



*River Town Dental's*

# TOOTH TALK

Produced to improve your dental health and awareness

Fall 2009

from the dentist

## Time To Give Thanks

This time of the year is full of hustle and bustle for just about everybody. With work and school in high gear, it's hard to find time to do anything but try to keep up. Even the dental office is working overtime to meet the latest advances in dental treatment and the increased needs of our patients in this busy time of the year.

No matter how busy we are, there's always time for the people who mean the most. In a dental practice, it's the patients who are number one. That's why in the spirit of the Thanksgiving season, we would like to take some time out to tip our hats and simply say thank you.

You may not think much of it, but your ongoing loyalty, cancellation notification, referrals and each and every kept appointment go a long way toward making this practice run smoothly and efficiently. That makes the dental office a more comfortable and rewarding place for everyone.

These are exciting times for dentistry. You'll read about some of the latest developments and treatments in the pages of this newsletter. If anything catches your eye, or if it's time for a checkup, just give us a call... we'd really like to say *thank you* in person.

*Your Dental Team,  
River Town Dental*



## INVISALIGN SPECIAL EVENT!

**Extended until  
November 30th, 2009**

**Complimentary  
consultation and up  
to \$500 in savings!**

**Limited Space Available.**

*Communication is important to us - don't be afraid to ask questions!*



# You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

**Plaque**, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

**Tartar** is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

**Gum disease** has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

## Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



## Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

# Prime Attraction

## Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

### You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

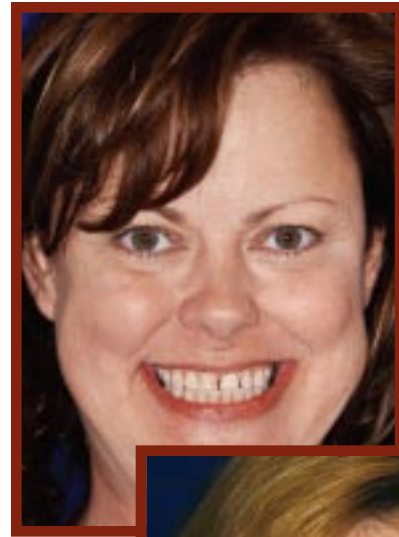
### You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

### You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



## 7 Tips For A Tiptop Smile

### Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

|   |   |
|---|---|
| <b>Teeth Whitening</b>                          | Instantly brighten your smile   |
| <b>White Fillings of Composite or Porcelain</b> | Make tell-tale dark fillings a thing of the past  |
| <b>Tooth-Colored Bonding</b>                    | Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth |
| <b>Cosmetic Veneers</b>                         | Conceal spaces, crooked, chipped, or discolored teeth                                     |
| <b>Crown Restorations</b>                       | Restore severely damaged or broken teeth  |
| <b>Dental Implants</b>                          | Restore appearance and function   |
| <b>Crown/Implant &amp; Bridge Restorations</b>  | Replace missing teeth and prevent further damage to your smile                            |



# The Sherlock Of Dentistry

## Why x-rays are so important

How often do we find ourselves saying: If I only knew then what I know now?

Well, when it comes to the state of your oral health, you can know now and never have to look back with frustration. The hero in this case is the x-ray or radiograph – one of the most effective tools for safeguarding your dental health by assisting us in detecting minor changes and conditions in your teeth and jaws early, before they become major problems.

Think of it as a dental magnifying glass. X-rays can show us bone loss due to gum disease, impacted teeth trapped below the gums, infections at the root ends of teeth, indication of missing or extra permanent teeth, and cysts or tumors in the jaw or sinuses. Early detection and treatment can help save you time, money, and future discomfort.

Are they safe? Yes. Dental x-rays emit a low-level radiation similar to the

type of background radiation we get from the sun, the earth's crust, various types of food we eat, and the air we breathe. The average person gets more radiation sitting in front of the television than from routine dental radiographs. That aside, we are committed to ensuring that only necessary x-rays are taken.

It's important to remember when properly used, dental x-rays are one of your best allies in achieving and maintaining optimal dental health.



It seems we're always saying "it's time to get back on track" with exercise, routine, and especially nutritious foods. Give your kids' dental health a big boost by limiting their trips to cafeteria vending machines!

A recent national survey found that 70% of drinks and 80% of snacks in school vending machines were super-sugary and non-nutritional. As well as contributing to obesity, these school snacks are leading to an increase in cavities among children.

You can help give your kids all they need by speaking to school administrators about providing healthy, tooth-friendly snacks. You can also help by packing nutritious lunches and break snacks, and teaching your kids how to choose snacks that will keep their smiles bright. And then, of course, there's always brushing and flossing...



## office information

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### Office Hours

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 Wednesday 8:00 am – 5:00 pm  
 Thursday 8:00 am – 6:00 pm  
 Friday 7:30 am – 2:00 pm

### Office Hours

Monday 9:00 am – 6:00 pm  
 Tuesday 8:00 am – 6:00 pm  
 Wednesday 9:00 am – 5:00 pm  
 Thursday 8:00 am – 5:00 pm  
 Friday 8:00 am – 2:00 pm

Visit our website at [www.rivertowndentalonline.com](http://www.rivertowndentalonline.com)

### Office Staff

Paula.....Office Manager  
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 Kelly, Katy, Cile, Emily, Angie, Lynn, Barb, Kelsey .....  
 .....Dental Assistants  
 Alice, Kelly, Sheila, Lorie, Pat, Amanda, Jamie, Barb,....  
 Heidi .....Hygienists