

# The New Dental Times

Produced for the patients of:  
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and  
Douglas O. Beischel, D.D.S.

Winter 2003/04

## OFFICE STAFF

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## In a land of plenty

As Americans, we have much to be thankful for. Never has that sentiment been so clear than at this time, when our peace and abundance are threatened by those who seek to harm us and our country. In the past few years, Americans have reacted to such threats with unity and overwhelming patriotism.

During the holidays, we like to remember the things that are most precious to us—our friends and family, of course, but also our freedoms. In this land of plenty, we have freedom of speech, freedom of worship, and freedom to pursue our livelihoods, to name just a few.

In our office, we are fortunate to be able to combine our livelihood with the fellowship of good friends. You, our patients, are counted among our most precious blessings when we say we are thankful.

In times of upheaval, we feel confident in knowing that we have much to be grateful for. In the land of the free, we are happy to share these sentiments and this holiday with you!

Happy holidays from all of us to all of you!



Season's greetings!

“MAY THE BEAUTY AND PEACE OF THIS HOLIDAY SEASON BE YOURS THE WHOLE YEAR THROUGH.”

Thank you for all your referrals. We appreciate them!



## A MOUTHGUARD MADE FOR YOU

Wearing a mouthguard when playing sports is very important in preventing injuries to the teeth, lips, and tongue. More than 30 percent of sports injuries affect the face and mouth, and the chances of the front teeth being damaged are very high. Each year, about five million teeth are lost in sports injuries. Wearing a mouthguard and/or face mask when applicable is your best protection against such injuries. In fact, it is estimated that 200,000 or more injuries are prevented or their severity lessened each year by proper mouthguard use.

There are a few different types of mouthguards, and they all provide some amount of protection. Any mouthguard is better than no protection at all; however, the best protection is offered by a mouthguard that is

custom-made. A mouthguard that is fitted to your teeth and worn correctly can help prevent injuries to the jaw as well as the teeth because it covers back teeth, too. Custom mouthguards can be adjusted to fit your chosen sport as well as your teeth. For children, custom mouthguards can be made so that they leave room for molars to come in or are fabricated to accommodate braces.

Proper care will help a mouthguard last longer. With good care, a guard should last a full season. The guard should be rinsed with cool water each time it is used and gently cleaned on a weekly basis with toothpaste and cold water. Watch for signs of wear and tear, such as cracks. The guard should be kept safely in its container between wearings.

—good dental health is related to overall health—

## AGE AND BEAUTY

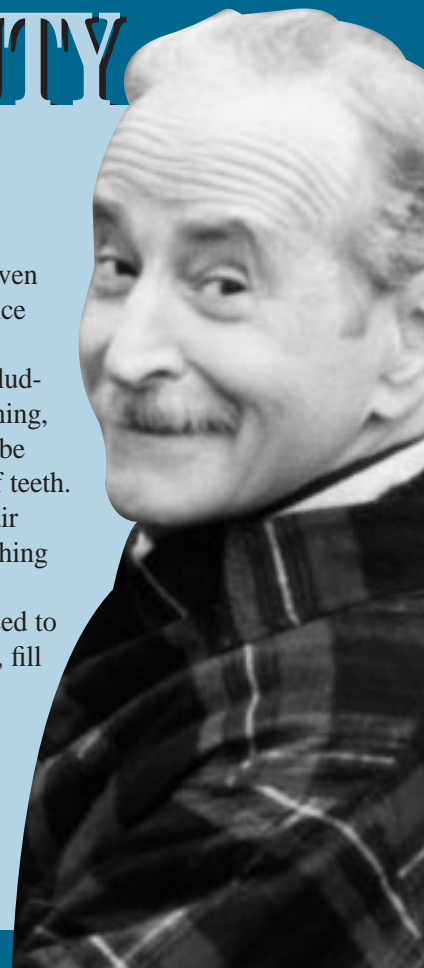
Age should not be a detriment to having a beautiful smile. Seniors often are under the impression that the changes of age are simply inevitable and that nothing can be done about them. Changes that occur in the teeth, such as gum recession, darkening, or chips, can all be helped through cosmetic procedures.

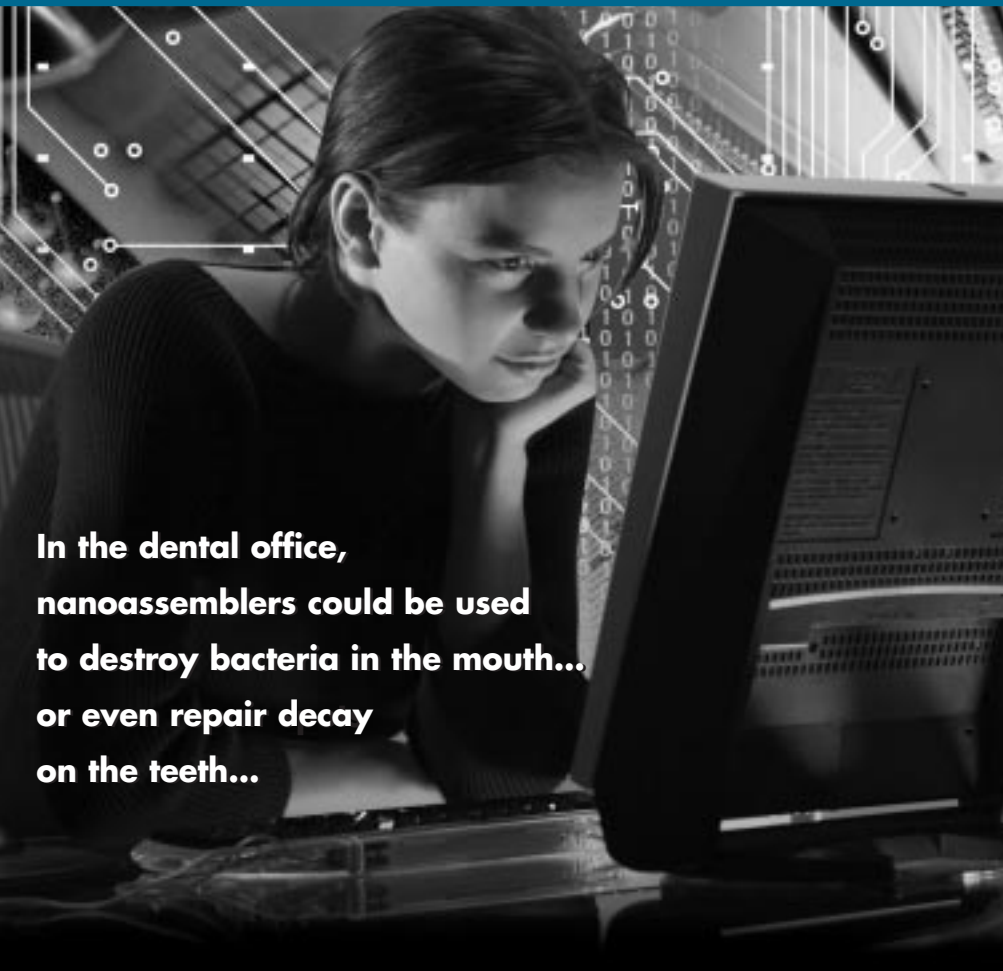
In addition, good dental health is related to overall health. Regular professional care coupled with daily home care can help patients avoid cavities, periodontal disease, and other dental problems that can affect the mouth and wellness in general. Studies have associated good dental health with better cardiovascular health as well.

Diabetes is also related to periodontal disease. When a problem such as periodontal disease does occur, help is available to save teeth and even improve their appearance once they are stabilized.

Cosmetic procedures, including bonding, veneers, whitening, and crown lengthening, can be used to improve the looks of teeth. Bonding can be used to repair chips or change color. Bleaching can also enhance whiteness. Laminate veneers may be used to make teeth appear straighter, fill gaps, or give a smoother, brighter appearance.

No matter what your age, a more beautiful smile can be yours. Ask us about techniques that can enhance your smile.





**In the dental office, nanoassemblers could be used to destroy bacteria in the mouth... or even repair decay on the teeth...**

# Sounds like SCIENCE FICTION

Researchers are looking at ways to use microscopic entities to perform tasks that are now done by hand or with other equipment. This concept is known as “nanotechnology.” The word “nano” comes from the Greek, meaning “dwarf.” Tiny machines, known as nanoassemblers, could be controlled by computer to perform specialized jobs. The nanoassemblers would be smaller than a cell nucleus so that they could fit into places that are hard to reach by hand or with other technology.

In the dental office, nanoassemblers could be used to destroy bacteria in the mouth that cause dental caries or even repair spots on the teeth where decay has set in. The dentist would use a

computer to direct the tiny workers in their tasks. After completion of the procedure, the nanoassemblers would simply be expectorated down the drain.

Nanotechnology is part of a predicted future in which dentistry may become more high-tech and more effective. New technology is looking to manage individual dental health on a microscopic level by enabling us to battle decay where it begins—with bacteria. This fascinating technology may sound like science fiction; however, its advent may not be too far down the road. We’ll be keeping tabs on all the latest advances, especially the ones that can benefit our patients in a practical way.

# A GLOSSARY OF DENTAL SPECIALTIES



Initials after names...big words that are difficult to pronounce...they can leave you mystified. Here’s a dental glossary that can help you understand all that a little better.

- D.D.S. Doctor of Dental Surgery**—Initials conferred upon a dentist when he or she graduates from certain dental schools.
- D.M.D. Doctor of Dental Medicine**—Different initials that are conferred upon dentists who graduate from certain dental schools. (Both degrees connote identical education and training.)

- **ENDODONTICS.** A specialty that focuses on the treatment of problems affecting the pulp of the tooth and on the performance of tooth-saving root canals.
- **ORAL AND MAXILLOFACIAL SURGERY.** This specialty is concentrated on diseases that affect the oral maxillofacial area. Removal of wisdom teeth and surgical treatment of TMJ disorders are included in this specialty.
- **ORTHODONTICS.** This science involves the correction of tooth alignment through the use of braces and other specialized techniques.
- **PEDIATRIC DENTISTRY.** A specialty concentrated on preventive and therapeutic dental health primarily for children from birth to adolescent age.
- **PERIODONTICS.** Treatment of the tissue surrounding the teeth—especially when gum and periodontal disease are present—is the main focus of this tooth-saving specialty.
- **PROSTHODONTICS.** The specialty that deals with complicated restorations of natural teeth or replacing teeth when necessary.

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*Here's your dental newsletter!*

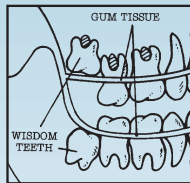
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## Wise guy, eh?

Wisdom teeth can be a real pain. More than 60 percent of young people have one or more impacted



wisdom teeth. These are teeth that are out of alignment. Many are positioned so that they can't even erupt through the gums and instead push on other teeth, causing discomfort.

Since wisdom teeth don't seem to be very useful and, in fact, are likely to cause problems, some dental researchers are considering looking for ways to prevent them from growing in the first place. Arresting development of these teeth before they even begin to grow could mean that patients would be able to avoid the pain caused by teeth that try to come in from the wrong direction. Often, these teeth require surgical removal, and unavoidable complications, such as dry socket, may result.

Until technology exists that enables us to avoid the development of disruptive wisdom teeth, it is best to heed the advice of dental professionals concerning individual cases.

## How often?

We're frequently asked how often a toothbrush should be replaced. Some people want to replace them every month. Others wait six months to a year. What's the right answer?

Well, in general, you should replace your brush every three months or so. Some folks use the change of season to help them remember when to change theirs, while others mark their calendars for replacements. If you prefer, you can watch your brush very closely and replace it as soon as you note signs of wear, such as frayed bristles or when the bristles start to feel soft against your teeth.

If you are ill or suffer from an infection in your mouth, you may want to replace the toothbrush more often. However, in the absence of an illness, if you wear out brushes faster than every three months, you may be brushing too hard.

If you're concerned about how often you should change your brush, talk to us about it at your next appointment. We can recommend a schedule that is best for your particular brushing needs.

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### Patient Hours

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### Appointment and Emergency

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