

# Dental Health of Maplewood



with

Drs. Paul Wallin, Bruce Haglund,  
& Donald Yee-Yick



Creating and preserving beautiful, healthy smiles

Spring 2011

from the dentists

Your Trust,  
Our Inspiration  
*Thank you for being  
our patient*

We think it's pretty safe to say that our most important long-term relationships are those that bolster our health and infuse a sense of confident wellbeing. And because of the critical relationship between your dental health to your overall health our team is more committed than ever to providing an exceptional, well thought out and thorough dental experience.

We do not take your loyalty to our practice for granted. That you continue to be our patient is a constant and genuine inspiration for us to reassess our performance, to seek technologies that are state-of-the-art, and to create an environment that inspires your confidence and ease.

We are dedicated to building upon your trust, and working hard to provide the most comfortable environment.

*Yours in good dental health,*

*Drs. Donald Yee-Yick, Bruce Haglund, Paul Wallin & Team*

**turn the page**

No matter how you slice it, onion up!

Lift your confidence & your smile!

Keep kids safe! Take warning...

## Dedicated Hygienist Who is celebrating 25 years!

At our practice we're dedicated to making sure that each appointment is the best it can be. We truly want to be more than just your dental team. That's why we enjoy doing these staff spotlight features in our newsletters.



Rhonda with Dr. Bruce,  
Dr. Paul, and Dr. Don

In this issue, Rhonda Domine is our star! To many of you,

Rhonda is no stranger, as she has been a member of our team for the past 25 years. Since graduating from *Minnesota State University in Mankato*, she has always shared our dedication to professional, friendly, patient-centered care. As a hygienist, Rhonda is committed to providing quality dental care, while getting to know each of her patients on a more personal level.

Outside of the office, Rhonda is a devoted wife and mother of two daughters. She enjoys camping, spending time at the family cabin, supporting local arts and sports activities, walking and designing her own greeting cards. She also values being part of her community by volunteering at her church and within the local school district. Currently, Rhonda is counting down the days to her family's Caribbean Cruise to celebrate her 25th wedding anniversary.

Congratulations to Rhonda on her 25th anniversary with *Dental Health of Maplewood*. We hope you are here for many more years to come!

*At Dental Health of Maplewood, Your Smile Is Our Goal*

# A Face-Saving Option

## Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

*Let us lift your smile & your confidence!*

## Go Ahead! *Add an onion!*

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





## Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

## Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

## When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.



# Socket Grafting After Tooth Loss

When you lose a tooth not only does it leave a gap in your smile and compromise chewing, there is something else happening below the gum line that you should be aware of. As soon as a tooth is removed, some loss of bone in the resulting socket is inevitable and immediate. The jawbone in affected areas starts to change – decreasing in density, potentially causing a reshaping of the supportive bone and soft tissues. This could possibly limit treatment options in the future.

To help keep your bone strong and increase restorative options, we may recommend a specific type of bone augmentation procedure called ridge preservation or socket grafting. This can be accomplished at the time of tooth removal by carefully placing bone grafting material into the affected tooth sockets. A membrane may then be sutured over the graft to promote healing.

By using one of the available materials for bone grafting, the jawbone can be better preserved in areas that would otherwise be compromised due to tooth loss or extraction. Once the bone graft material has been placed and the treatment site has healed, new bone will grow and be ready to support a replacement tooth, most often an implant.

Bone grafting may be indicated for you in order to increase tooth replacement options. Socket grafting is not indicated for wisdom tooth removal. Ask us whether ridge preservation is right for your particular situation. We're happy to answer your questions.



## Delighted With You That's a fact

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these factoids with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. We know that feeling comfortable with your dental team makes visits more enjoyable and less anxiety-filled. And that a personal recommendation from a friend is the most credible form of advertising.

*For each person you refer, we will enter your name and the person you referred us to, into a drawing!*

Congratulations to our most recent winners! *Shana P., Jennifer S., and Karen T.*

We are thankful for the great compliment of your continuing referrals.

## office information



Dental Health of  
Maplewood  
Dr. Paul Wallin  
Dr. Bruce Haglund  
Dr. Donald Yee-Yick



VISA



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### Office Hours

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Friday By Appointment

### Contact Information

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### Office Staff

Shelly ..... Treatment Coordinator  
Sandy ..... Scheduling Coordinator  
Cariann ..... Insurance Coordinator  
Lori, Barb, Carrie, Sonda, Chue .....  
..... Dental Assistants  
Rhonda, Stacie, Jeannine, Krissy, Joy,  
Jeanne ..... Dental Hygienists

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Receive 5% off the cost of your procedures when you pay at the time of service!

## Read The Label

### Cough medicine and lozenges

Cough drops and lozenges are more than just medicine. Cough syrups, liquid and tablet vitamins, and antibiotic syrups can contain anywhere from 10-75% sugar, especially children's formulas. Throat lozenges and cough drops range from 50% to nearly 75% sugar. That's not a big deal if you only use them once in a while. But that much sugar can cause serious decay if you take these medicines on a regular basis. That's why children who use syrups and lozenges over long periods of time have a much higher incidence of decay.

The good news is that more and more medicines are being made without sugar. Check the label and make sure you're not getting more than you bargained for. If you're not sure, ask your pharmacist for help.