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The Forest View May 2019

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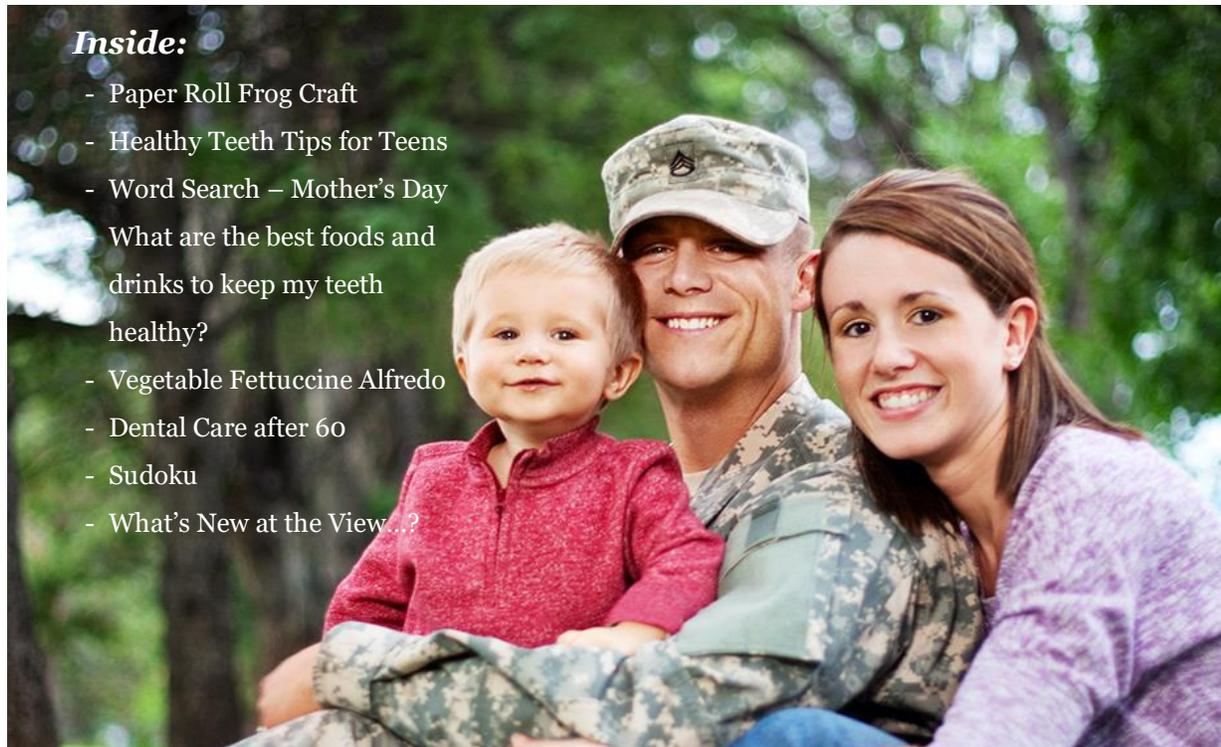
www.forestviewdental.com

Special Note:



Inside:

- Paper Roll Frog Craft
- Healthy Teeth Tips for Teens
- Word Search – Mother's Day
- What are the best foods and drinks to keep my teeth healthy?
- Vegetable Fettuccine Alfredo
- Dental Care after 60
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Paper Roll Frog Craft

Supplies:

- paper tube (toilet paper roll, kitchen towel paper roll...)
- green paper or green paint
- wiggle eyes stickers
- scissors
- glue



Directions:

1. Cut a long strip of green paper, as wide as the paper roll.
2. Cut 2 pairs of legs and a pair of "eyes" out of green paper. Make sure the "eyes" are a bit larger than eye stickers.
3. Glue the green paper around the paper roll. Glue the green eyes on the inner side of the paper roll. Stick two wiggle eyes stickers.
4. Draw facial details with black marker
5. Glue on front and back legs. Your paper roll frog craft is ready to hop away!

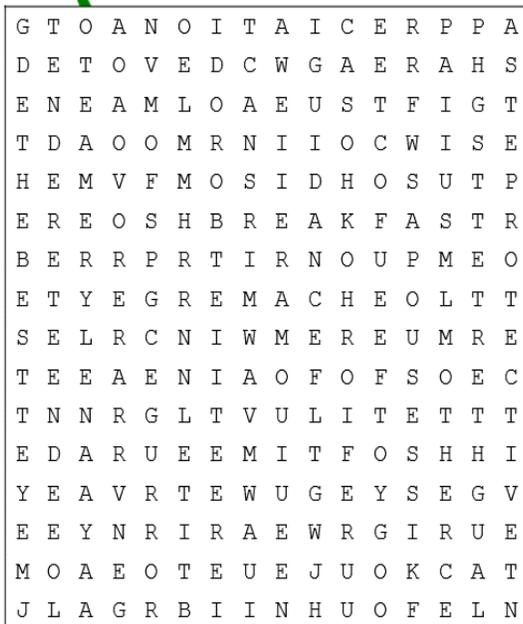


Healthy Teeth Tips for Teens

- Brush your teeth last thing at night and at least one other time during the day. Use a toothbrush with a small- to medium-sized brush head with soft to medium bristles, and brush for two minutes.
- You should use a pea-sized amount of toothpaste that contains 1350ppm to 1500ppm fluoride.
- Have sugary food and drinks just at mealtimes.
- Visit your dental team at least once a year, or as often as they recommend.
- Clean in between your teeth with 'interdental' brushes or floss at least once a day, to help remove plaque and food from between your teeth.
- Use a mouthwash to freshen your breath and kill bacteria.
- Use a straw if you have fizzy drinks, as this helps the drink to go to the back of your mouth and reduces the number of acid attacks on your teeth.
- Wait for at least one hour after eating or drinking anything acidic before you brush your teeth.
- Chew sugar-free gum after eating to help make more saliva and cancel out the acids which form in your mouth after eating.



Mother's Day



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



What are the best foods and drinks to keep my teeth healthy?

The main cause of tooth decay is the sugar that is in the food and drinks you have. Every time you eat or drink anything sugary your teeth are under attack from the plaque acids for up to one hour. This is because the sugar mixes with the bacteria in the plaque to produce the harmful plaque acids.

That is why it is important to have sugary foods and drinks just at mealtimes. If you are hungry between meals, you should choose foods that are kind to your teeth and do not have added sugar.

Here are some foods that will not cause acid attacks on your teeth: fresh fruit, raw vegetable pieces, plain popcorn, cheese, breadsticks, plain yoghurt, rice cakes, unsweetened cereal, crumpets, plain bagels, cheese scones and nuts.

When you are thirsty, plain water and plain milk are the best drinks for your teeth. If you drink fruit juices you should have them at mealtimes only and add water to them. It's best to drink fruit juices and fizzy drinks through a straw, to help cut down the number of acid attacks on your teeth.

Vegetable Fettuccine Alfredo

Ingredients

- Kosher salt
- One 9-ounce package fresh fettuccine
- Extra-virgin olive oil, for tossing
- 2 cups shiitake mushrooms stems removed
- 1 bunch thin asparagus, about 1 pound
- 1 stick (8 tablespoons) unsalted butter
- 1/2 cup frozen peas
- Freshly ground black pepper
- 2 cups heavy cream
- 1 1/2 cups freshly grated Parmigiano-Reggiano cheese
- 1 tablespoon chopped chives
- Finely grated zest of 1/2 lemon



Instructions

1. Bring a large pot of generously salted water to a boil. Add the pasta and cook according to package directions until al dente, tender but slightly firm. Reserve 1/2 cup of the pasta water, then strain the pasta and toss with a splash of oil in the colander.
2. Meanwhile, slice the mushroom caps into 1/4-inch-thick strips. Snap the woody ends off the asparagus and cut into 2-inch lengths. Heat a large skillet over medium heat, and add 2 tablespoons of the butter. When the butter melts, raise the heat to medium-high and add the mushrooms in 1 layer. Cook, without moving, until the undersides have browned, 1 to 2 minutes, then stir and cook until golden about 2 minutes more. Add the asparagus, another tablespoon of butter, and 1/2 teaspoon salt and continue to cook, stirring occasionally until the asparagus is tender and the mushrooms are browned, 2 to 4 minutes. Transfer the vegetables to the colander with the pasta.
3. Reduce the heat to medium and add the remaining 5 tablespoons butter. When the butter has mostly melted, whisk in the cream and bring to a simmer, then add the peas and cook for 2 minutes. Turn off the heat.
4. Whisk the Parmigiano-Reggiano into the sauce. Add the vegetables, cooked pasta, chives and lemon zest and toss well. Season with salt and pepper. The pasta will thicken as it cools. To thin it, add reserved pasta water 1 tablespoon at a time and toss to reach the desired consistency. Serve hot in heated bowls.



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.

Todd Runge is the **Winner of the \$50 New Patient Survey Drawing**. Todd 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!



Todd



Angela

Krista McKenzie 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!

Dental Care After 60

Brush and Floss Daily: Brushing and flossing your teeth is just as important for you as it is for your grandchildren. Even though it may have been years since you've had a cavity, your risk of cavities increases with age. Brush your teeth twice a day with fluoride toothpaste. Replace your toothbrush every three or four months, or sooner if the bristles become frayed. If you have arthritis or other condition that limits movement, try an electric toothbrush. Clean between teeth daily. You can use dental floss or another product made specifically to clean between the teeth, like pre-threaded flossers, tiny brushes that reach between the teeth, water flossers or wooden plaque removers.

Clean Dentures Daily: Bacteria stick to your teeth and also to full or partial dentures. If you wear dentures, remember to clean them on a daily basis with cleaners made specifically for dentures. Do not use toothpastes for natural teeth or household cleaners, which are too abrasive and can damage dentures that can be expensive to replace. Take your dentures out of your mouth for at least four hours every 24 hours to keep the lining of your mouth healthy. It's best to remove your full or partial dentures at night.

Visit a Dentist Regularly: Get regular dental checkups at least once a year – please do not wait until you have pain. Why? As you age, the nerves inside your teeth become smaller and less sensitive. By the time you feel pain from a cavity, it may be too late and you may lose your tooth. There are also more serious conditions that your dentist will look for, like oral cancer and gum disease, which do not always cause pain until the advanced stages of the disease. By then, it's more difficult and costly to treat.

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 2019

Sudoku Puzzle

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

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! Rebecca, our patient greeter, is celebrating 1 year. Becky, Dr. LaSelle's patient coordinator is celebrating 11 years. Dr. Grotenhuis' 2 assistants are also celebrating anniversaries, Heather 18 years and Brianna 1 year. We also have Kristin, one of our hygienists, celebrating 11 years. Congratulations!

Dr. LaSelle attended a seminar in Appleton on New Classification of Periodontal Diseases. He also attended a meeting in Milwaukee on Periodontal Health and Systemic Wellbeing. Dr. LaSelle and Dr. Grotenhuis attended a seminar with the Spencer Study Club on Advanced Temporomandibular Diagnosis. Dr. Madson attended seminars in Milwaukee on Jaw Joint Disorders and Appleton on Advances in 3D Digital Orthodontics and Pediatric Dentistry. Way to go 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 and we will take care of **You**. Drs. Tom LaSelle, Tom Grotenhuis, and Stacey Madson.