



scott quandt
dental designs by quandt

Dr. Scott Quandt's Word Of Mouth

Produced to improve your dental health and awareness

Winter 2005/2006



fromthedentist

Dental Designs by Quandt would like to wish everyone a very happy holiday season. We are grateful for your continued confidence.

Fall Drawing Winner

We would like to congratulate **David Duval** and his family in winning our fall basket which includes a fifty dollar gift certificate to the Texas Roadhouse as well as four movie passes and snack money. We hope you enjoy your dinner and movie.

turnthepage

The grind of bruxism

The secret? Strength, of course!

Absolute discretion: dental implants

New Tech – High Tech – Better care and prevention

In order to better serve our customers, *Dental Designs by Quandt* continues to be a very high tech office. Our new Versa wave Laser can replace the drill and in many cases can be used to treat cavities without anesthetic. We also offer a laser called the *Diagnodent™* which is a new diagnostic instrument for detecting early tooth decay. We also offer digital x-rays, which can better help in the detection and prevention of further dental problems. Our newest technology upgrade is our neuromuscular K7 and tens unit which helps in the treatment of "TMJ" conditions, chronic headaches, neck and shoulder pain, and clicking jaw joints. Please visit our web site at www.greenbaydental.com to learn more about this fascinating new technology.



The DIAGNOdent™ (shown left) uses laser light that reflects through the most minute openings to detect decay (shown right).

Welcome Back Margaret

Dental Designs by Quandt would like to welcome back Margaret Grohskopf. Margaret completed her Dental Hygiene degree from NWTC last summer. You may remember her as one of Dr. Quandt's assistants, but now Margaret will be our newest hygienist. Margaret has great people skills along with a yearning to learn new things. She has already attended a periodontal program in California and a local LVI seminar.

Thank you for all your referrals. We appreciate them!



Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
Veneers & Bonding Flossing and brushing with soft or ultra-soft brush Mild, non-abrasive toothpaste Electric toothbrush	Crowns, Bridges, Implants Interdental brush Sulcus brush Oral irrigator Floss & floss threader	Fixed Orthodontics Interdental brush Orthodontic toothbrush Multipurpose floss Oral irrigator Sulcus brush

Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD. Whiplash injuries can also occur in sports or during falls.

Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released
in your brain by:
sunshine
exercise
meditation
massage
smiling and laughing!



Discreet Dental Implants

Anyone
You
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

The Secret Is Strength

**Crown & bridge can
restore your smile**

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



Continuing Education

As always, we continue to provide our team members with continuing education so that we give you, our patients, the best quality, most up-to-date care available. We believe that by continuing to educate our team and improving our knowledge and skills, we will offer the newest and best care. Over the past year Dr. Quandt has attended several courses at the world famous Las Vegas Institute including four courses in neuromuscular dentistry, one course in dental laser technology, and

one course in a new implant system. He also completed a two part course in which he did a smile makeover with veneers on our patient, Amy Hobbins. Congratulations, Amy on your new smile! Two of our assistants have also completed a *Cerec*™ course which is an update for the Cerec ceramic crown system. Our office also recently invited two dental hygiene consultants to spend two days with our hygienists and team on new advances in the treatment of periodontal disease.

Keep an eye out for our 2006 Total Transformation winner Carol Levenhagen who will be having her makeover reveal early in 2006. Tune into WFRV or our web site for more information.



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	8:00 am	–	12:00 pm

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



System Conditions Reminder

We would like to remind you how important it is for you to care for your gums and keep periodontal disease under control. Many new studies have reiterated the relationship between periodontal disease and systemic conditions such as stroke, heart attack, diabetes, lung disease, osteoporosis, Alzheimer's disease, and preterm low birth weight babies. Please remember to floss and brush daily as well as rinse your mouth with a bacterial rinse. You may like to try our new *Healthier Gums = Healthier Smiles* program which shows high success rates in reducing periodontal disease and inflammation. Please call us for more details. Being a member of the Centers for Dental Medicine allows us to keep abreast of new advances in research in the prevention and treatment of periodontal disease. This approach will help us to improve your general health by offering new therapies to prevent and treat periodontal disease.

Oops! In our fall newsletter, we gave the wrong web address regarding the, "We Can Help To Save Your Life Story." We regret making the error and any inconvenience this may have caused you. The correct web address for the Centers for Dental Medicine is www.877gumcare.com. You may also call the toll free number which is 1-877-GUM-CARE (1-877-486-2273).



It was now official ... Sid the White-Toothed Reindeer would guide the sleigh this Christmas Eve