surgery!

## **Two Things You May Not Know About Facial Ageing**

● The pull of gravity on facial tissues is *not* a significant component of facial ageing. Loss of fat beneath the skin and sun exposure play a bigger role.

● Your smile, dulled by age, can add years to your appearance.

## **Three Smile Spoiler Facts**

● A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old you look.

● Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to a dimmed, stained smile which suggest ageing.

● Time and gum disease can shrink the underlying bone and gum tissue that hold your teeth in place, collapsing the proportions of your face, exposing teeth roots ... and adding years to your appearance.

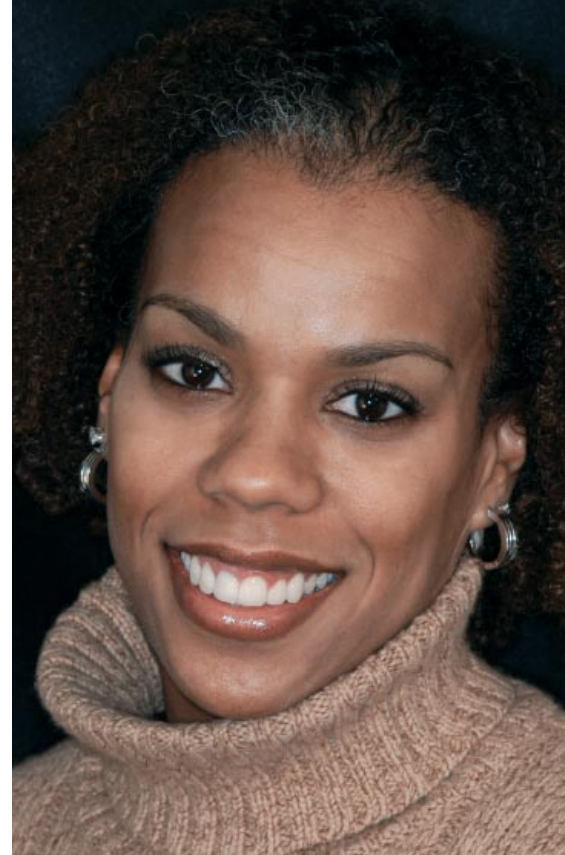
## **Four Beneficial Smile Solutions – Right Now!**

● Professional whitening can lighten and whiten stains – even after root canal therapy.

● Natural-looking tooth-colored materials can replace silver fillings and even fill in chips and cover cracks so no one will ever notice.

● Bonding or veneers can plump out fine wrinkles by building up tooth surfaces, restore normal shape to worn-down teeth, and fix widely spaced teeth and gaps in your smile.

● Crowns & bridges and implants with modern natural-looking materials can close very wide gaps and restore function, appearance, and the proportion of your smiling face!



**ONE**  
Beautiful  
Smile!

## **INFORMATION OVERLOAD?**

**Ask your personal smile-consulting team!**

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem *more* anxious about illness. Could it be the overabundance and ease of access to information out there?

Self-directed research on the Internet or in health-reference texts can be very helpful ... but it can also be confusing and even seem contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data? You can rely on us – your personal smile-

consulting team.

We will be happy to answer your questions and discuss your oral care options with you... accurately and concisely.



**ARE YOU INCLUDED?**  
8 out of 10 Internet users have looked online for health information on various topics.



# CDM Centers For Dental Medicine

The mission of the CDM is to improve the health of our patients by being the bridge between dentistry and medicine through communication and collaboration with associated members of the medical profession. *Dental Designs* is one of the charter offices in this new campaign. We want to substantially lower your risk of heart attack, stroke and diabetes by treating and eliminating your gum disease. *Centers for Dental Medicine* have developed a new comprehensive non-surgical treatment for treating periodontal disease. When seeing your physician we want both you and your doctor to be aware of the links between periodontal disease

and other systemic conditions. The whole point of this is to gain better communication with physicians and dentists so that we may together reduce your risks of heart disease, diabetes, pre-term births and other systemic conditions. For more information about the systemic links of gum disease please call 1-877-GUMCARE or visit CDM's web site at [www.centerfordentalmedicine.com](http://www.centerfordentalmedicine.com). You may also find out more information on our website at [www.greenbaydental.com](http://www.greenbaydental.com).

**Stroke**  
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

**Heart Disease**  
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

**Diabetes**  
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

**Pre-Term Births**  
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.



## 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	8:00 am	–	12:00 pm

### Contact Information

Office	(920) 499-6466
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Web site	<a href="http://www.greenbaydental.com">www.greenbaydental.com</a> <a href="http://www.greenbaydentist.com">www.greenbaydentist.com</a>

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



## Welcome Back Lisa

Join us in welcoming back Lisa Warden to our team. Lisa is a registered dental hygienist who worked with us several years before leaving to raise her children. She's been very active in acquiring extensive, additional education and training to provide you with the highest quality care. We are very pleased to have her back, we know you will be too.

Visit us online at

[www.greenbaydental.com](http://www.greenbaydental.com)

[www.greenbaydentist.com](http://www.greenbaydentist.com)



## Smiles 4 Life

*Dental Designs* would like to thank everyone who supported Smiles 4 Life's Annual Fundraiser. Our office raised almost \$6,000 this year. Half of the proceeds will go to the Smiles 4 Life Foundation and the other half will go to our local Green Bay Boys and Girls Club. Your generous donations will help out tremendously. Please visit [www.smilesforlife.org](http://www.smilesforlife.org) to see what a difference this organization is making with your help.