



Forest View Dental  
1111 Valley Road  
Appleton, WI 54915

# The Forest View JULY 2009



## JULY Happy 4th of July! Newsletter

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

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*Special Interest:*

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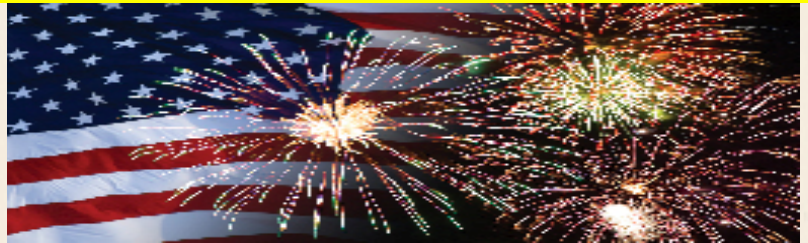




## Save a Chipped Tooth

Whether it's as a result of playing sports, leading an active lifestyle or an accident, a chipped tooth can occur at any time. While it is never pleasant, it's not the end of the world. Here are a few tips on what to do if your tooth gets chipped.

- Don't panic. Whatever event caused your tooth to become chipped has already occurred. There's no use dwelling on it.
- Stay calm and take inventory. A cool head always prevails in these trying emergencies. Make sure that you do not have other injuries which are otherwise more significant. If you do, please call 911.
- Locate the tooth. Once you find the tooth, inspect the degree to which it is chipped. If it is minuscule, you may need to set-up up a time with your dentist to have the tooth smoothed, so that the edge is not jagged and you do not risk cutting your tongue or gums. If the chip is larger or in fact the whole tooth has been lost, immediately clean the tooth gently in a solution of milk and water and leave submerged in that liquid. Be sure not to remove any of the nerves or surrounding tissue.
- Call us and Come in. Conventional wisdom says that the best chance the patient has for saving the tooth occurs if the patient can get to the dentist within one hour of the accident. Once you've arrived, we will determine the best course of action.
- Don't worry! A chipped, broken or lost tooth is nothing that cannot be fixed seamlessly with the advancement of today's dentistry



## Fireworks safety

Fireworks are great fun. Here is information to help your celebration be a safe one.

1. Always read and FOLLOW directions on the label.
2. Always have an adult present to supervise your fireworks fun.
3. Always buy from a reliable fireworks dealer.
4. Alcohol and fireworks do not mix.
5. Always use fireworks outdoors, away from homes, dry grass and trees.
6. Always have water handy. A water hose close by is excellent.
7. Always store your fireworks safely, preferably in a closed box, away from any source of accidental ignition.
8. Always store your fireworks in a cool, dry place.
9. Always only light one item at a time.
10. Never try to re-light malfunctioning fireworks.
11. Never give ANY firework item to small children.
12. Never throw or point fireworks at another person.
13. Never carry fireworks in your pocket.
14. Never shoot (fire) fireworks from metal or glass containers.
15. Never experiment with, modify or attempt to make your own fireworks.
16. PETS can be frightened by loud noises and bright flashes. Keep your pets indoors while enjoying your fireworks.



# OUCH! That hurts!

## What causes sensitivity?

Sensitivity is caused when the inside layer of tooth called dentin is exposed, usually due to some trauma, such as erosion of the enamel from acidic drinks, over-brushing, physical damage, such as an accident, plaque build-up - which leads to gum inflammation or recession, or decay. The gum comes away from the tooth, exposing the sensitive dentine beneath. The dentin contains tiny tubules, the fluid contents of which are thought to act as sensory conductors to the nerves from the pulp at the core of the tooth. When the dentin is exposed, the teeth become particularly sensitive. Sensitivity can also be caused by micro cracks which exist within the tooth but can't be seen from the outside of the tooth.

## How do you treat it?

It is important to come and visit our office to find out if the pain is due to true dentin sensitivity or another cause, such as tooth decay, a filling that needs to be replaced or, very commonly, a crack from the tooth. If dentin sensitivity is diagnosed, a range of sensitive toothpastes and mouth rinses are available, as are gentle brushes suitable for sensitive teeth. In more significant cases the dentist may need to undertake more radical treatments such as root canal therapy. If a tooth is sensitive because of a serious crack, a crown may also be needed to hold the tooth together and repair the damage.

If the cause of the sensitivity is gum recession due to over-brushing; you may benefit from advice on correct tooth brushing technique and possibly the use of an electric toothbrush, which cleans effectively and gently. If you drink a lot of acidic drinks, such as sodas, sport drinks or orange juice, these may be contributing to the problem by eroding the enamel. Brushing your teeth immediately after an acidic drink actually increases the damage, so it is advisable to wait a while to let the acidity from the mouth return to normal levels. You should brush your teeth 30-60 minutes after the acid attack.

# Pecan Pie Day is July 12th

## Pecan Pie

### Ingredients:

- 2 eggs, slightly beaten
- 1/4 teaspoon salt
- 1 cup light corn syrup
- 1 teaspoon vanilla
- 1/4 cup brown sugar
- 1 1/4 cups pecans, coarsely chopped
- 1 Tbsp molasses
- 2 Tbsp melted butter
- 1 9" Pie Crust
- 2 Tbsp flour

### Directions:

Preheat oven to 375°F. Spread pecans along the bottom of the pie shell. Mix the remaining ingredients and pour over pecans. The pecans will rise to the surface of the pie. Bake at 375°F for 45-50 minutes until the filling has set. About 20 minutes into the cooking you may want to use a pie crust protector, or tent the edges of the pie crust with aluminum foil to prevent the pie crust edges from burning. Remove from oven and let cool completely. Serves 8.

# Monthly Fun

## July Crossword

AMERICA  
INDEPENDENCE  
LIBERTY  
JULY  
FIREWORKS  
CELEBRATE  
PARADE  
DECLARATION  
FOURTH  
FREEDOM  
FLAG  
HOTDOG  
GRILL  
STARS  
STRIPES

```

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

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## Thoughts

*Liberty lies in the hearts of men and women; when it dies there, no constitution, no law, no court can save it.*

- Judge Learned Hand

## Patriotic Streamer

### Materials & Tools:

- |                       |                                             |
|-----------------------|---------------------------------------------|
| Paper towel roll tube | Roll of white ribbon                        |
| Tacky glue            | Roll of striped red, white, and blue ribbon |
| Scissors              | Hole punch                                  |
| Roll of red ribbon    |                                             |
| Roll of blue ribbon   |                                             |

### Directions:

Wrap the striped red, white, and blue ribbon around the paper towel tube, applying tacky glue under the ribbon as you work. You can wrap the ribbon at an angle or horizontally, whatever you prefer. After ribbon is applied and glue has dried, punch 9 holes in the bottom of the paper towel tube with the hole punch. Cut three strips of red ribbon that are 46 inches long. Cut three strips of blue ribbon that are 46 inches long. Cut three strips of white ribbon that are 46 inches long. Tie a knot in the top of each strip of ribbon. Pull each of the strips through the holes so the knot is on the inside of the tube.

# 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.

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



Mary



Brenda

Brenda Mayer 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!

**You are Awesome!**



## A Great Big Welcome to Dr Stacey Reuss!

Dr. Stacey Reuss grew up in Manitowoc, Wisconsin. She received her undergraduate degree in Biochemistry and French from the University of Wisconsin-Madison and her DDS from the University of Minnesota-Twin Cities School of Dentistry. Prior to joining Forest View Dental, Dr. Reuss practiced dentistry in Eau Claire, Wisconsin. Relocating to the Fox Valley has brought her closer to family and friends, and she enjoys discovering all that the area has to offer.

Dr. Reuss is a member of the American Dental Association, Wisconsin Dental Association, and Academy of General Dentistry. She has advanced training in endodontics and is certified in **Lumineers** - veneers that involve little or no removal of the tooth structure.

Dr. Reuss enjoys treating patients of all ages with a variety of dental needs. She believes it is important to get to know each and every patient as an individual and develop a trusting relationship with them. She believes in the importance of keeping up with the latest developments in dental research and technology in order to provide patients with the most comprehensive, up-to-date care possible.

In her free time, Dr. Reuss enjoys cycling, rollerblading, running, weightlifting, boating/water sports, scrapbooking, traveling, art, and spending time with her husband Joshua. She has enjoyed volunteering with adult and youth organizations and organizing running events in the past. She looks forward to being able to do the same here in the Valley!

## What's New in the Office?

We are really excited to update you on the Forest View Dental Wounded Warriors Project fundraising efforts. As we mentioned last month, Dr LaSelle and Dr Grotenhuis have challenged each other to participate in the Waupaca Area Triathlon on August 15<sup>th</sup>, 2009. As part of this challenge, they have decided to raise money for the Wounded Warriors Project ([www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)) to help disabled veterans. They plan to match up to \$1000 of donations from our Forest View Family Members. So far we have raised over \$600 in donations from EXTREMELY generous Forest View Family Members. We still have \$400 to raise to meet our match goal! 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.

We also mentioned last month that Dr Stacey Reuss had accepted a position to become part of the Forest View Dental Team. She has been working diligently on caring for our Forest View Family Members and meeting new people in the area. Please help us to extend a warm welcome to Dr Reuss.

Lastly, the whole office was able to participate in continuing education from Keystone Dental by learning more about bone grafting materials to help with implant placement. Bone grafting is recommended any time a tooth is extracted and there is a possibility of placing an implant. Thanks Doctors!

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](mailto: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**

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

Offer ends 8-15-09

## Sudoku Puzzle

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