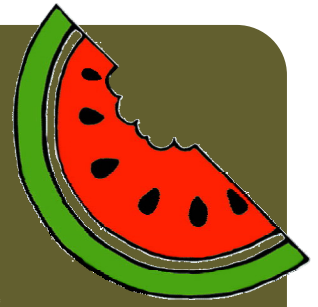


403 W. Chestnut St.
Pardeeville, WI
53954
608-429-3175
877-828-5855

Tooth Talk



Pardeeville Family Dentistry

Winter 2010-2011

Virginia Scott DDS

Special points
of interest:

- Message from Dr. Scott
- February—Dental Health Awareness Month.
- Food Drive
- Cindy's Farewell
- New Years
- Resolutions
- Giving Tree
- Cavity Free Club
- Who Could This Be....?

A Message From Dr. Scott.....

I'm hoping everyone had a great holiday season. Once again, our community was very generous and helped children in need to have a good Christmas, through contributions to our Giving Tree. Quite a few of you took advantage of our Donation Box this year. This gave me the opportunity to shop in the toy section, and I have to say, I wish I were a kid again. I hope you all got that special warm feeling that comes from helping others. Thanks again to everyone for helping out.

As we move into the New Year we often make those resolutions to eat better or to exercise more, with the goal to become healthier. I think these are wonderful goals but I am going to encourage you to also remember how important our oral health is to our whole body's health. If

you have an infection in your mouth, you can not reach maxi-



mum health and well being. Many infections in the mouth do not cause pain, and you may have serious problems and not be aware of them. If you have not

had an oral exam recently, I would encourage you to do so.

As we move into the new year, I also want to take sometime to count my blessings. I am surrounded everyday by a wonderful group of people that I work with. I have been in the health care for over 30 years and I can honestly say that my co-workers are the most warm and caring group I have known. They make coming to work a pleasure. And, if I'm counting my blessings I can not forget my great patients. Each of you are unique and special and I appreciate the opportunity you have given me to meet and work with you. I feel I have grown both as a dentist and a person because of you. Thanks to all of you!

Wishing you all a great year!
Dr. Scott

February — Heart Health Month

Cardiovascular disease is preventable in many patients. It is estimated that 70% of the adult population in the United States has periodontal disease. Chronic inflammation, of which periodontal disease is the most common, is a leading risk factor in developing heart disease. One in two women will die because of CVD. In



addition, stroke, diabetes, pancreatic cancer, pre-term low birth weight and still born babies can be linked to periodontal disease. Genetic testing has determined that the plaque that builds up below the gumline is the same plaque that deposits in the arteries and causes atherosclerosis.

Food Drive

Dr. Virginia Scott and Pardeeville Family Dentistry are having a Spring Food Drive. If you would like to help the needy and take a chance to win a \$50.00 gift card from Piggly Wiggly in Pardeeville. All you have to do is stop in at Pardeeville Family Dentistry, 403 W. Chestnut, and donate a non-perishable food item (no glass please). For each donation you may enter your name in the drawing. Again this year we are accepting cash donations; Dr. Scott will match up to \$500.00. All donated items and cash will be given to the Wyocena Helping Hands Food Pantry. The contest starts March 1st and will end March 31. If you have any questions please call Kelly at 608-429-3175.

Thanks!

New Years Resolutions



As New Year's Eve approaches, many may be considering a variety of resolutions that could include hitting the gym or reading more books. However those who are looking to be more health conscious next year may want to consider the simple act of brushing their teeth.

The American Dental Association (ADA) has stressed the importance of good dental

health for adults and children of all ages, not just for healthy gums and teeth, but to ensure good overall health. Plaque buildup can lead to such conditions as gum disease and tooth decay. Those who adhere to a regular routine with their teeth cleaning and stick to brushing twice a day can help maintain good dental health.

Parents can also use the upcoming New Year to educate

their children on the importance of brushing their teeth. Statistics have shown that if children are taught about dental care, they are more likely to continue caring for their teeth and gums in adulthood.

One important tip from the ADA regarding teeth cleaning is to floss first before brushing because there is more of a chance for the fluoride from the toothpaste to get between the teeth.

A special thanks to all the wonderful calls and letters from my patients. It means more than words can express to have touched so many wonderful people through my career here at Pardeeville Family Dentistry. I hope to continue reaching out and helping others in my next adventure with "Seal a Smile".
Thanks again!
Cindy Seubert RDH

Cindy's Next Adventure

Greetings, patients and friends of Pardeeville Family Dentistry wishing a Happy New Year to you and your families! 2011 will be filled with many new and exciting challenges and experiences for me. I am leaving private practice to put all my time and effort heading up a "Seal a Smile" children's school based program in Columbia County.

As many of you know this has been a long time passion of mine. On November 8, 2010, Columbia County Health and Human Services,

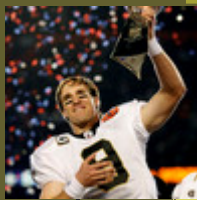
along with myself were awarded a \$20,000 grant. The grant is to be used Jan-May 2011 for children's dental screenings at Rusch Elementary Schools. Parent's will be given follow-up information regarding dental access and available dental providers. We hope to expand the program to qualifying schools next fall. The goal is to "improve the health and well being of Wisconsin children."

This has been a very difficult decision for me. I have worked for Dr.

Scott over 12 years, and the idea of moving on and undertaking a new challenge is scary and exciting. I believe in my heart this is the right time to make this change. My last day will be Thursday January 27th. Thank you for letting me into your lives, it has been a great journey! Please wish me luck as I pursue a new chapter in my life. I am excited to bring the SEAL-A-SMILE Program to Columbia County.

Cheers to New Beginnings!
Cindy Seubert RDH

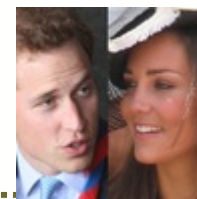
What happened in 2010



February 7 — Superbowl XLIV New Orleans Saints vs Indianapolis Colts. Saints win 31-17!



February 12-28 — The 2010 Winter Olympics are held in Vancouver, Canada. Shaun White of the USA Snowboarding Team took home gold.



November 16— Prince William announces engagement to long time girlfriend Kate Middleton. Set to wed next year.

January 12 — A 7.0-magnitude earthquake occurs in Haiti, devastating the nation's capital, Port-au-Prince. With a confirmed death toll over 230,000 it is one of the deadliest on record.



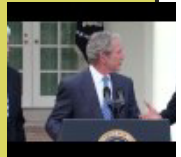
April 20 — The Deepwater Horizon oil platform explodes in the Gulf of Mexico. Resulting in one of the largest oil spills in history.



August 8 — President Obama announces in Oval Office speech end to Iraq Combat Mission.



November 2 Republicans take back control of the house of representative since the Bush administration.

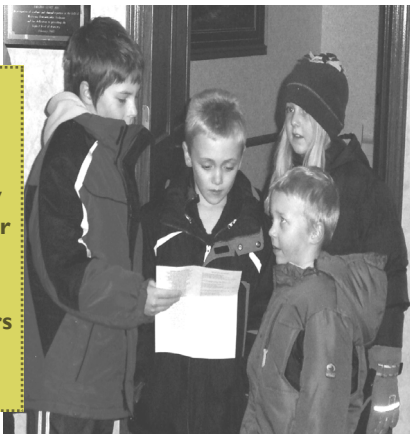


The Giving Tree

Once again the giving tree was a success! A special thanks to everyone involved in the giving tree this December. Every child had a present under the tree on Christmas morning. It is heartwarming to realize the care of the people in our community. We had so many gifts come in we really felt like Santa's Workshop.

Thanks again!

Pardeeville
2nd grade
mentored by
the 5th grader
caroled to
neighboring
business Thurs
Dec 23.



A little boy went
to the dentist to
get a cavity filled.
"Now young man,"
asked the dentist,
"what kind of filling
would you like for
that tooth?"
Chocolate,
please," he replied

Cavity Free Club

- | | | |
|---------------------|---------------------|-------------------|
| Nicole Colrud | Alexis Cotty | George Weatherbee |
| Jason Kopfhamer | Gabrielle Dannehl | Jeremy Saloun |
| Katie Kopfhamer | Katie DeLapp | Callie Brouette |
| Seth Bronson | Addison DornFeld | Mason Hinkley |
| Tori Paskey | Zachery Fitzpatrick | Dean Rupert |
| Cameron Krepp | Briana Fitzpatrick | Hunter Paskey |
| Teagan Prochnow | Caleb Gard | Tyson Prochnow |
| Sam Harkins | Jaden Gibbons | Harrison Kirkham |
| Mikayla Brouette | Matt Gust | Justine Kirkham |
| Mason Hinkley | Carilyn Kopfhamer | Anna Schaller |
| Mallory Baures | Alicia Poole | Ryan Mast |
| Lily Harkins | Jolee Ruck | Noah Mast |
| Erik Brouette | Dean Rupert | Tyler Kowald |
| Carly Hebel | Keira Werner | Abby Nuss |
| Ally Saloun | Madelyn Cook | Alexis Mast |
| Jacquelyn Weaterbee | Julia Rieckmann | Tyler Mast |
| | | Zoe Soleimani |



Congratulations to our
Cavity Free Winner
AUSTIN TRIGGS!!

So you want the day off....?

There are 365 days per year. There are 52 weeks per year in which you already have two days off per week, leaving 261 days available for work. Since you spend 16 hours each day away from work, you have used up 170 days, leaving only 91 available. You spend 30 minutes each day on coffee break which accounts for 23 days each year. With a one hour lunch each day you have used up another 48 days, leaving only 20 days available for work. We offer five holidays per year so you are down to 15 days. We generously give you 14 days of vacation per year which leaves you only one day available for work and I'll be darned if you're going to take that day off!

Who Could This Be.....?

Forward your guess as to who you think this is to the office by March 1 and your name will be entered in a drawing for a Portage Theatre Gift Card

GOOD LUCK!!!

My Guess _____

My Name _____

Address _____

Phone _____



If you guessed our Hygienist Cindy Suebert for last issues newsletter you were correct. Congratulations to Carol Griepentrog for being our winner of 5 movie passes to Portage Theatre.

Office Information

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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 3pm

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 K Treatment Coordinator

Kimber Treatment Coordinator

Melissa S Dental Hygienist

Jamie Dental Hygienist

Hannah Dental Hygienist

straight teeth, no braces™
invisible

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