



scott quandt  
dental designs by quandt

# Dr. Scott Quandt's Word Of Mouth

Produced to improve your dental health and awareness

Winter 2007

## fromthedentist

### Perfect Timing *Ensuring your health*

We hope that all our patients and their families have a fun and frivolity-filled holiday season – and that everyone greets the New Year safe and sound!

And we'd also like to give you a little advice: the new year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full, which means it's the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning. This would also be an ideal time to consider an in-house whitening or cosmetic procedure to greet spring and summer in style!

We look forward to seeing your smile!

*Yours in good dental health,*

*Dr. Scott Quandt*

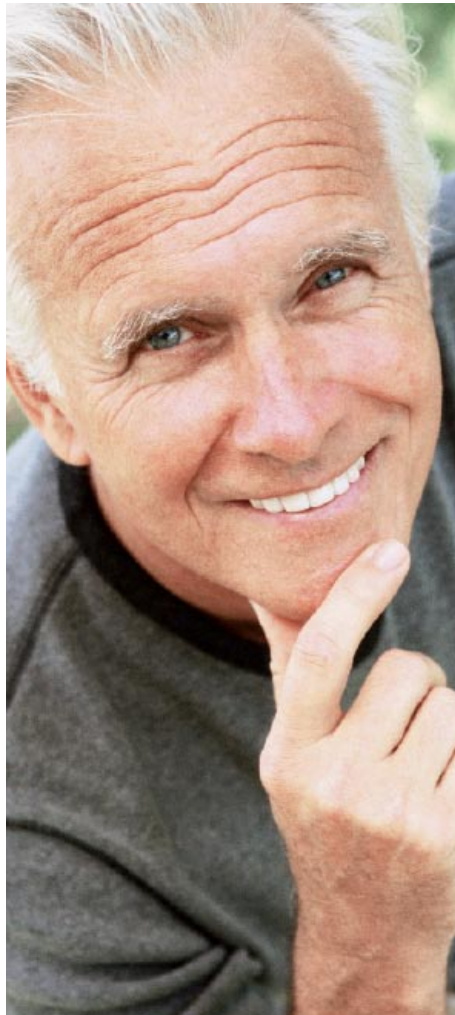
## turnthepage

Your ancestors' smile ... and then some!

Increase the longevity of your smile!

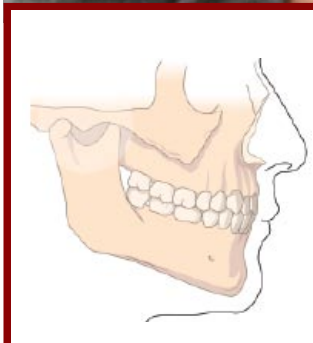
Olfactory Test: Do you pass?

## Do You Have A TMJ Problem?



Last issue we delved into the process of Dental Implants and Cat Scan Technology and in this letter we will explain how this is useful in diagnosing TMJ problems. The Temporal Mandibular Joint or "TMJ" is located where the jaw bones come together in the back of the mouth. Symptoms originating from this joint are called TMD (Temporal Mandibular Dysfunction). This joint can often click and cause pain. Suffering and symptoms of TMD include muscle tension, headaches, migraines, pain in or around the eyes, ringing in the ears, clicking of the jaw, fullness of the ears, pain around jaw area, soreness and pain in the shoulder and neck area, dizziness, clenching, grinding, and sensitive teeth. Dr. Quandt can apply Neuromuscular Dentistry to help aid in your TMD problems. Dr. Quandt will work to get your jaw back into the proper physiologic position. With our new 3-D CatScan Technology combined with our neuromuscular computerized instruments we can carefully measure muscle dysfunction and the degree to which your bite is incorrect. The CatScan

Technology allows us to reproduce a 3-Dimensional computerized model of your TMJ and visually inspect for joint damage. What this means to you can be life changing if you are experiencing any of these chronic pains and symptoms.



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.

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



# GAPS

## And what you need to know about filling them

Modern cosmetic restorations like dental implants, crowns, and bridges look and feel just like your own natural teeth. All result in improved appearance and oral health. How? Crowns preserve compromised teeth, and combined with bridges, they prevent teeth from drifting. Implants also prevent drifting and they preserve bone tissue. All three procedures are directly responsible for improved self-confidence ... which will, of course, keep you smiling!

Fact	Fiction
<ul style="list-style-type: none"> <li>■ Crowns, bridges, &amp; dental implants were developed to replace missing teeth &amp; to restore badly damaged teeth with natural beauty &amp; performance.</li> </ul>	<ul style="list-style-type: none"> <li>■ Crowns, bridges, and dental implants stand out from natural teeth, making them easily detectable.</li> </ul>
<ul style="list-style-type: none"> <li>■ A bridge is a combination of crowns &amp; artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile &amp; redistributing the workload.</li> </ul>	<ul style="list-style-type: none"> <li>■ If a person isn't bothered by the appearance of a missing tooth, there's no real reason for replacing it.</li> </ul>
<ul style="list-style-type: none"> <li>■ Placing a crown on a high-risk tooth as early preventive treatment saves time &amp; money ... &amp; maybe even your tooth!</li> </ul>	<ul style="list-style-type: none"> <li>■ You have to wait for extensive tooth damage before a crown is useful or beneficial.</li> </ul>
<ul style="list-style-type: none"> <li>■ If you are in good general &amp; oral health, you may be an excellent candidate for dental implants – no matter what your age.</li> </ul>	<ul style="list-style-type: none"> <li>■ Implants are too expensive, time-consuming, &amp; not secure.</li> </ul>

# TLC

Cosmetic restorations look great and they work hard so that you can eat, chew, and speak with self-confidence. Still, they need some TLC. We can revitalize your restorations and enhance their longevity during your continuous care visits.

By polishing and maintaining a smooth surface texture on your resin composites and porcelain restorations, we can help to encourage healthy gums for a natural appearance and fresh breath. Just as with natural teeth, rough surfaces can create too much wear on opposing natural teeth, foster plaque, and encourage unattractive staining.

We know that you are motivated to keep your appealing smile and fresh breath. Technology and modern materials have made home care for restorations easy. We'll be happy to recommend products that promote periodontal health, promote fresh breath, and work with restorative materials.

## It's Ancient History...

### Ancestors may be responsible for dentition problems

Scientists theorize that human dentition was affected when our early ancestors learned to chop and cook food. By adapting to eat softer food, the human jaw may no longer be big enough to accommodate our molars. Crowded, crooked teeth can lead to malocclusion (bad bite). In turn, this can lead to gum disease because it can be difficult to thoroughly clear food and bacteria

from the mouth.

Bacteria in the gum area will cause a buildup of plaque and tartar that can lead to inflammation and chronic infection if not removed by proper and regular cleaning and flossing. This can destroy your gums and the bones that support your teeth.

We screen for bite disorders *every* time you visit.

# Powerful Longevity!

According to the *American Society for Aesthetic Plastic Surgery*, non-surgical cosmetic procedures such as *Botox*® consistently account for about 80% of patient procedures. These are procedures that must be repeated on

a regular basis in order to maintain their benefits. **And cosmetic dentistry?** Effective and popular techniques can **keep you looking younger ...** for decades.

By improving the balance,

proportions, and color of your teeth, cosmetic dentistry can help you look ten years younger ... right away.

Here are some cosmetic dental procedures that are available to improve your smile.



**Tooth-Colored Restorations** – Enamel-colored porcelain or composite resin restorations are now available to replace old conspicuous silver fillings.



**Veneers** – Cover gaps & crooked, chipped, or discolored teeth with custom-made porcelain veneers that adhere to each tooth's surface.



**Gum Sculpting** – Correct a too-gummy smile, make short teeth look longer, and make smiles more symmetrical. (The image below includes veneers.)



This smile gallery clearly illustrates the positive impact cosmetic dentistry can have on a smile, one of your most important communication tools.

## Organoleptic Olfactory Test

### *Sniffing out the truth about bad breath*

Doing your own sniff test for halitosis isn't very reliable ... for two reasons. First, your oral cavity is connected to your nose which filters out background smells like your breath. Second, thanks to advertising, you could have *halitophobia*, an exaggerated needless fear of bad breath.

It's true that bad breath is sometimes chronic. You could be particularly vulnerable if you have diabetes or a gastrointestinal disorder. Dental causes could be *xerostomia* (dry mouth), *gingivitis*, or *periodontitis*. Each of these dental conditions involves oral bacteria, a primary cause of bad breath. Most often, brushing, flossing, and rinsing can take care of normal, temporary bad breath caused by foods.

If you're in doubt, ask us ... your mouth experts!

# Complete Mouth Rejuvenation

Over the last few months of 2006, Dr. Quandt and two assistants (Cristy and Jeannie) flew out to Las Vegas with a patient to do a reconstruction of her teeth at the Las Vegas Institute (LVI). The reconstruction aimed at correcting neuromuscular symptoms of her bite while at the same time giving her an entirely new smile. She now has beautiful new teeth that look absolutely spectacular. The laboratory that created her veneers has also asked to feature her on the cover of their quarterly news publication which goes out to over 50,000 dentists worldwide. Congratulations Sara.



## office information

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

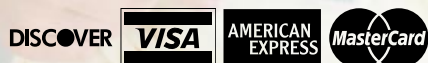
### Office Hours

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

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

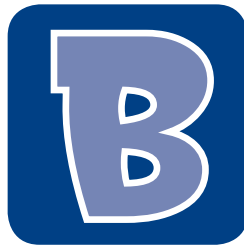


# Vitamin ABC

For Teeth & Gums



Vitamin A is important for healthy gums. Without it, gum infections don't heal as fast and calculus tends to form more quickly under the gums. Lack of vitamin A is also associated with abnormal bone and tooth formation.



B complex vitamins are also a big player in fighting gum disease. B vitamin deficiencies can make gingivitis more severe and cause sores in the gums, tongue and other soft tissues in the mouth.



Vitamin C is also a gum helper. Without it your gums become more vulnerable to infection, bleeding and gum disease. If you have periodontal disease, a lack of vitamin C can worsen the condition by increasing bleeding and swelling and accelerating destructive effects.

**Make sure a good diet or vitamin supplements are part of your oral hygiene regimen.**

## Lots Of White Teeth And Happy Children

Dental Designs has been raising money for children in need through *Smiles For Life* and tooth whitening. Our office has raised over \$75,000 dollars since we started. Half of the money raised goes to Smiles for Life and the other half is donated to our local *Boy's and Girl's Club*. Smiles for Life 2007 will start on February 1st and run through the end of May. Thank you everyone for your support. With your help, we are truly making a difference for many children. Please visit [www.smilesforlife.org](http://www.smilesforlife.org) for more information.



## Paul's Pantry



We would like to thank everyone who donated non-perishable food items this year to Paul's Pantry. We received more food than ever. Your donations helped feed many hungry families this Holiday Season. We thank you for your generosity and kindness as it was greatly appreciated.

*Congratulations Kathie*

### Winners box

Kathie Shelbrack was our lucky winner for our Holiday Drawing. She won a \$100 gift certificate to Festival Foods. Thanks to everyone who participated.