

Dental Health of Maplewood



with

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



Creating and preserving beautiful, healthy smiles

Summer 2011

from the dentists

Haiti Mission Trip

DEAR FRIENDS AND FAMILY:

In March of this year, I had the privilege of traveling with 11 other health care providers to Haiti on a Medical/Dental Missions Trip. It was an amazing experience, and I cherished the opportunity to get to know the people of Haiti. It was the first time that a dentist would be part of the team that has been providing care on these trips over the past 5 years. We spent most of the first day traveling to the remote village of Lougou, which is located in southwest Haiti. COFHED has been making a big difference in the lives of the villagers for some time now. I have to say that the squalor that we witnessed, especially as we drove through parts of Port au Prince is something that will always remain with me.

We set up our Dental and Medical clinics in our assigned areas. My dental operatory was in a classroom of the village school, and the "dental chair" was a reclining lawn chair that we brought all the way down from Minnesota! Limited to the use of basic dental instruments, we treated 120 patients for dental extractions, and did fluoride varnish applications for 200 children. For many children, this was their first dental experience, and we utilized our plentiful supply of "Novocain" to ensure their complete comfort. Dental cavities are prevalent. I believe the lack of milk in their diets; in addition to a lack of fluoride contribute to the kids having cavities.

The medical team

saw about 1100 patients through clinic, and this year steadfast precautions were taken to prevent the spread of cholera! The people of the Lougou area were also treated for worms, malaria, typhoid, scabies, parasites, and stomach ailments. Medications, vitamins, as well as toothbrushes and toothpaste were dispensed to all! I was quite impressed with the "field pharmacy" that was set up.

It was evident that the villagers have a deep respect for the Missionary Family. I took notice when an elderly woman stopped our van to give the family a large, plump papaya from her tree. What a touching display of gratitude!

We experienced great camaraderie as a team. Working together on a common goal of providing for the basic needs of the Haitians forged a strong bond among us. I cherished the opportunity to get to know the four young men who were our Kreyol interpreters. I was very excited to see that the boys

in the village are so passionate about soccer. They were more than happy to showcase their soccer skills when I asked if I could play in their game.

All in all, we were able to help the Haitians with some much needed care. However, we felt like we received much more than we gave. The people of Haiti are doing the best with the little that they have. I ask that you keep them in your prayers.

Dr. Don Yee-Yick



Dr. Don and two eager, young patients!



Patients waiting to be triaged.

At Dental Health of Maplewood, Your Smile Is Our Goal

5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

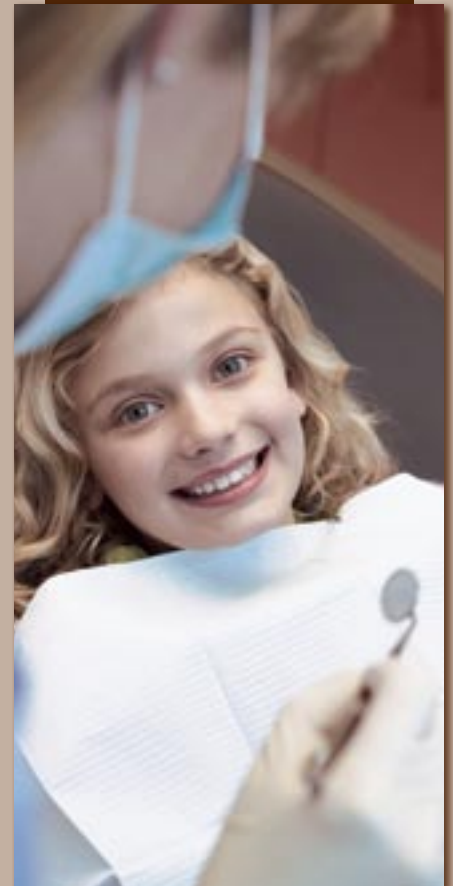
Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



"Ascared" Of The Dentist?

Not your kid!

Kids' fear of "going to the dentist" is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for "brain freeze." It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!





Our Staff Highlights

Lori celebrates 25 years with the team!

Few things remain consistent over a span of 25 years. In that time frame, one of the best things that has happened in our office – and has been constantly dependable – has got to be Lori Kuefler.

For the past 25 years, Lori has been working side-by-side with Dr. Haglund, as our dental assistant. As the time has passed, you have enjoyed Lori's warm smile, caring manner, and welcoming demeanor – and know you can rely on it, every time to come to see us. Lori knows it is these consistencies that make your experiences

at our office more comfortable and enjoyable ... which is her ultimate goal!

Outside her dedication to our practice, Lori is a devoted wife and mother. She and her husband, Mark, just celebrated their 25th Wedding Anniversary earlier this year, and commemorated the occasion by taking a trip to San Francisco! Through their years together, Lori and Mark have raised three sons, whom they are very proud of. Corey and Tony are in college, and Ryan will be starting his senior year at *Forest Lake High School* this coming September. All of her boys are avid basketball players, so you can often catch Lori courtside cheering them on. If she's not there, she may be tagging along with Mark, as he plays guitar and sings at special functions.

Thank you Lori, for the past 25 years ... and here's to many more!

AN OPEN INVITATION To you & yours

We appreciate your business and friendship, and though you may not realize it, your referrals are also crucial to our success. Your ongoing recommendations let us continue to grow. In turn, we can invest in technology, additional staff, expanded hours, and other improvements to offer you and yours the most convenient and very best dental treatment.

Your referrals are our number-one source of new patients and not one of our team members takes that for granted. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with only the highest quality of service and care.

Thank you in advance! We look forward to welcoming your friends, family, and colleagues with a smile!

office information



Dental Health of
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Office Hours

Mon–Thu 7:00 am – 5:00 pm
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Office Staff

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

SAVE 5%

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

It's Already Paid For So ... Why aren't you using it?

It surprises me how many patients miss their dental appointments when they have insurance coverage. If you've missed your scheduled date because you've been busy with life (as we all get), you're losing hundreds of dollars in treatment each year. And, without treatment, deterioration of your teeth and gums will take a toll – and not just on your bank account – on your overall health too.

Gum disease has been linked to many serious diseases and, in fact, each time you're in, we check for up to 200 diseases. Please don't lose your money. Call now to book your recall appointment. We'll investigate your insurance coverage to make certain you're taking advantage of all your benefits. We have convenient times open and can book your entire family at the same time!



For each person you refer, we will enter your name and the person you referred us to, into a drawing for a chance to win a gift card to fun restaurants in the area!

*Congratulations to our
most recent winners:*

*Judy K.
Heather L.
Jacob T.
Cheryl C.*