



# Eggert Examiner

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## Welcome Spring!

Open up the windows and breathe! It's time to throw off the weight of winter and put some new life into your step. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning to get your mouth feeling its best. Of course we are happy to give you a refresher course on how best to care for your teeth at home, which is always the best way to avoid repairs.

It is also a great time to consider some cosmetic techniques. We can whiten teeth, mask stains, fill gaps, and cover cracks. Just ask us for a consultation.

Looking your best helps you feel your best. That's why we are offering a new spring promotion – **50% off our in-office Boost whitening. That's a \$300 savings!**

\*Offer expires August 31, 2009.

## Give Kids a Smile 2009

Give Kids a Smile is a unique program coordinated by the Minnesota Dental Association and the United Way to provide free dental care to children whose families cannot afford to pay for care.

This charitable outreach program has become an annual event for us. On February 6, 2009, we donated our time to give much-needed dental care to 14 children. Hygienist, April and assistants, Bonnie, Laurie, and Tracy helped out with cleanings, x-rays, fluoride treatments, and sealants. Dr. Eggert was able to provide several fillings and extractions.



"We are happy to provide care to those who need it most. It is always so nice to see those kids smiling," said Dr. Eggert.

## Cavity Free Club

The cavity free club is for our patients 18 years and younger who have no cavities at their check-ups.

Michael Murray and Robert Farmer are the current Cavity Free Club contest winners. They received a Cavity Free Club certificate and a \$25.00 gift card to Barnes and Noble Book Store.

Congratulations to all the kids who were cavity free at their last maintenance visits – keep up the good work!



### Fun Dental Facts

- Each person's set of teeth is unique – much like fingerprints – even identical twins don't share the same teeth
- Crocodiles don't clean their own teeth - they let a plover (little bird) pick at their teeth for scraps of leftover food.

## Scholarship Nominations

Eggert Family Dentistry is now accepting scholarship nominations. We are currently contributing a total of \$2,000 to four local high schools: Moundsview, Irondale, Centennial, and Spring Lake Park. Our scholarships are meant for exceptional students entering into the field of dentistry. This could include someone who wishes to become a dentist, dental hygienist, dental assistant, or dental laboratory technician. If you know of someone who is deserving, please contact our office before May 7, 2009.

## Put Your Best Smile Forward

According to an American Academy of Cosmetic Dentistry national survey, virtually all adults (99.7%) believe their smile is an important asset. When respondents were asked "*What would you most like to improve about your smile?*" the most common response was whiter and brighter teeth.



**Here's even more reason to smile:**  
Our Spring Whitening Special  
**50% off our In-Office Boost Whitening**  
That's a \$300 savings!

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## Bruxism - What is it?

Bruxism is a habit of grinding or clenching the teeth. Clenching means you tightly hold your top and bottom teeth together. Grinding occurs when you slide your teeth back and forth over each other.

People who suffer from bruxism often experience some of the following:

- Headaches
- Sore jaws
- Frequent toothaches
- Worn or fractured tooth enamel
- Facial pain
- Tooth sensitivity
- Loose teeth
- Chipped or broken teeth
- Cracked or loose restorations
- Earaches
- Insomnia

### How do you develop bruxism?

Bruxism can develop at any age, and children, as well as adults, can have this habit. Although the causes of bruxism are not certain, several factors may be involved. Stressful situations, sleep disorders, an abnormal bite, and crooked or missing teeth may be responsible.



### How is bruxism treated?

Depending on what is causing your bruxism, Dr. Eggert may recommend different treatment options.

If stress is the cause of your bruxism, she may first suggest that you find ways to relax. Reading a book, listening to quiet music, taking a walk, or a warm bath may help. It often helps to apply a warm washcloth or compress to the side of your face near the jaw joint to relax the muscles in your face. Relaxation techniques can also be quite effective like yoga or deep breathing exercises.

Dr. Eggert may also suggest a nightguard to wear while you sleep. Nightguards are helpful for bruxism caused by sleep disorders, crooked or missing teeth, or stress. Custom-made from a plastic material to fit your teeth, the nightguard slips over the teeth and prevents contact between upper and lower jaws. The nightguard acts like a shock absorber, taking up the pressure caused by bruxism of the teeth and the delicate jaw joints.

Treatment of bruxism for those with an abnormal bite may involve reducing the “high spots” on one or more teeth. For serious cases, Dr. Eggert may suggest reshaping or reconstructing the biting surfaces of the front and/or back teeth with inlays or crowns.

The pain from bruxism can be relieved by paying attention to the symptoms, regular maintenance visits, and good communication with us - your dental professionals.

### Patient Mailbag

We want to use this newsletter to answer your questions. Please call, fax, or submit questions by e-mail. Our number is 651-482-8412, our fax number is 651-482-8376, and our e-mail address is [eggertdentistry@visi.com](mailto:eggertdentistry@visi.com).

# Dentistry and Proposed Changes at Minnesota's Capitol

Many of you may have heard about the new bill that has been proposed to the Minnesota State Legislature this spring. The bill is supposed to help expand access to dental care for thousands of Minnesotans. While we are in support of improved oral health care availability, we are uncertain over the language defining what has become known as an “oral health practitioner” (OHP), proposed by Senator Ann Lynch.

The proposed OHP would be able to do many things previously only allowed by licensed dentists, including rendering a final diagnosis, drilling or cutting teeth for cavities, performing extractions, and prescribing drugs. All of this would be allowed without a dentist even on-site. This is deeply concerning because the OHP would be able to do these procedures after completing only two years of training at an institution that is not an appropriately accredited dental school.

Just for a comparison, Dr. Eggert graduated from high school, then graduated with a Bachelor of Science degree in chemistry from the University of St. Thomas and then graduated, after four years of intense technical training, from the University of Minnesota, School of Dentistry with a Doctor of Dental Surgery degree. To become a licensed dentist in the State of Minnesota, she not only had to graduate, but she also passed two written national dental board exams and a three-day clinical board exam.

There is a second proposal meant to increase access to dental care known as the “dental therapist” model. This proposal is authored by Senator Yvonne Prettner-Solon. In this dental therapist model, training is done at an accredited dental school, using dental school faculty. Another important difference is that these dental therapists would work under the direct supervision of a licensed dentist, serving as a member of the dental team. We feel this dental therapist model is a much safer alternative than the OHP because when complications inevitably arise, a competent and exceptionally trained dentist would be on-site to help. Our main concerns remain keeping the Minnesota public safe and avoiding a two-tier system of care, while increasing dental access for the neediest among us.

We encourage you to voice concern regarding the Oral Health Practitioner proposal. Please contact your local district Senator and Representative by phone or email today. The web address to find your district legislators is <http://www.gis.leg.mn/mapserver/districts/> - enter your address.

## New at Eggert Family Dentistry

We are excited to welcome our new dental assistant, Nicole, to the team. Nicole enjoys spending time with her 3 year old son, Ryan and motorcycling with her husband, Dan.



## Our Thanks to You!

We appreciate you as our patient and would love the opportunity to care for your friends and family. \*\* Please share your e-mail with us. We will place your name in a monthly drawing for movie tickets. Call or e-mail us at [eggertdentistry@visi.com](mailto:eggertdentistry@visi.com)

*-Thank you for your referrals*

