



Dr. Scott Quandt's Word Of Mouth

Produced to improve your dental health and awareness

Fall 2008

As part of our annual summer outing, our team enjoyed a Green Bay Bullfrogs game.

Go Bullfrogs!!!



Our Education Commitment To You From Dr. Quandt



In our desire to constantly improve our service to you, many of you know about our commitment to continuing education. I attended another implant seminar in Chicago sponsored by *Nobel Biocare™* in May. Nobel Biocare is by far the leading manufacturer and research company in the world for dental implants. Dr. Russell Baer who was the presenter is considered one of the top implant dentists internationally and practices in Chicago. He invited me to spend some additional time in his office during the seminar. There will be a few upcoming Fridays in the future where I'll be able to assist and work closely with Dr. Baer.

In July, I also attended a meeting in Seattle which was focused on treatment of headaches, neck pain, and jaw joint problems (TMJ) through neuromuscular dentistry. The meeting was sponsored by *Myotronics* (www.myotronics.com) who is the originator and leader in neuromuscular dentistry. Dentists from around the world presented papers and clinical experiences in helping patients with these problems. I'm totally amazed at the results that are occurring in patients when we achieve a balance of muscles and nerve function of the head and neck area through neuromuscular therapy. This therapy is truly transforming dentistry.

Our team has also been involved in additional training in these areas. We are now able to access many web based dental sites for on-line training in our new dental training facility. More on this in the next issue.

Scott Quandt D.D.S., F.A.G.D.

Thank you for all your referrals. We appreciate them!



You'll like it!

Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

Prevention Is Better

Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

■ **Bacterial Infections**

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

■ **Transmissible**

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

■ **Preventable**

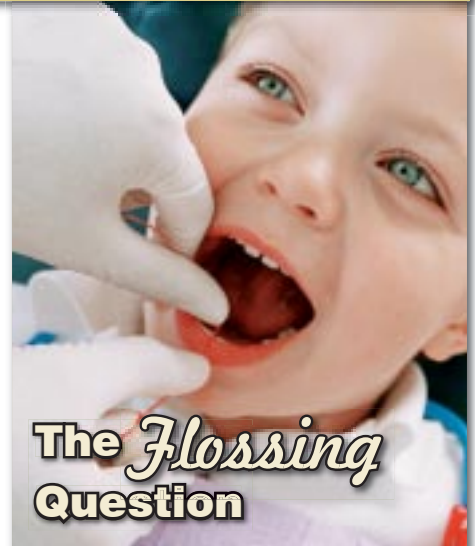
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

■ **Reversible**

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

Gum disease can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



The Flossing Question

Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

LIFE STAGE

FOCUS

HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

What can affect your whitening outcome?

Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



A Thank You From Smiles For Life

The *Smiles for Life Foundation* is the children's charity organization of the *Crown Council*, an organization of leading-edge dentists throughout North America. Each year over a four-month period, Crown Council dentists participating in the Smiles for Life campaign offer professional teeth whitening services at a considerably reduced price and donate 100 percent of the proceeds to children's charities. The Crown Council's Smiles for Life Foundation has raised more than \$22 million since 1998, benefiting nearly

500 children's charities across North America. This year our office raised \$4,000 bringing our total to \$84,000 over the past 10 years.

Through a unique partnership with legendary entertainer Garth Brooks and his Teammates For Kids Foundation, Smiles For Life guarantees that a full 50 percent of the money raised by Crown Council members goes to children's charities in communities across North America. Each year the remaining 50% goes to the *Green Bay Boys and Girls Club*.



Thanks again to all of you who have participated over the years. You are truly helping our office make a positive difference in the lives of many children.



office information

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



We would like to congratulate Marcia Brazeau on winning our summer drawing.

Marcia won 2 tickets for an Admiral's Dinner cruise aboard the beautiful Foxy Lady boat in Green Bay. We hope you have a great time!

The Summer Basket Drawing Winner Is...



Marcia Brazeau.

Care To Share Card

*In either this issue or next issue, you will be receiving a **Care To Share Card**. This can be used to refer friends or family to our office. They will receive \$25 of their off their out of pocket portion on their first comprehensive new patient appointment. As usual, you will receive a gift from our office. Inviting your friends and family to our office is the highest compliment we can receive.*