

Forest View Dental  
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Appleton, WI 54915



# The Forest View May 2018

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**Special Note:**



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## Patriotic Necklace

### Supplies:

- String or thin yarn
- Scissors
- Scotch tape
- Blue pony beads
- Red straws



### Directions:

1. Cut your red straws into one-inch pieces and set them out with some blue pony beads.
2. Cut a piece of string long enough to fit over your child's head when tied. (Be sure to leave a little extra for tying the finished necklace together.)
3. Tie a pony bead to one end of the string. This will keep the beads and straws from slipping off while your child is stringing. On the other end of the string, wrap a piece of scotch tape. Making the end of the string sturdy with tape will help your child thread more easily.
4. Begin threading you beads and straw pieces onto the string. You can create any pattern you'd like!
5. When you're happy with your creation, tie the string together to create your necklace.
6. Cut off the ends with the tape and attached pony bead. You're done!

## Safeguard Your Smile

Imagine what it would be like if you suddenly lost one or two of your front teeth. Smiling, talking, eating—everything would suddenly be affected. Knowing how to prevent injuries to your mouth and face is especially important if you participate in organized sports or other recreational activities.

Mouthguards, also called mouth protectors, help cushion a blow to the face, minimizing the risk of broken teeth and injuries to your lips, tongue, face or jaw. They typically cover the upper teeth and are a great way to protect the soft tissues of your tongue, lips and cheek lining. Your top teeth take the brunt of trauma because they stick out more.

### When Should You Wear a Mouthguard?

When it comes to protecting your mouth, a mouthguard is an essential piece of athletic gear that should be part of your standard equipment from an early age. While collision and contact sports, such as boxing, are higher-risk sports for the mouth, any athlete may experience a dental injury in non-contact activities too, such as gymnastics and skating.

### Types of Mouthguards

The best mouthguard is one that has been custom made for your mouth by your dentist. However, if you can't afford a custom-made mouthguard, you should still wear a stock mouthguard or a boil-and-bite mouthguard from the drugstore. Learn more about each option:

- Custom-made: These are made by your dentist for you personally. They are more expensive than the other versions because they are individually created for fit and comfort.
- Boil and bite: These mouth protectors can be bought at many sporting goods stores and drugstores and may offer a better fit than stock mouth protectors. They are first softened in water (boiled), then inserted and allowed to adapt to the shape of your mouth. Always follow the manufacturers' instructions.
- Stock: These are inexpensive and come pre-formed, ready to wear. Unfortunately, they often don't fit very well. They can be bulky and can make breathing and talking difficult.

### Mouthguard Care and Replacement

Talk to your dentist about when is the right time to replace your mouthguard, but replace it immediately if it shows sign of wear, is damaged or ill fitting. Teens and children may need to replace their mouthguards more often because their mouths are still growing and changing.

Between games, it's important to keep your mouthguard clean and dry. Here are some tips for making sure your mouthguard is always ready to go:

- Rinse before and after each use or brush with a toothbrush and toothpaste.
- Regularly clean the mouthguard in cool, soapy water. Then, rinse it thoroughly.
- During your regular dental checkups, bring your mouthguard for an evaluation.
- Store and transport the mouthguard in a sturdy container that has vents so it can dry and keep bacteria from growing.
- Never leave the mouthguard in the sun or in hot water.
- Check fit and for signs of wear and tear to see if it needs replacing.
- Some mouthguards have fallen victim to family pets, who see them as chew toys. Store your mouthguard and case somewhere your pet cannot get to it.

## WORD SEARCH!

### SPRING CLEANING

FIND AND CIRCLE THE WORDS ON THE LIST... WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY --FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

#### WORD LIST

ATTIC  
BACK YARD  
BASEMENT  
BOXES  
BUCKET  
CAR  
CEILING  
CLEAN  
DRYER  
FRONT YARD  
GARAGE  
GARBAGE  
GLOVES  
GUTTERS  
LADDER  
LAUNDRY  
LAWN MOWER  
MIRRORS  
MOP  
ORGANIZE  
PAINTBRUSH  
RAKE  
SHED  
SORT  
SPONGE  
VACUUM  
WATER  
WALLS  
WASH MACHINE  
WINDOW CLEANER

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M G A R A G E G N O P S
V Z B W D R A Y K C A B
C E N I H C A M H S A W
F R O N T Y A R D G R H
U L A D D E R Z Y E B S
N B W O R A K E T G L U
R A U W S L L A W A A R
E S E C Y Q W G W B U B
Y E Z L K P X N C R N T
R M I E C E M I S A D N
D E N A Z O T L R G R I
P N A N W T R I E X Y A
O T G E A P O E T R Y P
M I R R O R S C T Z R Q
G L O V E S M U U C A V
B O X E S H E D G E C S
    
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## Oral Cancer Prevention, Detection, and Treatment

Oral cancer is divided into two categories – those occurring in the oral cavity (your lips, the inside of your lips and cheeks, teeth, gums, the front two-thirds of your tongue and the floor and roof of your mouth) and those occurring in the oropharynx (middle region of the throat, including the tonsils and base of the tongue). Early detection may result in better treatment outcomes and may help keep you or someone you love from becoming one of the 10,030 people whose lives may be claimed this year by the disease. The 5-year survival rate of those diagnosed is approximately 60 percent.

### What Are the Symptoms of Oral Cancer?

It's important to be aware of the following signs and symptoms and to see your dentist if they do not disappear after two weeks.

- A sore or irritation that doesn't go away
- Red or white patches
- Pain, tenderness or numbness in mouth or lips
- A lump, thickening, rough spot, crust or small eroded area
- Difficulty chewing, swallowing, speaking or moving your tongue or jaw
- A change in the way your teeth fit together when you close your mouth
- Some people complain of a sore throat, feeling like something is caught in their throat, numbness, hoarseness or a change in voice.

### What Are the Risk Factors for Oral Cancer?

Research has identified a number of factors that increase the risk of developing oral cancers. Men are twice more likely to get oral cancer than women. Smokers and excessive alcohol drinkers older than 50 are the most at-risk.

The human papilloma virus (HPV), which is sexually transmitted, has also been associated with throat cancers at the back of the mouth. HPV-positive head and neck cancers typically develop in the throat at the base of the tongue and in the folds of the tonsils making them difficult to detect. Regular dental check-ups that include an examination of the entire head and neck can be vital in detecting cancer early.

### How Can My Dentist Help Detect Oral Cancer Early?

During your regular exam, your dentist will ask you about changes in your medical history and whether you've been having any new or unusual symptoms. Your dentist will examine your oral cavity and throat. The dentist will then feel your jaw and neck for any lumps or abnormalities.

### What Happens If My Dentist Finds Something Suspicious?

Stay calm. Your dentist won't be able to tell right away if what he or she is looking at is cancerous, so he or she may refer you for testing. Your dentist might also reexamine you a week or two later to see if questionable spots are healing on their own before recommending additional follow-up. Together, you and your dentist can create the best strategy for diagnosis, treatment and prevention.

## Skillet Chicken with Roasted Potatoes and Carrots

### Ingredients

- 1 tablespoon olive oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 8 ounces baby carrots
- 8 ounces small red potatoes, halved
- 1 tablespoon chopped fresh thyme
- 8 thin lemon slices, seeds removed
- 1 1/2 cups whole milk, divided
- 1 1/2 tablespoons all-purpose flour
- 1 1/2 teaspoons grated lemon rind
- 3/4 cup unsalted chicken stock
- 1/3 cup fresh flat-leaf parsley



### Instructions

1. Preheat oven to 425°. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add chicken to pan; cook 5 minutes or until golden brown. Turn and cook 2 minutes. Remove chicken from pan. Place carrots and potatoes, cut side down, in pan; sprinkle with thyme. Place pan in oven; bake at 425° for 10 minutes. Return chicken to pan; top with lemon slices. Bake at 425° for 12 minutes. Remove pan from oven. Place chicken and vegetables on a plate.
2. Combine 1/2 cup milk, flour, and rind in a bowl. Return pan to medium-high heat (do not wipe out pan). Add flour mixture, remaining 1 cup milk, and stock to pan, scraping pan to loosen browned bits; cook 3 minutes. Stir in remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Add chicken and vegetables to pan. Sprinkle with parsley until golden brown. Cool 10 min. Run small knife around edge of pan to loosen crust before removing rim.



Remember those  
who sacrificed this  
**Memorial Day**

# 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.

Tammy Jack is the **Winner of the \$50 New Patient Survey Drawing**. Tammy 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!



Tammy



Angela

Angela Kemp 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!**

## Special Offer!!!

**\*Free TMJ Screening\***  
**\*\$250 Off Temporomandibular (Jaw) Joint Oral Appliance Therapy \***

Call Us  
**TODAY at**

**(920) 733-1111**

**to schedule your appointment and start getting a healthier you!**

**\*Offer ends May 31st 2018\***

## Dental Care for People with Alzheimer's Disease (Source: www.alz.org)

Provide short, simple, specific instructions. Explain dental care by breaking directions into steps. "Brush your teeth" by itself may be too vague. Instead, walk the person through the process. Use a "watch me" technique. Hold a toothbrush and show the person how to brush his or her teeth. Or, put your hand over the person's hand, gently guiding the brush. If the person seems agitated or uncooperative, postpone brushing until later in the day. Keep the teeth and mouth clean. Brush the person's teeth at least twice a day, with the last brushing after the evening meal and any nighttime liquid medication. Allow plenty of time and find a comfortable position if you must do the brushing yourself. Gently place the toothbrush in the person's mouth at a 45 degree angle so you massage gum tissue as you clean the teeth. If the person wears dentures, rinse them with plain water after meals and brush them daily to remove food particles. Each night, remove them and soak in a cleanser or mouthwash. Then, use a soft toothbrush or moistened gauze pad to clean the gums, tongue and other soft mouth tissues. Try different types of toothbrushes. You may find that a soft bristled children's toothbrush works better than an adult's brush. Or that a long handled or angled brush is easier to use than a standard toothbrush. Experiment until you find the best choice. Be aware that electric dental appliances may confuse a person with Alzheimer's. Floss regularly. Most dentists recommend flossing daily. If using floss is distressing to the person with Alzheimer's, try using a "proxabrush" to clean between teeth instead. Be aware of potential mouth pain. Investigate any signs of mouth discomfort during mealtime. Refusing to eat or strained facial expressions while eating may indicate mouth pain or dentures that don't fit properly.

**\*\*See "What's New at the View...?" for an opportunity to support the Alzheimer's Association!**

## Sudoku Puzzle

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

## What's New at the View...?

We want to wish all Moms a Very Happy Mother's Day this year!

We are celebrating quite a few anniversaries! Heather, Dr. Grotenhuis' assistant, is celebrating 17 years. Becky, Dr. LaSelle's patient Coordinator, is celebrating 10 years. Kristin, a hygienist, is celebrating 11 years. Marissa, an assistant, is celebrating 1 year. Our office Manager, Karen, is celebrating 15 years. Congratulations!



Dr. LaSelle attended a meeting in Milwaukee on Esthetic Dentistry. Dr. LaSelle and Madson attended a 3D imaging seminar with in Neenah. Dr. Madson also completed an online course furthering her training in first aid management. Way to go Doctors!

On May 12<sup>th</sup> Dr. Madson, inspired by caring for individuals with Alzheimer's disease at Forest View Dental, will be participating in a powder puff flag football event, Blondes vs. Brunettes Green Bay, to raise funds for the Alzheimer's Association. If you would like to come watch Dr. Madson play and cheer on Team Blonde, the event will be held at Green Bay Southwest High School in Green Bay on May 12th, gates open at 12pm and kickoff is at 1pm!

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, Tom Grotenhuis, and Stacey Madson.