

The New Dental Times

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

Winter 1999/2000

OFFICE STAFF

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*Into the new millennium...
Dear patients,*

As we stand perched on the cusp of a new millennium, there seems no better time to tell you how we feel about you.

Of course, we wish you the very best of holidays. We hope the days ahead will be filled with family, friends, and good times that provide warm memories for many years to come.

And, just as importantly, we want to thank you for making us a part of your life. When you choose us to provide your dental care, you pay us a very high compliment. When you refer us to your family members, friends, and coworkers, we are even more humbled. The loyalty of our patients means a great deal to us.

At this office, your trust and suggestions are always appreciated. We thank you for understanding when emergencies arise. We want each patient to receive the quality dental care he or she deserves. Your cooperation makes that possible.

With all this in mind, we want to extend our very best wishes for your health and happiness now and in the next millennium.



Take steps to prevent periodontal disease

Periodontal disease has become the scourge of dental health. While decay is no longer the rampant threat it once was, periodontal (or gum) disease has taken its place as the number one adversary. Fortunately, there are steps you can take to minimize your risk of developing gum disease.



We strive to provide the best in patient satisfaction.

Beth D. Vander Schaaf, D.D.S.
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Scottsdale, AZ 85251

Here's your dental newsletter!

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A healthy diet?

Going on a diet? Wondering if you'll still be able to fit into your swimsuit when the warm weather arrives? Before you go on a diet to lose weight, consider how what you eat or don't eat affects your teeth.

That's right, your teeth. Some diets that are designed to help you lose weight don't provide the vitamins and minerals necessary for good health. Your oral health can be affected by deficiencies in calcium and vitamin D. These nutrients are plentiful in dairy products, so make sure your new diet doesn't skimp in the dairy department.

We can help you to understand how your diet affects your dental health. If you're really interested in losing weight, talk to us about the diet you've chosen so we can help you to lose weight without losing balance in your diet.



Pssst.

Want a good investment tip?

Everybody's looking for a good investment tip. Ever consider your dental health? Whenever you work to discourage decay and other dental problems, you're making a good investment in your future dental health.

Think about it. The costs of prevention are minimal compared with the benefits you can reap. The price of daily brushing and flossing is minimal. The costs of annual cleanings, including checkups and fluoride treatments, are a bargain.

The rewards of making these investments in time, trouble, and money include a healthy mouth that's not plagued by the pain of tooth trouble, a beautiful smile, and—best of all—little or no need for restorations.

Beth D. Vander Schaaf, D.D.S.
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Office Hours

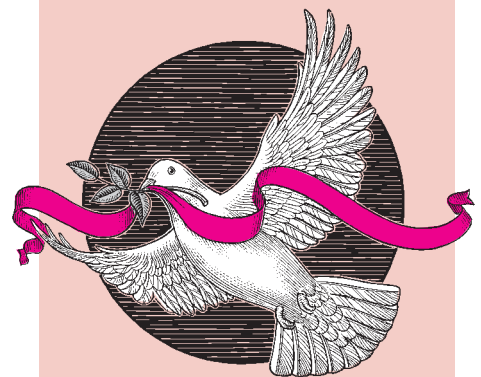
Monday-Thursday

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

Appointment and Emergency

Phone:

(602) 994-5225



*"May peace and joy be yours
this holiday season
and in the new year to come!"*