

The New

Dental Times

Produced for the patients of:
Beth D. Vander Schaaf, D.D.S.
and
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Summer 2000

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WHAT KIND OF IMPRESSION WOULD YOU LIKE TO MAKE?

You have only one chance to make a first impression, and your smile is a big part of the impact you make. Your smile tells others many things about your personality:

- *how comfortable you are about yourself*
- *your attitude toward others*
- *whether you're afraid to show your teeth.*

Like it or not, your smile affects all aspects of your life: your own self-esteem, your relationship with family and friends, and your career choices. If you're not happy with your smile, it can affect your confidence and, likewise, your whole life.

That's where we come in. In many situations, there are conservative procedures that can improve the look of your smile and enhance your overall appearance. Let's examine a few of these instances:

- Stained or discolored teeth that have been exposed to medications or foods that cause staining can often be lightened with bleaching.
- Restorations can often be performed using tooth-colored materials. In some situations, crowns, bridges, or implants can be used to bring teeth back to their natural appearance.
- Chips and gaps can be corrected with bonding, which uses tooth-colored material that can be contoured to cover imperfections and improve appearance. Porcelain laminate veneers are another viable choice. They're both durable and natural-looking.
- Jagged edges can be rounded with tooth recontouring for a more age-appropriate appearance.
- Crooked teeth may require braces in order to be straightened to match the rest of your smile.



A PLAN FOR YOU

If you have any of the problems we mentioned or another problem that you feel detracts from your smile, we're here for you. When you consult with us about your teeth, we'll develop a plan based on your specific needs. This plan will focus on your smile, but improving your overall dental health will always be our main consideration.

Which procedures we recommend will be based on your input, the health of your teeth and gums, and your cosmetic needs.

Your appearance has a great deal to do with how you feel about yourself, and your smile goes a long way to making your appearance something you can feel positive about. We want you to feel good about yourself, and we'll be happy to help you develop a smile that makes your first impression your best one.

We strive to provide the best in patient satisfaction.

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*Here's your
dental newsletter!*

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Fluoride to the rescue...again

Fluoride has certainly been a tried and true hero when it comes to protecting teeth from decay. But it's a little known fact that fluoride is also a savior to those who suffer from tooth sensitivity.

Tooth sensitivity occurs when enamel erodes and gums recede. The exposed root is filled with tunnels which go to the nerve. This area will be especially sensitive to hot or cold. Aging and gum disease are among the culprits to blame for this problem, but brushing too hard or a fondness for acidic foods (like citrus fruits) can also be faulted.

Treating this problem has generally consisted of using a desensitizing toothpaste, but it appears that fluoride treatments and using a fluoride toothpaste on the teeth a few times per day can relieve pain.

If you are experiencing tooth sensitivity, schedule an appointment to discuss the problem with us. We can give you recommendations to help you enjoy your favorite foods without pain.

Getting ready for back-to-school

School is just around the corner. In only a short time you'll be buying pens, notebooks, pencils, and backpacks, and scheduling dental checkups. Many schools require up-to-date dental records for children at the beginning of the fall semester, and that means a checkup.

Why wait? During the summer months, it's easier to bring your child in, since you don't have to work around school hours. And having a checkup done now means avoiding trying to work one in during school shopping and other activities.

Scheduling regular dental examinations educates your child about the importance of good dental health and preventive maintenance by creating a healthy habit. Why not give us a call this week? We're waiting to give your children the dental attention they deserve.

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Office Hours

Monday-Thursday
7:00 a.m.-5:00 p.m.

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