

# Eggert Examiner

Dentistry for a Lifetime of Smiles!

Produced for the Patients of Dr. Elizabeth Eggert

Summer 2010

## fromthedentist



I have been feeling great lately with all the sunshine. Who can't help but smile with the weather we've been lucky to have in beautiful Minnesota. I planted a big garden and look forward to harvesting a bountiful crop. One of my friends has started her own food and nutritional counseling business and I am really trying to take some of her suggestions to heart. We are buying less processed foods and trying to steer the kids away from McDonald's. She suggested eating at least one vegetarian

meal each week. It seems funny, but those meatless meals are satisfying and I never crave a 10 p.m. snack. You can learn more about my friend Mary. We have a link to her on our website. Visit [eggertfamilydentistry.com](http://eggertfamilydentistry.com) and click on our Resources and Links page.

I am also celebrating this summer as I return to the *University of Minnesota School of Dentistry* to watch my husband, Jeff, earn his Doctor of Dental Surgery (DDS) degree - my heartfelt congratulations to him! The timing isn't right for him to join us here full-time, but don't be surprised if you find him helping, observing, or even answering a few phone calls.

Finally, congratulations to all of our patients celebrating this summer. We know quite a few graduates and those getting married. We are so happy for you all! Thanks for letting us share in your special events.

*Yours in good dental health,*

*Elizabeth C. Eggert, DDS*

## Protect Your Smile

More than five million teeth are knocked out each year due to sports injuries, accidents, or roughhousing. With these simple tips, you can protect your smile:

### Knocked-Out Permanent Tooth

- Find the tooth, handle it only from the tooth - not the roots
- If it is dirty, rinse it gently with tap water - don't scrub or use antiseptic
- Try to insert the tooth into its socket, but never force the tooth in
- If you can't reinsert the tooth, put the tooth in a container of cool milk, saline solution (but not contact solution), or saliva. Don't let the tooth dry out

*Call us immediately. Time is a critical factor in saving the tooth.*

### Knocked-Out Baby Tooth

- Have the child rinse the area with warm water to clean the gums
- Don't place the tooth back into the socket - it could interfere with the permanent tooth that's coming in behind it
- Have the child bite down on clean gauze or a wet tea bag to stop any bleeding and reduce pain and swelling

*Call us to make an appointment so we can evaluate the area.*

## We Are Hiring

We are looking for an exceptional team player to join us. Candidates must be a currently Licensed Dental Assistant who would enjoy the flexibility of helping with our front desk as well as assisting chair side with Dr. Eggert. Please let us know if you or someone you know would like to work with our great group. We will be accepting resumes via fax at 651-482-8376 or e-mail at [eggertdentistry@visi.com](mailto:eggertdentistry@visi.com)

*Thank you for all of your referrals - our business stays strong because of them. We appreciate them and we appreciate you!*

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

**And it's getting more complicated...**

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

**How's that?**

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

**How will you know?**

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

**Is there any good news?**

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



## Oral Cancer Bites

**Start early & win!**

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



Many challenges? We have many ways to beautify a smile!



# Reality Checks

## We can tell you why it is what it is!

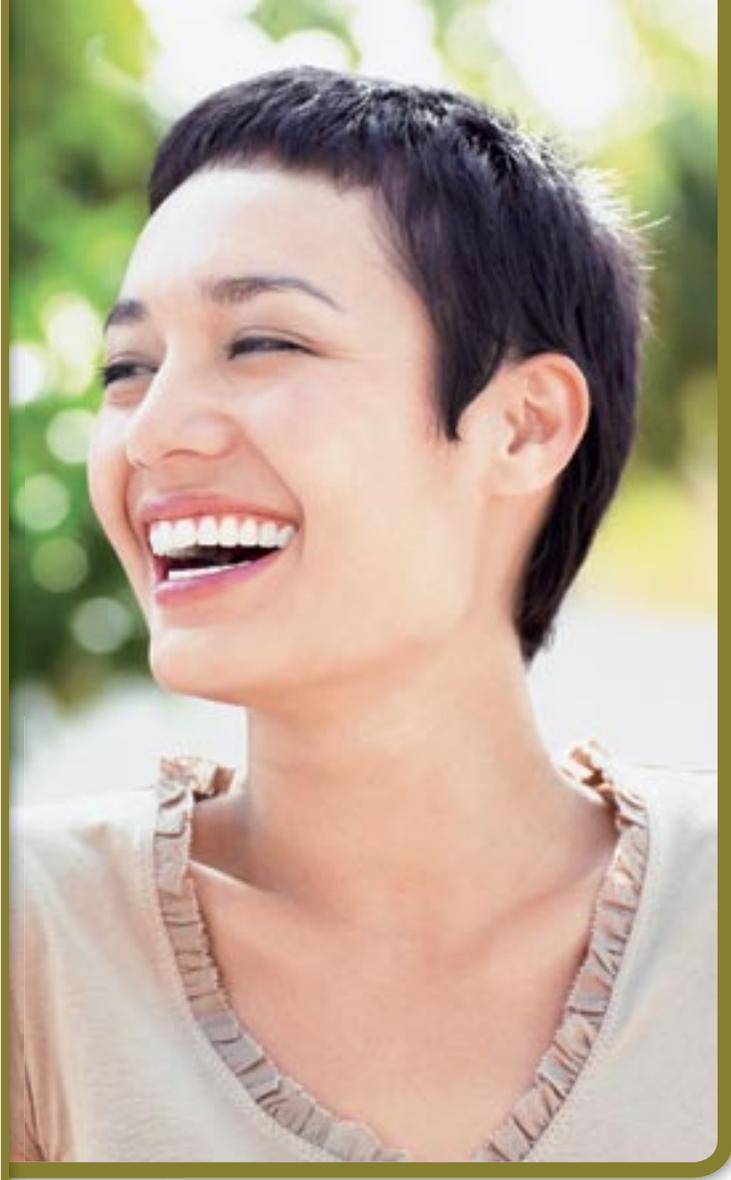
We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

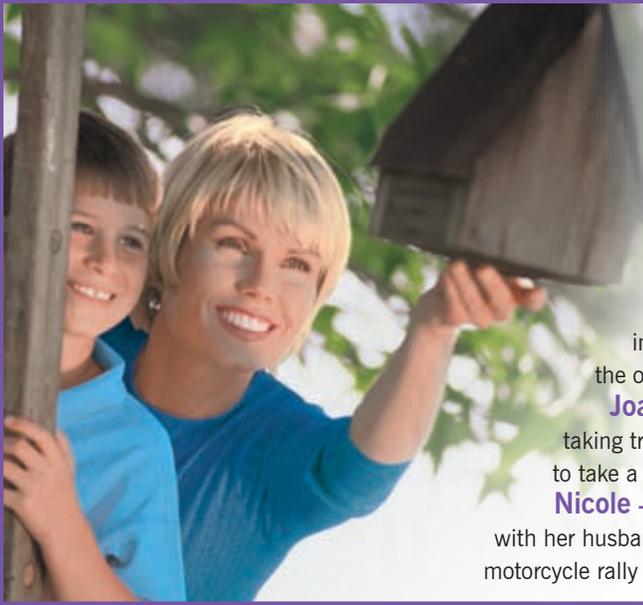
### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!



# What Will We Be Doing This Summer?

**Dr. Eggert** – She will be celebrating her son Grant’s first birthday and will be spending weeknights at the baseball field watching her two oldest boys.

**Amanda** – She enjoys days at the beach swimming and nights by the bonfire with her husband and two daughters. Her family is looking forward to a trip to Jellystone Park for swimming and outdoor fun.

**April** – She enjoys spending time with her family up at Lake Fanny in Cambridge. They spend many days swimming, boating and just enjoying the outdoors.

**Joanna** – She will be spending more time with her son fishing, swimming and taking trips to the family farm. She is busy planting a new flower garden and hopes to take a trip to the Black Hills over the 4th of July.

**Nicole** - When not spending time with her son, Nicole enjoys riding her motorcycle with her husband on the weekends. She plans on going to Sturgis for their famous annual motorcycle rally in August.

We all love to kickback and relax through the lazy days of summer. But, remember summer breezes by quickly, and you won’t want to forget these important details:

**Mouth guards** - Protecting your teeth from sports injuries is essential. What shape is your mouth guard in? Have your children outgrown theirs? You may want to consider a great fitting custom-made mouth guard.

They provide more even protection and make it easier to talk to your teammates. Custom-made mouth guards are easy for us to make for you, just ask us how.

**Insurance** - Your dental insurance will likely expire December 31st. Call now to make the most of your benefits this year. Summertime gives us an excellent opportunity to plan treatment over the next few months.

**Back to School** - Schedule your appointments now ... before school starts and before our schedule fills fast in August. Ensure that college students come in before they are too far away for care.

**Cosmetics** - Whiten, brighten or shine up your smile for those summertime photos, reunions, or weddings. Ask for your personal cosmetic consultation today.

## office information

**Eggert Family Dentistry**  
**Elizabeth C. Eggert DDS**  
 700 Village Center Drive, Suite 160  
 North Oaks, MN 55127-3025

### Office Hours

Monday 7:30 am – 5:00 pm  
 Tuesday 7:30 am – 5:00 pm  
 Wednesday 7:30 am – 5:00 pm  
 Thursday 7:30 am – 5:00 pm

### Contact Information

Office (651) 482-8412  
 Emergency (612) 845-2929  
 Email [eggertdentistry@visi.com](mailto:eggertdentistry@visi.com)

### NOW ON FACEBOOK



### Office Staff

Amanda ..... Office Manager  
 April, Joanna..... Licensed Dental Hygienists  
 Nicole ..... Licensed Dental Assistant

Checks **CASH** **CareCredit**



*Give us a call at (651) 482-8412, check dentistry off your to-do list, and get back to your summertime fun!*

## Insurance Corner

Sometimes understanding exactly what your dental insurance covers can be confusing and frustrating. For example, did you know that most insurance plans expire on December 31st, making unspent benefit dollars disappear? Unfortunately, many benefit plans are rapidly changing and this can cause misunderstanding about your coverage.

Here are a few things to keep in mind about dental insurance:

- Dental insurance is a contract between you, your insurance company and your employer.
- As your dental office, we have no control in your coverage and this contract.
- Before your treatment begins, we can submit for an estimate from your insurance company. This is not a guarantee of payment from your insurance company, but helps you understand your coverage and helps us know the initial patient portion due at your visit.
- The amount of benefits you are entitled to is related to the plan your employer has purchased and not the value of the dental services received.

Only you can choose the level of dental care that’s right for you, it is important to be very careful not to let your insurance coverage dictate the treatment you receive as dental benefit plans often are not written to provide for optimal care. We are here for you and want to do anything we can to help you achieve your smile goals.