



Forest View Dental
1111 Valley Road
Appleton, WI 54915

The Forest View JANUARY 2009



The Forest View



HAPPY 2009!
JANUARY
Newsletter

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Web Site:

www.forestviewdental.com

Special Interest:



Good Dental Health Contributes to a Healthy Lifestyle

www.dentistry.com

Most people know that maintaining good dental health into old age has many benefits. Those most important include comfort of the teeth and gums, the ability to enjoy food, and a better appearance. Now, a recent study confirms that good dental health has another important benefit -- it can add years your life.

This new study included 1,929 elderly people living in a large Japanese city. This group was followed for six years, and their average age was 79.7 years. In general, these people who had worse dental health at the beginning of the study had a higher mortality rate after six years than those who were in better dental health. Specifically, the mortality rate of those without teeth and who did not wear their dentures was nearly twice as high as those with 20 or more teeth -- 63 percent versus 32 percent, respectively. Researchers point to the impact on nutrition as the most likely explanation for their findings.

People 65 years of age and older, like younger patients, should see their dentist at least twice a year for checkups and cleaning of the teeth. All cavities, gum disease and other dental infections should be treated. Patients wearing full or partial dentures should have them evaluated for proper comfort and fit. Dentures that have been worn for many years may not fit well anymore. This happens because the jawbone under the denture can become worn away over time.

Loose dentures make it difficult to eat and speak (they seem to make a "clacking" noise), and do not support the face as well. A loose denture begins to need more and more adhesive to stay in place. Your dentist can sometimes remedy the problem by relining the denture, but a new denture should be made about every 5-7 years, or when the dentures cannot be used comfortably. In some cases, implants can be used to help secure the denture. This is usually most needed in the lower jaw, and is sometimes the only way to help the patient stabilize and use their denture.

Good dental health is an important part of a healthy lifestyle. Regular dental care and good oral hygiene can add comfort, enjoyment and years to your life.



Simplifying Your Life

By Families and Work Institute

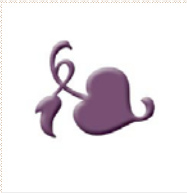
Most of our lives are filled with clutter—stacks of paper, bills, and other should-be-organized stuff. But how does all that clutter affect your time? To illustrate, consider the following example: on a typical workday, a person with a cluttered work area will spend an hour and a half simply looking for things or getting distracted. Over the course of a year, that's a month and a half of lost time. Consider the following suggestions for taking the clutter out of your day.

- ✓ **Cancel subscriptions to magazines you never read.** These just add to your list of things you'd LIKE to do—more importantly, it's a waste of money.
- ✓ **Set up automatic bill payments.** This process will help alleviate late payments, save you time, and save money on postage.
- ✓ **Say "no" when necessary.** You can't always please everyone, so realize you don't have to take on every project or responsibility.
- ✓ **Simplify your wallet or purse.** Take out those unused, unnecessary credit cards and other items that you don't use. The less clutter the better.
- ✓ **Consolidate your debt.** Combine your debts and search for one low interest rate. Not only will this save you money, it will save you time.

Organization is not glamorous, not is it commonly thought of as a time-saver. However, clutter is the companion of inefficiency.

Make organization a priority and you'll find time is on your side.

Personal Finance for the New Year

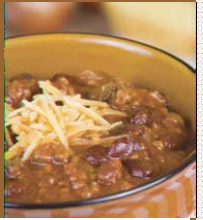


The start of a new year is a good time to take a look at your personal finances and develop a plan to proactively keep your financial health in tip top shape. Consider these three ideas:

- 1. Get a grip on personal debt.** If you have credit card debt, resolve to eliminate it as quickly as possible. Pay off debt with the highest interest rate first.
- 2. Maximize company savings opportunities.** If your employer offers a matching contribution to a 401(k) or 403(b) plan, make sure you get the entire employer matching contribution by making the appropriate contribution to you plan.
- 3. Get in good physical shape and get an annual physical exam.** Most health insurance plans require more out-of-pocket expenses for prescription drugs, deductibles and coinsurance. Those who exercise, control their weight and seek preventive healthcare will generally consume less healthcare services and save big bucks in the process of needing less care.

Make financial wellness a top priority throughout the year!

Stay Warm in the Winter Chill



Heart-Warming Chili

Ingredients:

- 2 15 oz cans chili beans in sauce
- 1 chopped green pepper
- 1 chopped onion
- 1 Tbs garlic powder
- 1/2 tsp crushed oregano
- 2 Tbs chili powder
- 16 oz can tomatoes drained
- 24 oz can tomato sauce
- 1 lb ground beef
- Salt & Pepper to taste

Directions:

Put all ingredients in a large crock pot. Mix well. Cook on low for 6 to 8 hours. Additional chili powder may be added if you prefer very spicy chili.

Monthly Fun

Word-to-Words

How many words can you make from this word?

JANUARY

— — — —	— — — —
— — — —	— — — —
— — — —	— — — —
— — — —	— — — —
— — — —	— — — —

Thoughts

The beginning is the most important part of the work.
- Plato

Activity Tip

Make a Snow Globe! You need a clear jar with a tight sealing lid, glitter, hot glue gun or waterproof sealant, decorative objects, baby oil and imagination. Glue or seal your decoration to the lid of the jar. Add 1 to 2 tablespoons glitter to jar and fill with baby oil. When glue is dry, carefully place the lid onto the jar closing tightly. You may want to add sealant or hot glue to the outside of the lid. Decorate the outside and shake!

What's New at the View...

Thank You For Your Referrals and Welcome New Patients!

Our business is built on word of mouth advertising and we'd like to thank everyone who was kind enough to recommend our services to their friends and family.

Paul Smullen is the **Winner of the \$50 New Patient Survey Drawing**. Paul became a valued member of our family this last month and we would like to welcome him publicly. We wish him and every other new member of the Forest View Family all the best!



Paul



Judy

Judy Owens is the **Winner of the \$50 Post-Treatment Survey Drawing** for taking the time out her busy schedule to help us improve our service to everyone in the Forest View Family. Thank you for your time and your help!

Thank you sooooo much!

New Year's Resolution!

- Receive an extra 5% off -
all Services not covered by your insurance when you pay in full at the time of your visit.
(That's a total of 10%)

Call Us TODAY
(920) 733-1111

to take advantage of this **unbelievable** offer
AND help you get started keeping those New Year's Resolutions!!!

*Offer ends Jan 31st, 2009

Is your New Year's Resolution to Stop Smoking? Here are Some Facts!

Smoking reduces blood flow and the supply of vital nutrients to your gums, including vitamin C. Without the proper nutrients, you can develop gum disease, bone loss, and even tooth loss. This is because smoking triggers the accumulation of bacteria in plaque. Smoking also reduces the amount of saliva that flows through your mouth. Saliva is important for cleaning your mouth and preventing tooth decay. In addition, when you

smoke, the temperature in your mouth increases and the heat kills important cells in your mouth. You also can see the effects of tobacco use. Nicotine and tar, the major ingredients of cigarettes, discolor your teeth—yellow and brown stains will appear and the sticky tar deposits will adhere to crevices. The roof of your mouth will become inflamed and turn red. You also will lose a lot of your sense of taste, and the smell of your breath may become offensive. Smoking increases the risk for oral cancers, lung cancer, and larynx and esophageal cancers.

What are the signs of oral cancer?

Oral cancer can develop at any time. It's important to know what to look for and to tell your dentist and physician right away if you have any concerns. If you experience any sign of irritation, like tenderness, burning, or a sore that will not heal, tell your dentist or physician. Also, tell your dentist or physician if you have pain, tenderness, or numbness anywhere in your mouth or lips. The development of a lump or a wrinkled or bumpy patch inside your mouth also can be a sign of oral cancer. In addition, if the tissues in your mouth change color to gray, red, or white, make an appointment to see us or your physician.

What can I do to stop the effects?

The most obvious way to stop the effects of smoking and tobacco use on your mouth—and body—is by quitting. Although it can be extremely difficult to quit because the toxins in tobacco products are addictive, there are ways to stop using tobacco. Talk with us or your physician about treatment plans. Once you have made the steps toward quitting, it is important to improve your dental hygiene with regular brushing and flossing. It is advised for smokers to get a professional cleaning (scaling and polishing) for the removal of stains. But without quitting, the cleaning and stain removal will have only a temporary effect. Good Luck to each of you!

Sudoku Puzzle

9			3		1		6	
1	8	4	5					
	5	3				2	1	
2		1		3			5	7
			4		7			
3	4			2		8		6
	2	5				6	3	
					9	1	8	5
	1		6		3			2

What's New in the Office?

We had a wonderful Holiday Season, but we have been through some changes. Dr Roth decided to get out of private practice for now and try managed care dentistry. We wish him the best in his new endeavor and will work diligently to help each of the patients that he welcomed to the Forest View Family continue to feel welcome visiting with our Team. Please feel free to call our office if you have any questions or concerns.

We are also still taking school suggestions for our reading program in February. Please call or e-mail us with your suggestions. Have a Happy New Year!!!

Please tell us what you think of our newsletter. If you would like to tell us you love it or ask us not to send you a copy please call Karen at 920-380-4055 or email us at forestdental@aol.com and we will take care of You. Drs. Tom LaSelle and Tom Grotenhuis