



“Thoughts for chewing”

Produced for the
patients of
Paul A. Johnson,
D.D.S.

Winter 1998

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Our thanks to you

As the new year begins, our thoughts turn to family and friends—those we’ve been close to throughout the past year. Here, at our office, we’re thinking of you and taking a moment to say “Thanks.”

Our entire staff wants you to know how much we appreciate the things our patients do for us. Here are just a few of the things that we think make you special. We’re thankful that you:

- allow us to be an important part of *your* dental health
- give us the chance to get to know you and your family on a regular basis
- compliment us on the service we provide (we really enjoy the cards and notes you send)
- tell family and friends about our practice
- continue to visit us throughout the years.

You see, you do a lot for us. And we just wanted to let you know how much we appreciate it—and how much we look forward to seeing your smile again this year.

Happy New Year—1998!

Greetings from the Rice Lake Dental Center! We would also like to take this opportunity to THANK all of you who have entrusted your dental care with us; we sincerely appreciate your trust and friendship.

We hope all of you like our “new look” with the redecorating of the reception room. In an effort to maintain a comfortable, relaxed atmosphere, we have provided a more private and quiet environment.

For those of you interested in the internet, you will now find our Web site open for your browsing. Our address is www.RLDC.com. Let us know what you think. We appreciate your comments.

Recently, Dr. Johnson has completed his advanced study at the L.D. Pankey Institute in Florida. This concludes six weeks of study with some of the best dentists in the world. Topics included difficult cases of severe wear and broken and missing teeth, including dental implants. Rice Lake Dental Center has been providing dental implants since 1988 and conventional dentistry since 1984. These are just a few of the new things you will find on your next visit.

Sincerely,

*Dr. Paul Johnson
and the staff of the
Rice Lake Dental Center*

Thank you for all your referrals. We appreciate them!

And a healthy new year!

"In 1998, I resolve to..." What will you resolve to do this year? New Year's resolutions are fun, but they're often tough to keep. This year, how about making one that you *really can* keep?

Resolve to improve your dental health by sticking to an approved homecare program and scheduling regular exams and cleanings.

First, talk to us about your homecare. Are you brushing and flossing regularly? Is your toothbrush in good shape? Are you getting the recommended fluoride?



Watching your sugar consumption? We can help you develop a homecare plan that meets your needs—one that you can stick to all year long.

Second, homecare is only half the job. Among other things, see us on a regular basis to check for signs of caries, fillings that might need to be replaced, periodontal disease, and oral cancer. Our role is to help you maintain oral health by cleaning your teeth and helping you prevent serious dental problems.

We resolve to do our part... how about you? Come on, be good to your teeth in '98.

THE POCKETS NO ONE WANTS

You could have pockets in your mouth, and you might not even know it. Periodontal pockets are spaces that develop between your gums and teeth as periodontal disease progresses. Left unchecked, these spaces can eventually result in tooth loss.

So, how did the pockets get there? Within an hour after brushing, bacteria begins to grow on any sticky plaque that's under the gum in the healthy pocket. As these bacteria multiply, they begin to release toxins. These toxins irritate gum tissue resulting in bleeding and bad breath. If left untreated, this irritation leads to a breakdown of the attachment between the tooth and gum forming

an inflamed pocket.

The first line of defense against these pockets is flossing. Along with thorough brushing, it can help you remove plaque to discourage bacterial growth.

The second weapon in your arsenal is a regular checkup that gives us a chance to measure the pockets. In a healthy mouth, pockets are up to 3 millimeters deep.

Deeper pockets can be treated with scaling and root planing procedures. Pockets of 4 - 5 millimeters or more may require specialized treatments.

Of course, it's best to avoid these pockets with good daily brushing and flossing and regular checkups.

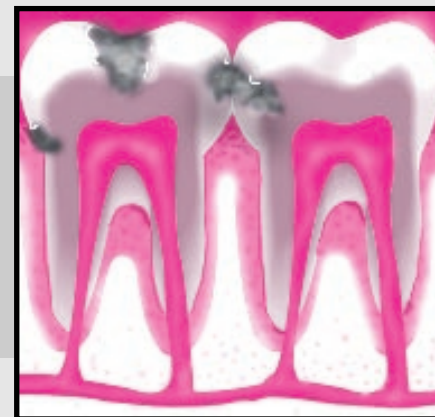
You could have pockets in your mouth!

Only YOU can stop the progression of decay



1. THE BIRTH OF A CAVITY

Decay often begins at a weak spot on the chewing surface or between the teeth. Without fluoride treatment, an indentation (cavity) can form.



2. THE ENAMEL IS PENETRATED

If this cavity isn't discovered and filled in this early stage, it will continue to grow.



3. RAMPANT DECAY

As the cavity enlarges, it penetrates deeper into the tooth.



4. CAN THIS TOOTH BE SAVED?

Once decay reaches the dentin and the pulp, the tooth may become nonvital and an abscess may form at the root. At this stage, the tooth will require a root canal to be saved.

The SNACKER'S CORNER

Here's something to chew on...

Kids of all ages love to snack, and snacks can be part of a healthy diet, but they need to be rich in nutrients and low in sugar to help promote good dental health.

During the winter months, we all have a tendency to snack more, but it may be harder to eat the raw foods—fruits and vegetables—that make up the best snacks. A little creativity can help.

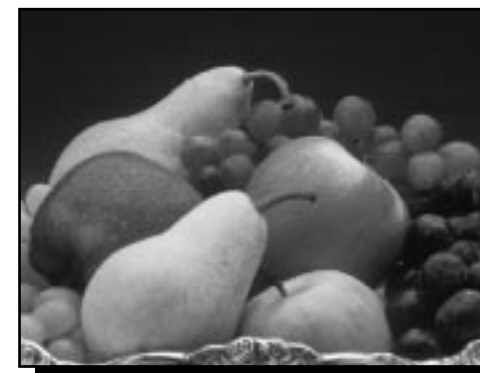


■ FRESH VEGGIES

Cut up carrots, broccoli, cucumber, cauliflower, and celery and serve them with cheese dips (the healthiest ones are made with yogurt and/or cottage cheese). Or try some of these vegetables with a slice of cheese or peanut butter (don't forget to brush after eating peanut butter). With a few crackers and some fruit juice, you've got a great Saturday afternoon pick-me-up.

■ FRESH FRUIT

Sliced apples or bananas spread with peanut butter are great finger foods. So are plain grapes, but cut them up for tiny tots to avoid choking hazards. A variety of dips are now available for other fruits such as pineapple and kiwi. Oranges and grapefruit are often allocated to breakfast, but there's no reason to exclude them from a winter evening snack with a little cottage cheese or crackers.



■ FOR KIDS ONLY

If you want to get real creative, you can build "celery cars" using peanut butter to attach raisin wheels to a peanut butter-filled celery stick. Whenever serving dried fruits (including raisins), be sure your children brush their teeth afterward to remove any bits of fruit that might be stuck there.

Snacks that are good for you aren't always easy to find, but they're worth the effort in nutrients and flavor.

Tartar-control may cause sensitivity

This just in—tartar-control toothpastes may cause tooth sensitivity in some patients. If you've noticed your teeth are especially sensitive to cold, and you're using a tartar-control toothpaste, we suggest you try a different paste for a few weeks to see if the sensitivity diminishes.

It seems that the tartar-control agent in some toothpastes can cause sensitivity when it comes in contact with root surfaces that have been exposed by gum recession.

Apparently the chemicals that control tartar also change the outer layer of protection on your root surfaces. When this insulation is affected, the root is left unprotected.

So, try another toothpaste for a couple of weeks. If the sensitivity goes away, great! If it doesn't, give us a call, and we'll help you find another way to reduce the sensitivity.

RICE LAKE DENTAL CENTER
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Here's your dental newsletter!

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Does your **TOOTHBRUSH** need a *checkup*?

How do you know when your toothbrush is ready for the trash bin? The truth is that a toothbrush that's grown hard and brittle could actually injure your gums. Generally a toothbrush will last three to four months. But, you can't just mark your calendar and let it go at that—especially if you're brushing after every meal as you should.

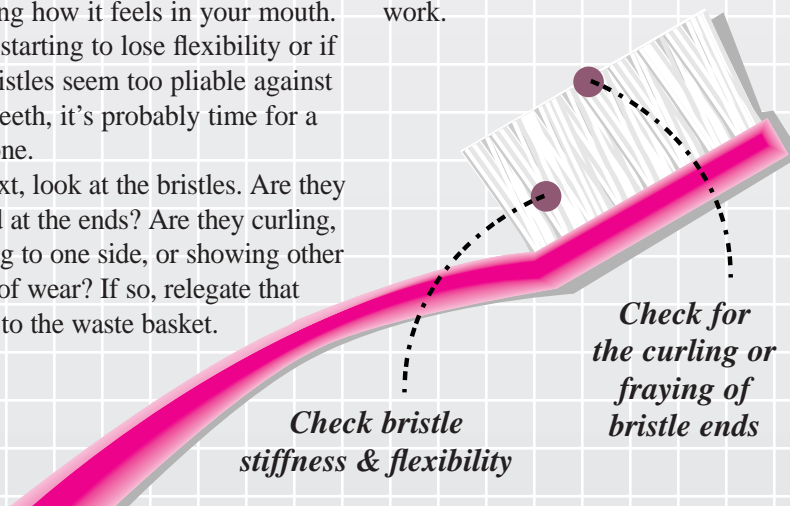
Give your toothbrush a careful exam on a regular basis. Begin by noticing how it feels in your mouth. If it's starting to lose flexibility or if the bristles seem too pliable against your teeth, it's probably time for a new one.

Next, look at the bristles. Are they frayed at the ends? Are they curling, leaning to one side, or showing other signs of wear? If so, relegate that brush to the waste basket.

And don't forget to replace your toothbrush whenever you're ill, to avoid a recurrence of the sickness.

Once you've got that new brush, how about a checkup on your brushing habits?

Let's face it, a new toothbrush isn't any better than an old one if you don't use it properly. Following a strict homecare regimen and keeping your appointments with us can make your oral health program work.



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Office Hours

Monday - Thursday
8:00 a.m.-5:00 p.m.

Friday
By special appointment only

**Appointment and Emergency
Phone: (715) 234-1073**



The information included in this newsletter is not intended as a substitute for dental advice.
For your specific information, be sure to consult our office.