



Forest View Dental  
1111 Valley Road  
Appleton, WI 54915

# The Forest View March 2009



## Feeling Lucky MARCH Newsletter



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**Special Interest:**

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## Poll shows Smile is important

Roughly 81 percent of women and 66 percent of men between the ages of 18 to 65 years believe a smile is very important to a person's appearance, according to the American Dental Association /Oral B Lifetime of Healthy Oral Care Survey.

About 47 percent of women and 27 percent of men said a smile was what they noticed first about other people. Nearly all respondents (99 percent) felt healthy teeth and gums were important. The main reasons cited by women were general health, appearance and prevention of tooth decay, gum disease and tooth loss. For men, the main reasons were easier eating and appearance.

"We have been preaching this message to our patients for years, so it is very gratifying to know that patients have heard the message," says Astrid Schroetter, D.D.S., a general dentist. "Even if they don't practice good oral care, and we know some of our patients do not, they know they should if they want to maintain healthy teeth and gums."

**Other results of the poll include the following:** Women 65 years and younger brush an average of 2.29 times per day; men 65 years and younger brush an average of 1.87 times daily.

Roughly 48 percent of women 65 years and younger report cleaning between teeth with floss or interdental cleaners four or more times a week, while 33 percent of men perform the same task.

Respondents who brush twice a day were more likely to go to the dentist annually than those who brushed less than twice a day.

Almost 68 percent of women were the most likely to have all their natural teeth. Among those women who have lost teeth, dental disease was cited as the reason by 78 percent.

Almost 61 percent of men reported having all of their natural teeth. About 48 percent of men who have lost teeth reported accidents as the cause.

About 71 percent of women and 53 percent of men reported their oral health to be better than their parents teeth were at their age.

"This poll shows that Americans 'get it' when the topic is oral care," concludes Dr. Schroetter. "There is some room for improvement but this poll demonstrates that Americans comprehend what they need to do to maintain good oral health. Good oral health is so important to good overall health. It's great to see that message getting through."

## How is your credit card debt load?

Now that the holiday season is over, many of us need to take a good look at our credit card balances. Here's the first step to take. Find out how much your credit card debt is costing you when you carry a monthly balance. Interest rates that exceed 18 percent are not uncommon.



So how do you "wrap your arms around" credit card debt and take the necessary steps to liberate yourself from too much debt? Consider these steps:

- \$** *List the unpaid balance and the interest rate charged on each card. Repay the card balance that carries the highest interest rate before paying extra on the lower interest rate cards.*
- \$** *Get a handle on your spending. Isolate "controllable" spending on your credit card statement such as meals at restaurants, clothing purchases, and entertainment.*
- \$** *Use only cash for non-emergency purchases. By paying cash, you'll rarely exceed your ability to pay for the purchase.*
- \$** *Look at your savings accounts to reduce debt. Do the math. Using money that earns less than three percent to pay debt that generally exceeds 12 percent makes sense.*

Too much credit card debt can also lower your credit rating. Lenders use your credit rating to determine whether you qualify for big-ticket items like automobile or home purchases. Those with excellent credit get the best rates on loans.

By reducing and eliminating credit card debt, you'll be on the road to improving your financial health and enhancing your credit rating.



# The Shamrock

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage and their displeasure with English rule.

## For the Luck of the Irish

### IRISH STEW

**Ingredients:**

- 2 lbs. boneless lamb shoulder, cut into 1" cubes
- 4 medium potatoes, sliced 1/2" thick
- 2 medium onions, sliced 1/4" thick
- 2 stalks celery, sliced 1/4" thick
- 4 medium carrots, peeled and sliced 1/4" thick
- 1 tsp salt
- 1/4 tsp black pepper
- 1/2 tsp thyme
- 1 cup water
- 2 tbsp chopped fresh parsley

**Directions:**

Preheat the oven to 325° F. In a large Dutch oven or covered casserole, layer the ingredients in the following order: lamb cubes, sliced potatoes, sliced onions, sliced celery, sliced carrots, sprinkling each layer with salt, pepper and thyme. Add the water to the pot, cover, and slowly bring to a boil over medium-low heat. Let simmer for 5 minutes, then transfer the pot to the oven and bake, without lifting the lid or stirring, for 2 to 2-1/2 hours or until the lamb is tender. Sprinkle with chopped parsley, stir very gently to mix (the potatoes will be very soft) and serve.

## Monthly Fun

St. Patrick's Day  
is March 17<sup>th</sup>



### Word Search

- Leprechaun
- Irish
- Shamrock
- Luck
- Blarney
- Ireland
- Snake
- Green
- Saint
- Patrick
- Parade
- Saint
- Gold
- Celtic
- Cabbage

A L E S N A K E R C  
 S A B A E G C N L I  
 L H L I I R I S H T  
 N U A H C E R P E L  
 I Y R M I E T T G E  
 D R N B R N A L A C  
 S O E G A O P U B A  
 T L Y L O N C C B R  
 E T N I A L S K A K  
 T N I A S N D L C C  
 S P P A R A D E A I

## Thoughts

*A good exercise for the heart is to  
bend down and help another up.*

*Anonymous*

## Activity Tip

### Make Leprechaun Trap

Start a new tradition this St. Patrick's Day. All you need are some items from around the house: shoebox, glitter, pipe cleaners, markers, construction paper, wrapping paper, glue stick, egg carton, tape etc. You and your children will love creating the design, from the bait to the trapdoor. Everyone knows that leprechauns are quick and crafty... So you'll have to lure them in with bait... a piece of gold (chocolate coin), a penny or a 4 leaf clover, even Lucky Charms cereal. Leave your trap out the night before St. Patty's Day and in the mornin' see what's occurred. You might not actually catch the leprechauns, but they always leave little green foot prints and some chocolate coins behind.

# 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.

**Josh Roemer** is the **Winner of the \$50 New Patient Survey Drawing**. Josh 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!



Josh



Molly

**Molly Pokwinski** 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!**

## What are implants?

Dental implants are artificial tooth roots that are surgically anchored to the jaw to hold a replacement tooth or bridge in place. One of the major benefits of implants is that they do not rely on neighboring teeth for support and they are permanent and stable. Implants are a good solution to tooth loss because they look and feel like natural teeth.

Implant material is made from different types of metallic and bone-like ceramic materials that are compatible with body tissues. Most implants are made of titanium, which bonds well with bone and is biocompatible, making it an ideal material for implants.

First, your dentist will perform surgery to place the implant's anchor in the jaw. The surgery can last several hours, and it may take as long as six months for the jaw bone to grow around the anchor to hold it firmly in place. Once the implant is stable and the gums have healed, the dentist makes the artificial teeth and fits them to the post portion of the anchor. Your dentist will work with you to create an implant that fits well and is comfortable and attractive.

Implants are not an option for everyone. Because implants require surgery, patients must be in good health, have healthy gums, and have adequate bone structure to support the implants. While lack of adequate bone support is a limitation, additional procedures may be available to create a good implant site. People who are unable to wear dentures also may be good candidates. The success rate for implants decreases dramatically among those who suffer from chronic problems, such as clenching or bruxism, or systemic diseases, such as diabetes. Additionally, people who smoke may not be good candidates. For more information, call us!

## What's New in the Office?

We had great success with our "Brush up on Reading" toothbrush give-a-way. We were happy to be able to help promote both Dental Health and Literacy right here in the Valley. We would also like to thank Dwight and Church, Co, the makers of Crest Spin Brushes, for their help in making this event successful.

As always, our team tries very hard to make sure that the service we give you is as current as possible by taking every opportunity to improve ourselves. This last month, Dr Grotenhuis went to Chicago for a seminar on Orthodontics and a seminar right here in the valley on digital impression techniques.

We also had an opportunity to do some service here in the Valley. Dr LaSelle and Dr Grotenhuis volunteered for the "Give a Kid a Smile" program in which they helped 5 children from local schools by doing over \$4000 worth of dentistry for them. Wow! Dr Grotenhuis was also able to visit Spring Road Elementary School and help them learn about their teeth. He really enjoyed it!

## Special Offer!

- Free Implant Consultation -  
and  
**\$100**  
toward any implant  
when you bring in this Coupon

Call Us **TODAY**

**(920) 733-1111**

\*Offer ends March 31st, 2009

## Sudoku Puzzle

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