

The New Dental Times

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

Spring 1999

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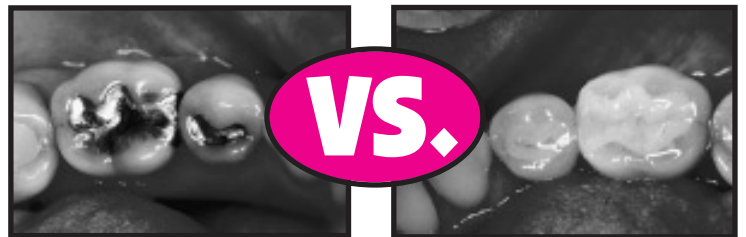
Help Camp Tatiyee kids!

It is time for our annual fund raiser for Camp Tatiyee, a camp sponsored by the Lion's Club. For the fourth year, Camp Tatiyee will receive a gift from our office for every patient seen in the month of May. Camp Tatiyee is a nonprofit camp located in the White Mountains of northeastern Arizona. The camp is designed to give comfort and pleasure to physically challenged individuals as they participate in a social environment of encouragement and companionship. Camp Tatiyee houses 72 campers and up to 35 staff members.

If you know someone who would benefit from spending time at Camp Tatiyee, please stop by to pick up an application. There is no charge for attending camp, as the monies we help raise take care of all the costs. Your call to our office for an appointment in the month of May will allow us to help Camp Tatiyee to serve even more campers.

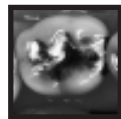


AMALGAM

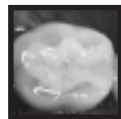


COMPOSITES

IT'S THE DENTAL DEBATE OF THE '90S



The defendant:
amalgam fillings, the metal-based, dark-colored ones everyone expects at the dentist.



The plaintiff:
composites, which are resin-based and colored like natural teeth.

Amalgam fillings have been around for over a century, but many people have recently become alarmed at the mercury contained in them. Although they're durable, their metallic composition makes them appear dark.

Composites are the new kids on the block. (They were developed in the 1950s but have only recently expe-

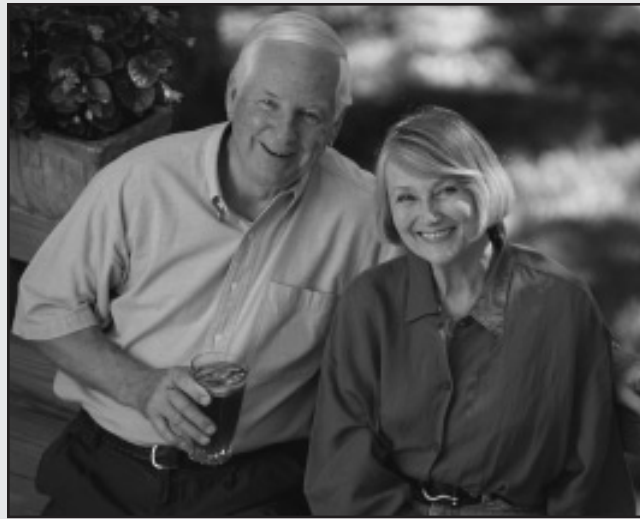
rienced a wave of popularity.) Because they don't have a dark color, composites are more aesthetically pleasing than their amalgam counterparts.

With only these facts, it seems natural that the decision would rest in favor of composites, but the issues of cost, ease of placement, and decreased life span complicate the case. Although prices vary, composites can be more costly than amalgam fillings. Additionally, some dentists find that they're more difficult to place and anchor in certain situations.

Ask us about composite or amalgam options, and we'll hand down a verdict that's right for you.

We strive to provide the best in patient satisfaction.

Seniors need checkups just as frequently as young people



SENIORS' DENTAL CONCERNS

With age comes experience—and changes in teeth and gums. Seniors need to keep up-to-date on oral health, especially because they're at an increased risk for certain dental problems.

Gum disease is a frequent cause of concern in seniors. It's the most common reason for tooth loss in older people, but it can be treated easily and effectively by following a daily regimen of brushing and flossing to eliminate plaque and bacteria.

Xerostomia, usually known as "dry mouth," is another condition which appears frequently in seniors. It occurs when the salivary glands cease to function properly and don't produce enough liquid to hydrate the mouth. This can cause troublesome gumline cavities. Drinking extra water and avoiding tobacco and sugary foods can help ease dry mouth.

Seniors need checkups just as frequently as young people—and having dentures doesn't mean that the dentist can be ignored. Talk to us about your concerns. We'll be happy to help you adjust to any changes in your teeth, and advise you on how to protect your oral health in the years to come.

YOUR TEETH MAY FEEL CLEAN, BUT...

...they're not really clean unless they're flossed each day. Despite all the brushing, there are colonies of bacteria thriving in your mouth! What are you doing wrong? Skipping the floss.

As much as you may not like to do it, flossing is important. It loosens and removes particles of food and plaque between your teeth where your toothbrush can't reach. Even the most diligent of brushers and devout users of dental irrigators can't forego the flossing.

If you can't floss every day, even once or twice a week will improve the condition of your teeth and gums. Flossing time doesn't need to be spent in front of the bathroom mirror, either; you can do it while watching TV or relaxing



in other ways. Of course, flossing right before bed every night is ideal, but starting any kind of regular flossing routine is an improvement.

Both tooth decay and periodontal disease can start between your teeth and on your gumline. But if you're armed with just one tiny box of floss, you can fight back.

JUST FOR THE TASTE OF IT

We take taste buds for granted, but they're more complicated than you might think. Different taste buds are in charge of different kinds of taste, and they're grouped together and located on separate parts of the tongue. For example, the taste buds which identify sweetness are at the tip of your tongue, and the ones which identify bitterness are at the back.

Each taste bud is actually a cluster of 100 specialized cells, but just a few of these cells are exposed at once. Taste buds only live about ten days each.

Chemically speaking, taste buds are very advanced. Every taste bud responds to different

stimuli, and each cell within each taste bud responds to specific stimuli. In fact, some taste buds respond to multiple stimuli and some are limited to a single one. After a taste bud records a taste, its receptors send a signal to the brain so it can be recognized and identified with the stimulus.

Taste depends upon a large number of variables, especially age: a 20-year-old can have up to 10,000 taste buds, but after age 45 the number of taste buds begins to diminish. Most elderly people have about 6,500; however, the reduction doesn't normally have a noticeable effect on taste. At any age, enjoy your taste buds!



PROTECT YOUR CHILDREN'S TEETH

A healthy smile is one of the best gifts you can give your children—and one of the best you can help them maintain. Try these tips to ensure that your children's teeth will stay healthy for a lifetime.

- Avoid baby walkers and guard stairs with gates.
- Secure loose rugs and push in chairs.
- Try not to leave a child alone in a highchair.
- Make sure they protect themselves when playing sports. Although mouthguards may be unwieldy, they are absolutely necessary in contact sports like



field hockey, ice hockey, football, lacrosse, basketball, and soccer.

- Stress the importance of seat belts. In case of an accident, teeth need to be kept out of harm's way.
- Emphasize brushing and proper daily dental care (and let them learn from your good example).
- Make sure they begin to visit our office regularly. Call us to find out how to start your child out on a lifetime of good dental health. Protect your children's teeth—and show them how they can protect their teeth, as well.



PERIODONTAL DISEASE: All in the family

It's not uncommon for family members to share the same dental care habits such as where, when, and how they brush. New research shows that families might share more than just habits—they might also share periodontal disease.

For example, Heather and her husband Vince share a bathroom, and sometimes they accidentally pick up the same toothbrush. Recently, Heather's gums have been sore and sensitive to hot and cold; when she asked her dentist about it, she was told she had periodontal disease.

Her dentist asked her to tell Vince to come in for a checkup. When he did, he was also diagnosed with periodontal disease. Why? Because he had shared Heather's brush.

The bacteria which cause periodontal disease pass through saliva, so contact with the saliva of someone with periodontal disease puts you at risk, too. Families, therefore, can easily (and unknowingly) pass periodontal disease from one member to another very rapidly.

Fortunately for Heather and Vince, they were diagnosed accurately and treated quickly. Try to limit contact with family members' saliva during your everyday dental routines, and ask us about how to protect your whole family against periodontal disease.

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Here's your dental newsletter!

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Dental care for diabetics

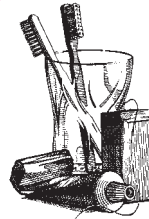
If you're diabetic, bleeding of your gums while eating, brushing, or flossing might be a sign of infection. Because of your condition, even mild infections can be serious business, and these symptoms shouldn't be ignored.

Blood glucose levels are of utmost importance; keeping them under control is the best way to prevent tooth and gum disease. People with diabetes are more susceptible to gum infection, and conversely, a gum infection makes controlling diabetes very difficult. Periodontal disease also takes longer to resolve in diabetics. Therefore, do your best to prevent the infection with proper dental hygiene habits.

Those who are diabetic and have dentures should be even more careful. Poorly fitted dentures could compound the bleeding problem, so be sure that dentures feel comfortable.

If you're diabetic, talk to us about how to keep your teeth and gums healthy.

If at first you don't succeed, DRY, DRY again



Dry brushing might be the technique of the future. In a recent study, people who dry brushed their teeth had a 60 percent decrease in tartar buildup and a 50 percent decrease in occurrences of bleeding gums when compared with normal wet brushing.

Proper dry brushing begins with a soft-bristled toothbrush. (If the bristles feel stiff, run your finger across the top of the brush instead of putting it under the faucet.)

Brush the insides and outsides of your teeth, each for about 45 seconds. Rinse your mouth with water, and dab a little toothpaste on the brush. Give all your teeth a 30-second brush with the toothpaste in order to get the benefits of fluoride and some polishing. Rinse your mouth and the brush, and voilà! You've just dry brushed.

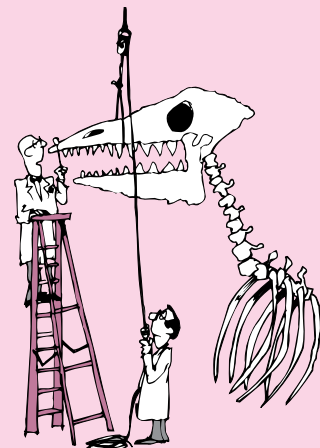
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Monday-Thursday
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Appointment and Emergency

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