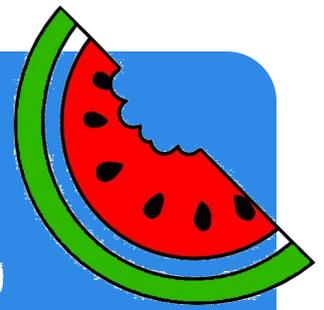


March 2012
403 W. Chestnut St.
Pardeeville, WI 53954
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877-828-5855

Tooth Talk

Pardeeville Family Dentistry
Changing smiles every day.



Virginia Scott, DDS

Special Points of Interest:

- Message from Dr. Scott
- TAP into Better Sleep
- Calendar of Events
- Spring Is on its Way
- Do You Drink Soda?
- Events of 2011
- Cavity Free Club
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A Message From Dr. Scott.....

Time sure does fly-here it is March already, and it seems like it was just Christmas. I wanted to mention how supportive everyone was with the Giving Tree again this year. It is heart-warming to see your response to helping others.

February was dental Health Month and is always a busy month for us with school, daycare, and library talks. Education is very important to us, and we appreciate the opportunity to share our information with both children and adults.

As many of you know, I started out the year with some surgery. I am doing



okay, but recovery took a little longer than I anticipated. I want to let you know how much I appreciated your flexibility and understanding as we had to make unexpected changes to our and your schedules. It meant a lot to me. Thanks also for all your well wishes.

As you know, health care and dentistry continue to change and improve. The preferred method of treatment for sleep apnea is a C-PAP. Unfortunately, many patients cannot tolerate C-PAP and are therefore at risk of serious complications. Recent research has shown that dental airway appliances are very successful at treating mild to moderate sleep apnea. For more information or to find out if you could benefit from an airway appliance, please call our office.

Wishing all of you an early and sunny spring.

Dr. Scott

TAP into Better Sleep

Approximately 51 million Americans suffer from some degree of snoring or sleep apnea, and traditional treatments such as CPAP have drawbacks. While CPAP works very well when used, there are also many who either can't or won't use the treatment. Now there is a treatment that is customized for patients and has a 95% success rate. The Thornton Adjustable Positioner, or TAP, is a new device that is designed on the same principle as CPR: keep the airway open in order to allow air to pass through. The TAP brings the lower jaw forward so that your airway cannot collapse, allowing better breathing all night long. It can be adjusted easily, allowing the patient to control the treatment. Call us today if you have sleep apnea. See if the TAP is right for you!

Schedule of Events

- March 5-April 5: Food Drive
- March 10: PABA Expo, Village Hall, 9am-3pm
- March 11: Daylight Savings Time Begins
- March 17: St. Patrick's Day
- March 22: Wellness Expo
- April 5 & 9: Spring Break*
- April 5: Food Drive Ends
- April 6: Good Friday
- April 8: Easter Sunday
- April 22: Earth Day
- May 7: No School*

*Special appointment times reserved for school children and teachers.

Spring Is on Its Way

Can you feel it in the air? Can you smell it? Spring may not be here yet, but it will be soon. Spring is a sign of new beginnings, rebirth, and renewal. As the trees and plants come to life again, we can think about our own lives.

How do we embrace the meaning of spring? In our own lives, there are many ways of

living out the renewal of spring: eating healthier foods; increasing physical activity; and taking care of our health. Your dental health is just as important. Use spring as a way to embrace new habits that will benefit not just your oral health but your entire body.



It takes 21 days to make something a habit. Can you work for 21 days to establish better habits? Some of these might be to cut down on soda, floss daily, and brush your teeth twice a day.

You never know what spring will bring, but I can guarantee you that healthier habits will lead to a happier spring!

Do You Drink Soda?

Almost everyone drinks soda. Teens today drink twice as much soda as milk. This creates oral health problems, especially for girls.

Many people think the major problem with soda is the sugar, so they drink diet sodas. Unfortunately, they are only partly correct. While the sugar in soda is indeed a problem, there are many other things that can cause great damage to not just your teeth, but the rest of the body.

All sodas contain acid. When the teeth are bathed in that acid, the enamel of the teeth begin to erode. It is especially bad when you sip at a soda all day long instead of drinking it all at once. Also, the phosphoric acid in soda can actually pull calcium from the teeth and bones.

Another large problem with soda is the caffeine. While caffeine can help keep us awake, it does have its dangers. Caffeine also can pull calcium from the teeth and bones. Not only that, but since it is an addictive substance, drinking soda becomes habit-forming.

Teens are especially at risk. The human body creates the most bone mass during the teen years. If teens are losing calcium rather than adding it, they risk long-term health problems such as osteoporosis and broken bones.

How do you combat the problem? The best way is to eliminate soda from your diet. But if you do drink soda, make sure you drink it in one sitting and rinse your mouth out with water when you are done. Brush your teeth daily, especially right before bed. Also, increase your calcium intake through milk, yogurt, or cheese.

Help your body build healthy bones and teeth. Creating this new habit will affect your live decades down the road.



January 8 — Rep. Gabrielle Giffords and 18 others shot at a Tucson supermarket. Six people died.



February 6 — After coming so close for several years, the Packers made it to the Super Bowl and beat the Steelers 31-25. Aaron Rodgers was MVP.



February 20 — The country celebrates 50 years since John Glenn first orbited the earth alone in 1962, paving the way for the US Space Program.

What happened in 2011...

March 11 — A magnitude 9.0 earthquake struck Japan and triggered a massive tsunami.



April 29 — Prince William of England married Kate Middleton at Westminster Abbey. Approximately 2 billion people world-wide tuned in to watch the ceremony.



May 25 — Oprah Winfrey airs her last show after 25 years on CBS. She left to start the Oprah Winfrey Network, OWN.



October 5 — Steve Jobs, Apple CEO and founder, died from pancreatic cancer. Jobs transformed American technology with the inventions of the iPhone, iPad, and iPod.



Cavity Free Club

Calvin Behnke
Harmony Bell
Kailie Bell
Rylee Berg
Jimmy Brinkman
Alison Brodie
Dustin Brodie
Josh Brodie
Alexandria Brouette
Callie Brouette
Erik Brouette
Mikayla Brouette
Trevor Brouette
Gryffen Bussan
Kaylee Chapman
Rose Christopherson
Mackenzie Claesges
Nichole Colrud
Katelyn Cook
Madelyn Cook
Breanna Cotton
Abigail Crotty
Alexis Crotty
Declan Cullinan
Drake Cullinan
Peyton Dahlke
Josh Davidson
Austin Dechert
Kylie Dechert
Aubrey Duranceau
Cole Engelhardt
Lauryn Engelhardt
Briana Fitzpatrick

Zachery Fitzpatrick
Caleb Gard
Hailie Gilbert
Kaitlin Gilbert
Matthew Goebel
Nathan Goebel
Briana Gricius
Carly Hebl
Mason Hinkley
Zowie Hockett
Derek Howard
Madallyn Howard
Karter Jerome
Brodie Johansen
Cami Johansen
Dakota Johnson
Allison Kallungi
Hannah Kallungi
Joe Keichinger
Charlie Kinsman
Hayden Kinsman
Catherine Kopfhamer
Celia Kopfhamer
Jason Kopfhamer
Abbigail Kuhn
Tyler LaHaie
Avery Lehr
Hayden Lehr
Chase Lynch
Skylar Lynch
Alexis Mast
Gracie Mast
Noah Mast

Ryan Mast
Logan Melter
Tyson Melter
Connor Metzler
Grayson Metzler
Brody Miller
James Miller
Jordan Moll
Michael Nachreiner
Kaylee Nelson
Brenden Price
Jayden Price
Teagan Prochnow
Tyson Prochnow
Dylan Quade
Jesse Ramsey
Jacob Rea
Naomi Respalje
Julia Rieckmann
Katherine Rieckmann
Jolee Ruck
Dean Rupert
Rheanna Saaf
Chloe Saalsaa
Grady Saalsaa
Ally Saloun
Jeremy Saloun
Michaela Schick
Faith Schmidtke
Brett Sell
Bryant Sell
Desiree Sheppard

Kaia Shucha
Taryn Shucha
Bella Simonson
Joia Simonson
Kasmira Sipula
Elana Solis
Brody Theel
Austin Triggs
James Triggs
Katlyn Triggs
Zach Triggs
Alex Truax
Jacey Walker
Ethan Warnke
Morgan Warnke
Keira Werner
Erika Wickus
Kenny Wojtalewicz



**Congratulations to our
Cavity Free Winners
Allison Kallungi
and Jordan Moll**

Of Mice and Mouths

In the days before the Tooth Fairy, children in England and Australia would drop their first baby tooth into a mouse hole in the belief it would keep them free from toothache. The tradition may be related to the ancient Egyptian remedy for tooth pain: they would apply a freshly killed mouse to an aching tooth to end the pain. Eeeeeek!!!!



Spring Food Drive



Help us help others!!

Dr. Scott and Pardeeville Family Dentistry are once again sponsoring the Spring Food Drive. Bring a nonperishable food item, bar soap, or 4-roll package of toilet paper to our office from March 5th—April 5th and get your name in a drawing for a \$50.00 gift card from Piggly Wiggly. Your name will be entered once for every item you donate. If you wish to donate financially, please send a check to our office clearly marked "Food Drive". Dr. Scott will match all cash donations up to \$500.00. All donated items and cash will go to Wyocena Helping Hands Food Pantry. If you have any questions please call Kate at 608-617-2043 or Kelly at 608-429-3175. Thanks!



Office Information

Phone Numbers

Office(608) 429-3175
Fax(608) 429-3776
Toll Free(877) 828-5855
www.pfdtoothtalk.com

Office Hours

Monday 7am to 3pm
Tuesday 7am to 3pm
Wednesday 7am to Noon
Thursday 7am to 3pm
Friday By appointment only



The Team

Virginia Scott DDS
Ken Binkley DDS
Alan CFO
Tina Office Manager
Kelly Scheduling Coordinator
Melissa Treatment Coordinator
Kimber Treatment Coordinator
Jamie Dental Hygienist
Shelbie Dental Hygienist

