

# The New Dental Times

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

Summer 2004

## OFFICE STAFF

**Office Manager:**  
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## ROOT CANAL TO THE RESCUE!

An abscessed tooth is one in which infection has penetrated to the pulp. There was a time when the only way to treat an abscessed tooth was to remove it, but now these teeth often can be saved.

If the infected tooth is a primary tooth, the solution may be to remove it or to perform a pulpotomy to treat the infection. However, when it involves a secondary tooth, a root-canal procedure can be utilized.

A root canal begins by creating an opening through the crown of the tooth that extends to the pulp chamber. The practitioner then removes the pulp, cleanses the infected area, and prepares it for a restoration. Medication is sometimes placed into the root chamber, followed by a temporary filling. The tooth is often left open for a few days so that the tooth can drain and to bring the infection under control. Afterward, the temporary filling will be removed and the tooth will be permanently filled. The final steps are a post and/or core, followed by topping the tooth with a crown.

With care, restorations such as these may last you the rest of your life.



## MORE THAN BEAUTIFUL

Everyone wants a beautiful smile. For cosmetic reasons, many people prefer tooth-colored fillings. Did you know, however, that these fillings are also better for your teeth?

Natural-looking restorations from Concept™ can help protect your teeth in several ways:

- First, they are compatible with the gums and teeth, and they help restore strength to the tooth.
- Second, less drilling is necessary to fill teeth with Concept, so more of the natural tooth is retained.
- Third, Concept doesn't conduct heat or cold that enters your mouth, so sensitivity is minimized. It also doesn't contract and expand, so the restoration should last longer.
- Fourth, the restoration material contains fluoride to help fight decay.

Concept restorations also look great! But you already knew that, didn't you? When we give you a choice of restoration materials, we're offering you more than just a beautiful smile. They give you strength, longevity, and fluoride, too. Now that's a deal worth considering!

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

## DENTAL CARE IS FOR LIFE

We want you to have the very best dental health possible. Our focus is not just on repairing decay. In fact, if we were to reach our goals, we might never do another restoration!

Our goal is for you to have healthy teeth for your whole life. That doesn't just mean avoiding dentures, it also means healthy teeth that are as free of restorations and decay as possible. That may sound like a lofty accomplishment, but we think it is within our reach.

With some of our younger patients, we are already seeing much success. Many of the children and teens who visit our practice have never had a cavity. The use of fluoride coupled with good home care, regular professional care, and in some cases sealants has made a tremendous difference. Often, the parents of these children may have had their first fillings by the age of five. Their children, however, are growing to adulthood without ever needing a restoration.

For the adults in our practice, teaching them good dental hygiene, awareness of signs of periodontal disease, and the importance of regular dental cleanings and examinations is essential to reaching our goal. The results are that many of our adult patients are having cavity-free visits and avoiding the plague of gum disease, which can cause tooth loss and damage the jawbone.

This is an exciting time to be practicing dentistry. We hope that you, our valued patients, can share in our excitement as we work steadily toward reaching our goal of better dental health for you and your families.



# A good time for dentistry

The 20th century was a time of many dental firsts and advances. The early 1900s are often thought of as a time when the field of dentistry was still in its infancy, but history tells a very different story. Here's a rundown of events throughout the century that shows how the field of dentistry was continually growing and advancing toward the future.

### 1900-1910

The first local anesthesia is developed by a German chemist. It is later known by the name Novocain. *Operative Dentistry* is written by Greene Vardiman Black, whom some consider the "father of dentistry." It is considered an essential text for the next half a century.

### 1911-1920

Alfred C. Fones opens the first school for oral hygienists. Many of his first students are hired by the local board of education to clean the teeth of the schoolchildren. The resulting drop in cavities helps bring Fones the moniker "Father of Dental Hygiene."

### 1921-1930

The American Board of Orthodontics is created.

### 1931-1940

The first nylon toothbrush hits the market, and the first biocompatible implant metal is produced by an orthopedic surgeon. H. Trendley Dean recommends the proper level of fluoride to be added to drinking water. His research is based on the discovery of the effects of fluoride by Colorado dentist Frederick S. McKay.

### 1941-1950

President Harry S. Truman establishes the National Institute of Dental Research, which eventually becomes the National Institute of Dental and Craniofacial Research.

### 1951-1960

Fluoride toothpaste to use on that nylon brush enters the marketplace, and the age of high-speed dentistry arrives with the introduction of the air-driven hand-piece, developed by John Borden.

### 1961-1970

Lasers and electric toothbrushes are both developed. Lasers are approved for use in soft-tissue procedures, while electric toothbrushes are available in rechargeable and cordless models. The first resins for composite restorations become popular.

### 1971-1980

Osseointegration techniques are developed that will revolutionize the field of implant dentistry.

### 1981-1990

Posterior composites and adhesive dentistry become popular cosmetic-dentistry techniques, and the first home tooth-bleaching kits are marketed.

### 1991-2000

Cosmetic dentistry comes of age, offering exciting advances such as tooth-colored restorations, bleaching, and veneers.

# Gum disease is a BIG deal

*So my gums bleed a little...what's the big deal?* Bleeding gums (gingivitis) are no small problem. They are the first sign of gum (periodontal) disease. There's no pain involved, but that doesn't mean the disease is harmless.

While you're feeling pretty unconcerned about a little gingivitis, gum disease is affecting your periodontal pockets, causing inflammation of the gums and bad breath. The next stage is infection, as bacteria begin to systematically destroy the gums and the underlying jawbone. Your teeth may still appear healthy, but the

foundation beneath them is crumbling. It's only a matter of time before they become loose and ultimately fall out or have to be removed.

You can avoid all this by taking gingivitis seriously. It begins with good home care. That means brushing after each meal, flossing daily, and seeing us for regular professional cleanings and dental-health evaluations. Together, we can beat this menace and help you to achieve and maintain the healthy smile you want.



## Be prepared for road emergencies

**Y**ou'll need a lug wrench...just kidding. We are talking, of course, about dental emergencies that occur while you are traveling. Broken teeth, abscesses, and other emergencies can happen when you're halfway across the state, country, or world.

The first step is for you or one of your traveling companions to provide emergency treatment for the problem. One of the most common problems that occurs is a broken or cracked tooth. In this situation, the area needs to be rinsed with warm, clean water. Injuries to the tongue or lips often bleed profusely. If the cut is very deep or the bleeding can't be stopped, go immediately to the emergency room.

If a tooth is knocked out, insert it back in the socket. If it is dirty, rinse it gently with clean water, but do not scrub it. If you can't reinsert it, put it in milk until you reach a dental office. A toothache requires professional dental treatment as well, but until you can get to a dentist, rinse your mouth with water and floss gently. Take an over-the-counter painkiller to relieve the discomfort.

If you can contact us during regular business hours, we may be able to recommend a dentist. Or, if you are visiting relatives or friends, ask them for a dental referral. If you are on business or vacationing at a hotel, ask the concierge or desk clerk for assistance. They should be able to direct you to a dentist who is prepared to treat out-of-town guests.

## Teeth with braces need special care

**W**hen you have braces placed on your teeth, it's important that you take very special care of both them and your teeth. Braces can do wonderful things for teeth, but they are also very good at attracting bits of food that bacteria just love. Without scrupulous care, both staining and decay may result.

To keep such problems from occurring, teeth will need to be brushed and flossed after each meal. Use a fluoride toothpaste and a soft-bristled brush. Special implements, such as floss threaders or an interdental brush may be necessary to be

sure that debris between teeth is removed quickly and completely. Oral irrigators are often recommended to help complete the task of cleansing the teeth. Mouthwashes that contain fluoride can help as well.

Keeping your breath fresh and sweet-smelling is another reason to take extra-good care of your teeth while you have braces. You can keep your breath clean and be sure your teeth will be beautiful after the braces come off if you take good care of your teeth while you're still wearing braces.



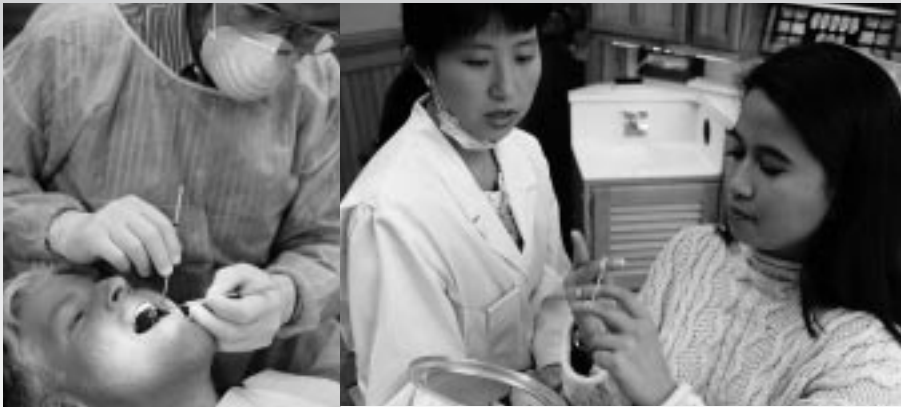
**Beth D. Vander Schaaf, D.D.S.**  
**Douglas O. Beischel, D.D.S.**  
7301 E. Thomas Road  
Scottsdale, AZ 85251

*Here's your dental newsletter!*

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**Beth D. Vander Schaaf, D.D.S.**  
**Douglas O. Beischel, D.D.S.**  
7301 E. Thomas Road  
Scottsdale, AZ 85251

**Patient Hours**

Monday-Thursday  
7:00 a.m.-3:00 p.m.

**Appointment and Emergency**

**Phone:** (480) 994-5225  
**e-mail:** [123@2dentists4u.com](mailto:123@2dentists4u.com)  
**Web site:** [www.2dentists4u.com](http://www.2dentists4u.com)

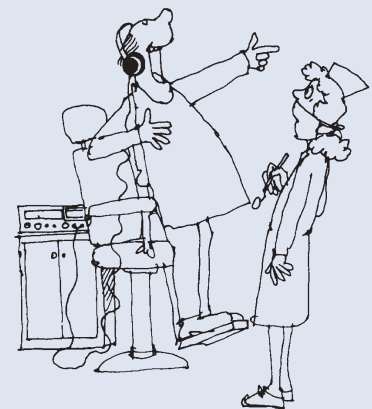
## What are you getting for your money?

When you visit us for regular cleanings and oral-health examinations, you receive a clean mouth, fresh breath, and a check of your teeth to be sure they are free of decay. Those things are obvious to you. However, there's so much more that goes into your visit with us.

For instance, during your exam, we will perform an oral-cancer check and periodontal evaluation. Examining for gum disease includes checking the depth of periodontal pockets and looking for bleeding or halitosis. We'll check your teeth for fillings that may be wearing, abscesses, or the need for crowns and bridges. We'll check for symptoms and signs of

temporomandibular-joint problems and make any recommendations we think might be appropriate for cosmetic or orthodontic procedures. We will review your treatment plan as well and give you any special instructions necessary to improve your home care.

In addition to all this, we may update your medical history and perform a blood-pressure check. All these things and more are part of a regularly scheduled cleaning and oral-health exam. We want to be sure that you receive the quality care you pay us for and get your money's worth whenever you visit our office.



Mr. Smith, if you can't  
STAY seated, I'm going to  
have to turn off the music.  
Mr. Smith? MR. SMITH!