



Forest View Dental
1111 Valley Road
Appleton, WI 54915



The Forest View JUNE 2009

JUNE

Happy Father's Day Newsletter



Here is your **FREE** Monthly
Newsletter from your friends at:
Forest View Dental

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Special Interest:

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Oral Health & Your Overall Health

New research has found that your oral health is connected to many other health conditions beyond your mouth. Sometimes the first sign of a disease shows up in your mouth. In other cases, infections in your mouth, such as gum disease, can cause problems in other areas of your body.

Your mouth is normally teeming with bacteria. Usually you can keep these bacteria under control with good oral health care, such as daily brushing and flossing. Saliva also is a key defense against bacteria and viruses. It contains enzymes that destroy bacteria in different ways. But harmful bacteria can sometimes grow out of control and lead to periodontitis, a serious gum infection.

When your gums are healthy, bacteria in your mouth usually don't enter your bloodstream. However, gum disease may provide bacteria a port of entry into your bloodstream. Sometimes invasive dental treatments also can allow bacteria to enter your bloodstream. And medications or treatments that reduce saliva flow or disrupt the normal balance of bacteria in your mouth also may lead to oral changes, making it easier for bacteria to enter your bloodstream. Some researchers believe that these bacteria and inflammation from your mouth are linked to other health problems in the rest of your body.

Some of the diseases and conditions that may be linked to oral health:

- Cardiovascular Disease
- Premature Birth & Low Birth Weight
- Diabetes
- HIV/AIDS
- Osteoporosis

If you didn't already have enough reasons to take good care of your mouth, teeth and gums, the relationship between your oral health and your overall health provides even more. Resolve to practice good oral hygiene every day. You're making an investment in your overall health, not just for now, but for the future, too.



Plan a Great Vacation

The key to a great vacation comes down to one word: planning. Whether you desire a vacation that is fast-paced or one that involves quiet and reflection, here are four major vacation decisions that will impact your vacation experience and the amount you'll spend on your vacation:

Transportation—how will you travel to your vacation destination? If you drive, make sure your car is in good mechanical condition before your trip. If you choose to fly, use the Internet or a good travel agent to find the best deal on airfare. Make sure you check airfares from as many airports within "driving range" as possible. Driving a little extra to an alternative airport might save you a bundle.

Accommodations—where will you stay? Sometimes spending more for lodging with kitchen facilities will more than offset the extra cost. Eating at restaurants for every meal can get expensive.

Preparing some meals in your room can result in more healthful eating at a much lower cost than restaurant-prepared meals.

Food—how much will you spend on food each day? Having a cooler or access to a refrigerator will help you to keep your food and beverage spending in check. If you are traveling with a family, consider lodging that includes a kitchen for meals and snacks.

Tours and Sightseeing—are there special places you'll see on vacation? If so, check into the price for tickets and special transportation. Theme park tickets now average about \$50 per person per day! Also plan to spend money on souvenirs, especially if you are traveling with children or are planning to bring home gifts for family members or friends.

Properly planned vacations provide us with a break from our daily routines and can provide a lifetime of memories. With careful planning, you can have a great vacation that also fits within your budget.

Summer Solstice



Summer begins

June 21, 1:45 A.M. EDT

Solstice comes from the Latin (sol, sun; sistit, stands). For several days before and after each solstice, the sun appears to stand still in the sky—that is, its noontime elevation does not seem to change.

As a major celestial event, the Summer Solstice results in the longest day and the shortest night of the year. June 21 is called the summer solstice in the Northern Hemisphere and simultaneously the winter solstice in the Southern Hemisphere. Around December 21 the solstices are reversed and winter begins in the northern hemisphere.

When summer occurs in a hemisphere, it is due to that hemisphere receiving more direct rays of the sun than the opposite hemisphere, thanks to a 23.5 degree tilt of the earth's axis. It's this tilt that allows us to enjoy the four seasons.

Sudoku Puzzle

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

Father's Day is June 21st



Fathers Day Hero

Ingredients:

- 1 c chopped tomato
- 1/4 c finely chopped green bell pepper
- 1/4 c finely chopped red Bell Pepper
- 1/2 c finely chopped red onion
- 4 T prepared Italian dressing
- 1 lb thinly sliced roast beef
- 1 loaf French or Italian bread, unsliced
- 6 leaves Boston Bibb lettuce
- 6 slices provolone cheese

Directions:

In medium bowl, combine tomato, bell pepper and onion. Toss together with half the Italian dressing and set aside. Cut the loaf of bread in half, lengthwise. Lightly drizzle the remaining salad dressing over the bottom half of the bread. Layer with lettuce leaves, cheese, beef and veggie relish. Close sandwich and cut diagonally into eight slices.

Thoughts

"If the new American father feels bewildered and even defeated, let him take comfort from the fact that whatever he does in any fathering situation has a fifty percent chance of being right."

Bill Cosby

Father's Day Chef's Apron

Is Dad the grill master at your house? Then he probably needs a chef's apron to keep his clothing splatter-free while he's flipping his famous burgers.

Materials & Tools

- Canvas apron (washed ahead of time)
- Fabric paints & brushes or dye crayons
- Newspaper to protect your work surface

Directions

Cover your work surface and follow the instructions on your paints or crayons. As a rule, fabric paints need to dry for at least 24 hours; dye crayons can be sealed and set with a hot iron and do not require drying time. Use sponges or stencils to create your artwork—or work freehand. For really little ones, handprints are a great way to create a memorable masterpiece.

What's New at the View...

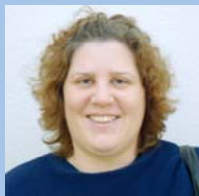
Thank You For Your Referrals and Welcome New Patients!

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.

Robert Nickel is the **Winner of the \$50 New Patient Survey Drawing**. Robert 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!



Robert



Monique

Monique Rosenthal is the **Winner of the \$50 Post-Treatment Survey Drawing** for taking the time to help us improve our service to everyone in the Forest View Family. Thank you for your time and your help! Also, **Thank You** to everyone who took the time to give us feedback on our service!

Ooh, What's That Smell...?

A Sensitive Subject

Bad breath, affects more than 80 million people in the United States. In most cases, people with bad breath aren't even aware of the problem. It has a significant impact, both personally and socially, on those who suffer from it. If you think that you suffer from bad breath, we can help determine the source of the odor. If we believe that the problem is caused from a systemic (internal) source, such as an infection, we may refer you to your family physician or a specialist to help treat the cause of the problem.

What causes bad breath?

Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth (typically called periodontal disease), decayed food particles, other debris in your mouth, and bad oral hygiene. The decay and debris produce a chemical compound that causes the unpleasant odor. Bad breath may occur in people who have a medical infection, diabetes, kidney failure, or a liver malfunction. Even stress, dieting, snoring, age, and hormonal changes can have an effect on your breath. Xerostomia (dry mouth) and tobacco also contribute to the problem.

How can I control bad breath?

Visit us regularly because checkups will help detect any systemic causes. Checkups also help to get rid of the plaque and bacteria that build up on your teeth. It is important to practice good oral hygiene, including brushing and flossing your teeth at least twice a day to remove bacteria, plaque, and food particles. To alleviate odors, clean your tongue with your toothbrush or a tongue scraper (a plastic tool that scrapes away bacteria that builds on the tongue). In addition, be sure to drink plenty of water. Try chewing sugar-free gum that contains xylitol—it also may help control odor. If you have dentures or a removable appliance, such as a retainer or mouth guard, clean the appliance thoroughly before placing it back in your mouth. Before you use mouth rinses or deodorizing sprays or tablets, talk with us, because some of these products do little to eliminate bad breath. Instead, we can recommend products that have proven successful.

What's New in the Office?

As we mentioned last month, Dr LaSelle and Dr Grotenhuis have challenged each other to participate in the Waupaca Area Triathlon on August 15th, 2009. As part of this challenge, they have decided to raise money for the Wounded Warriors Project (www.woundedwarriorproject.org) to help disabled veterans. They plan to match up to \$1000 of donations from our Forest View Family Members. Please feel welcome to donate any amount. We know they are going to have fun and we hope that you can help to cheer them on.

Also we have some exciting news, Dr Stacey Reuse has accepted a position to become part of the Forest View Dental Team! Dr Reuse is a graduate of the University of Minnesota Dental School and had previously practice in Eau Claire, WI. She and her husband will be relocating to the valley to move closer to family and enjoy all of the benefits of living in best community in the State of Wisconsin. We know that she will be a great addition to our team.

Lastly, as you know we try to keep you informed about what our Doctors are up to in either increasing their knowledge or volunteering their time in the community. During the last month, Dr LaSelle was once again able to assist less fortunate members of our community at the Tri-County Dental Clinic and also mentor Marquette University Dental Students. Thank you Dr LaSelle.

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

Wounded Warrior Project Fundraiser Offer!

Any donation to the
Wounded Warrior Project
Can be applied to the balance of new
treatment!
(up to \$50)

Donate at any appointment with this offer!
Call Us Today!

(920) 733-1111

to donate to a great cause and save yourself
money at the same time.

Offer ends 6-30-09



**WOUNDED
WARRIOR
PROJECT**

Wounded Warrior Project began when several individuals took small, inspired actions to help others in need. One night while watching the evening news, a group of veterans and brothers were moved by the difficult stories of the first wounded service members returning home from Afghanistan and Iraq. They realized then and there that **something needed to be done for these brave individuals beyond the brass bands and ticker tape parades**. The resulting objective was to provide tangible support for the severely wounded and help them on the road to healing, both physically and mentally. What had been initially viewed as a small contribution (compared with what the warriors had sacrificed while serving our country) has become WWP's signature program."WWP backpacks delivered bedside to wounded warriors."