

The New Dental Times

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

Fall 2000

OFFICE STAFF

Oral Surgeon:
John Hajdu, D.D.S.

Office Manager:
Lois Harmon

Office Manager Assistant:
Jennifer Merrill

Appointment Coordinator:
Harriet Rosenthal

Hygienists:
John Hamp, Jr.
Heather Vander Schaaf

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Orrin Chimerica

Early detection: THE BEST MEDICINE

With almost any cancer, the earlier it is detected, the better the chances for a full recovery.

In the interest of quicker diagnosis, we are now offering **OralCDx** as part of our cancer examination. This involves a painless brush biopsy on any oral lesion we find in your mouth. The specimen we collect is analyzed by both a computer and a pathologist. The computer is programmed to detect even a very small number of abnormal cells.

Once the specimen has been evaluated, the results will be passed on to the patient. If the test discovers an abnormality, referral to an oral surgeon for further testing may be necessary.

The test is an important weapon in the war against oral cancer, because these cancers can appear harmless in their early stages, but they can be more deadly than skin cancers. This is why early detection is so important and why **OralCDx** will play an important part in this process in our office.



Drs. Vander Schaaf and Beischel are pleased to announce...It's a boy!

*Lyndon Ross Beischel
Born 8/25/00 8 lbs. 2 oz.*



You can have composites

Composite (tooth-colored) fillings that don't show against your natural teeth (like amalgam ones do) are obviously preferable for cosmetic purposes. Unfortunately, in the past, these fillings weren't durable enough for use on back teeth.

In the last few years, amalgam alternatives that are both strong and esthetically appealing have been developed. These FDA-approved composites are colored to match your natural teeth, but durable enough to resist the wear and tear of daily chewing. This makes them suitable for restorations almost anywhere in your mouth.

Are you in need of a filling? Is one of your older fillings ready to be replaced? It's now possible to replace these fillings with tooth-colored fillings at a reasonable price. Feel free to ask about composites the next time we recommend a new filling or replacement of an older one.

We strive to provide the best in patient satisfaction.



The importance of oral exams

Your regular visits to our office are an essential part of your oral and overall health. Of course, they're important to your dental health, because we clean your teeth and examine them for signs of cavities, cracks, and other abnormalities. We'll also examine your gums for any signs of periodontal disease. But along with your teeth and gums, we're also examining the soft tissues of your mouth, including your tongue, floor of the mouth, palate, throat, insides of the cheeks, and lips.

This part of the examination has a specific purpose—to look for signs of serious illness. Systemic problems that can manifest themselves in your mouth include bacterial infections, diabetes, and leukemia. We can also see symptoms of stress that cause tooth-grinding or TMJ/TMD.

Oral cancer, of course, is a main concern during this examination. Each year, approximately 30,000 North Americans are diagnosed with oral cancer. Early detection of this problem increases the chances of survival. The first signs of this cancer are sores and other irritations, red or white lesions, tenderness or loss of feeling, rough spots, lumps, and problems chewing, swallowing, or speaking. Use of tobacco (especially smokeless) and alcohol can increase the likelihood of developing this type of cancer.

While the symptoms of oral cancer and other diseases may go unnoticed by the patient, we are trained to look for these problems and recommend further testing if necessary. Skipping a regular checkup doesn't just mean your teeth don't get cleaned, it could be the difference between life and death!

QUIZ—Dental facts and figures

Test your dental knowledge by choosing the correct answers to the following questions. Then, turn this page upside down to discover how well you did.

- 1. How often should you floss?**
a. Once a week
b. Before dental checkups
c. Daily
d. Whenever I remember to

- 2. How much time should you spend brushing your teeth each time you brush them?**

- a.** About a minute
b. Long enough to bother whoever is waiting to use the bathroom next
c. As much time as it takes
d. At least two minutes

- 3. How much floss should you break off each time you floss your teeth?**

- a.** Five inches **b.** Eighteen inches
c. Three feet **d.** As much as it takes

- 4. How many permanent teeth are found in the adult upper jaw?**

- a.** 32 **b.** 18 **c.** 16
d. None of the above

- 5. Every year, the average child eats _____ pounds of sugar.**

- a.** less than 10 **b.** more than 90
c. 50 **d.** 25

ANSWERS

1. The answer is c. If you have trouble remembering to floss daily, try doing it in conjunction with something you're sure to do every day—like watching the news.
2. The correct answer is d. Brushing for two minutes should give you adequate time to do a thorough job.
3. Letter b is right. Eighteen inches of floss should do a good job.
4. The answer is c. The entire adult mouth contains 32 teeth, so half of them (16) are located in the upper jaw. **5. This one is b,** as if you guessed high (and who wouldn't), you're correct.

Natural—not necessarily better

Thinking about going the natural route with your toothpaste? Natural products do have their advantages, but consider what it is you really want out of a toothpaste before you decide to switch.

If preventing cavities is important to you, then you want a toothpaste that contains fluoride—preferably one that's approved by the ADA. Some natural pastes will fill the bill for both these requirements, but others don't.

Being a careful label reader is the best way to make your decision. Most natural pastes are known for what they lack: preservatives,

sweeteners, and artificial colors. Unfortunately, they may also lack fluoride. Look for a paste that contains the recommended fluoride and bears the

ADA seal. There are some natural brands that make the grade, and they shouldn't be too difficult to find. Remember, any toothpaste can clean your teeth, since most contain similar ingredients. However, if you want the cavity protection that fluoride provides to both children and adults, you'll want a toothpaste that contains adequate amounts of fluoride to do the job.

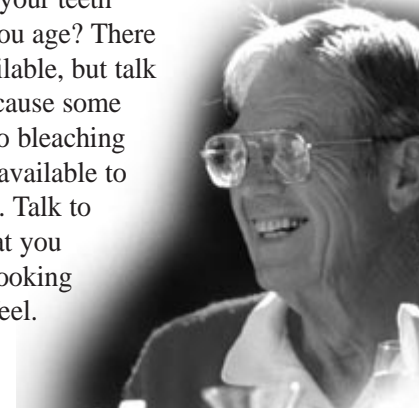


For seniors— In the dark?

Do your teeth appear darker? Does it seem harder to get them clean and white? As we age, teeth often begin to appear darker. As with many dental problems, this all relates to plaque.

Although plaque is colorless, it can make your teeth look darker. That's because plaque builds up faster as we age. These larger amounts of plaque mask the true color of your teeth. Changes in dentin (the inner layer of tooth beyond the enamel) and thinning of enamel can also make teeth look darker.

What can be done to keep your teeth looking naturally healthy as you age? There are whitening toothpastes available, but talk to us before choosing one, because some can be abrasive. There are also bleaching and other whitening methods available to help keep your smile pleasing. Talk to us about bleaching options that you could use to keep your teeth looking as young and healthy as you feel.



ZAPPING SPORTS BREATH

What causes sports breath? It's a combination of things. If you work out in the evening, you probably haven't brushed your teeth since early morning. In addition, you may have drunk coffee during the day and eaten spicy foods for lunch. Even if you didn't eat garlic or onions, diets high in meat and other fatty foods can cause bad breath. This is because certain foods are absorbed by the blood, and the odor is expelled through the lungs. Skipping meals doesn't help either, and many people who work out either skip breakfast (before a morning workout) or dinner (before an evening one). Lastly, the huffing and puffing you do when exercising can cause your mouth to dry out, reducing the saliva that rinses the mouth and reduces bacteria that cause odor.



Reducing your chances of developing sports breath doesn't take a lot of effort on your part. In fact, these suggestions should help improve your overall health and make your workout more worthwhile.

First, eat a balanced diet that includes plenty of fruits and vegetables. Eating an orange or apple before you head to the

gym can help you avoid breath problems without hampering your workout.

Second, drink plenty of liquids—especially water—throughout the day and especially during your workout. Drinking water cleanses the mouth by washing away bacteria and stimulating saliva flow.

Third, brush after lunch or just before you go to work out. Don't forget to brush your tongue to remove bacteria that tend to gather there.

Fourth, using a mouthwash before your workout can help clean your mouth by killing bacteria and rinsing the oral cavity clean.

A little hard breathing is generally part of any rigorous exercise, but keeping your body in shape doesn't have to be to the detriment of your breath. Keep it sweet-smelling all through your workout with the four oral hygiene tips described above.

The first line of defense

Gum, or periodontal, disease is one of the most common diseases in the country. Periodontal debridement—otherwise known as root planing and scaling—comprises the first line of defense in our war on periodontal disease.

Scaling is the technique we use to effectively remove tartar above and below the gumline. Once the scaling has removed the structures in which bacteria flourish, the surfaces of the teeth are smoothed to help the ligaments on the gum reattach.

Antibiotics or an antibacterial mouth rinse may be prescribed, and we will probably give you an appointment to return to see how your gums are doing.

Please understand that if this procedure isn't followed by meticulous homecare, including brushing after each meal and daily flossing, we may need to repeat the procedure or refer you for other treatment in the future.



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

*Here's your
dental newsletter!*

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Partials to the rescue

As a conservative dental office, our first treatment goal is always to preserve your own teeth. There are times, however, when that simply can't be done. In those situations, there is still a good solution—it's called a *removable partial denture*.

As long as you still have some of your natural teeth, a partial denture can be produced to replace the ones that are missing. This denture will be held to your permanent teeth (which may require crowns) with clasps or attachments (which may or may not be visible). With care, you will be able to remove the denture for cleaning and then put it back into your mouth.

Your partial denture is made to feel natural in your mouth by using a process that customizes it to your own teeth. We'll begin with an impression of your teeth. Next, we'll determine how your teeth fit together and the shade of your teeth. All this information will be sent to the lab, where a custom-made partial denture will be produced. The appliance will fit your bite and match your own teeth for both comfort and aesthetic satisfaction.



Caring for your partial denture is not difficult. It will require daily cleaning with a toothbrush, paste, and water, just as your own teeth do. We recommend that you wear your partial regularly to avoid problems with fit. Take it out for a few hours each day to allow your mouth tissues to breathe. We do realize, however, that over time your mouth will change, and your denture may not fit as well. We strongly recommend that you see us if this happens. We can make the necessary adjustments to keep your dentures fitting so they look and feel like your natural teeth.

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

Office Hours

Monday-Thursday

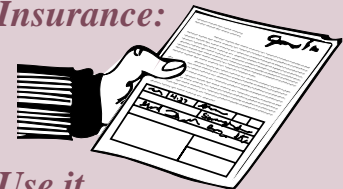
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before you lose it*