

Smile Write



from Drs. Robert and Heather Heil

Produced for the Patients of Dr. Bob and Dr. Heather Heil

Fall 2010

from the dentists

Relationships Inspire *We thank you!*

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

Sincerely,

Robert and Heather Heil, DDS

turn the page

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?



Fall into step with preventive care

You can try to ignore it, live for the weekend, and stay in those shorts 'til the last minute, but you can't help noticing that fall has definitely arrived. Green leaves have turned to red, evenings have gone from light to dark, and for many kids, soccer practice has turned into hockey tryouts and back-to-school. While you struggle with the busier workload and trundle the kids off to classes, don't forget that the change of season means teeth need extra attention too.

If your kids are like most, a summer full of sun and games, gooey sweets and irregular eating can leave young teeth vulnerable and in need of attention. It's a good idea to schedule a thorough dental checkup to get those smiles in tiptop shape. Ask us about protective mouthguards and other safety gear that can keep teeth out of harm's way on the hockey rink or playing field.

For adults the summer is often less a season of indulgence and more a time of procrastination. Now it's time to do that work you've been putting off and have a dental checkup to take care of any problems you may have been ignoring. But don't put it off too long. Fall often marks the renewal of many dental plans. Benefits are not carried forward from one year to the next. Consult our office about making the best use of your coverage.

We welcome new smiles!



Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.

Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary - our sugar intake alone has doubled in the past thirty years. A sweet temptation - if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth - often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

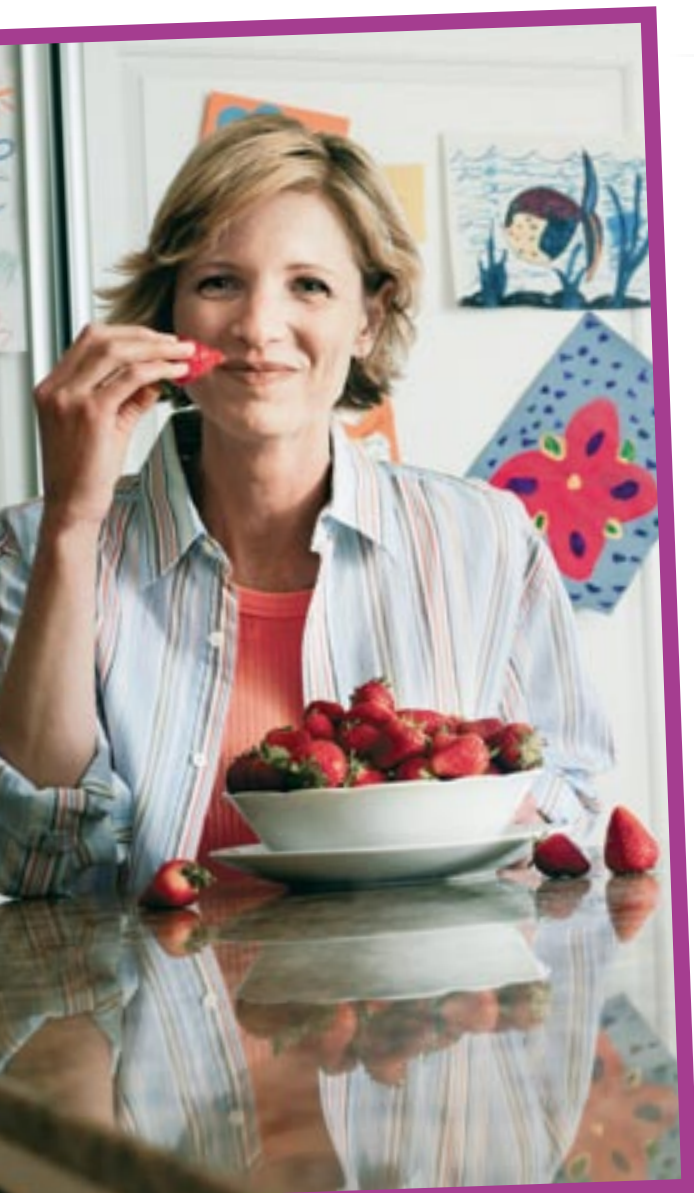
Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here - almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!



An **Inflammatory** Topic

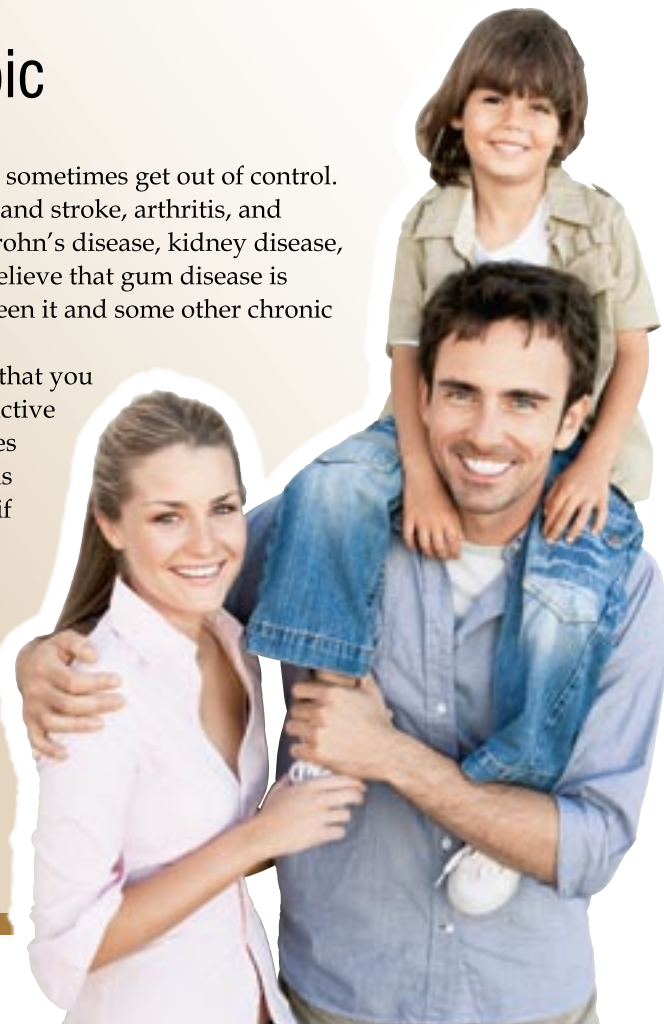
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution - brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.
2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.
3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease - talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!



Can't Tolerate CPAP?

Consider oral appliance therapy

Have you ever seen a teeth whitening tray or a sports mouthguard? Well, if you suffer from sleep apnea, an equally small, comfortable, custom-fitted device could be just the solution you're looking for. While in the past Continuous Positive Airway Pressure (CPAP) has been considered the gold standard therapy for obstructive sleep apnea, not everyone can tolerate the cumbersome device and simply won't use it. That's hazardous to their health.

Therapy with a portable custom-fitted oral appliance can be extremely helpful for a variety of apnea problems ranging from mild to severe - without surgery. Snoring noise is caused by vibrations of air moving through a narrow airway. In apnea, the tongue and soft tissues relax and completely collapse the airway during sleep until breathing stops. The brain partially awakens them to restore breathing.

The key to successful treatment with your oral appliance is custom fitting so

that it meets your unique needs and will maintain an open, unobstructed airway while you sleep by repositioning your lower jaw, tongue, and soft palate. It is an excellent alternative for many apnea patients and also for snorers whose problem has not improved in spite of

weight loss, avoidance of alcohol, quitting smoking or shifting their sleep position.

Wouldn't you like to greet every day again feeling rested and re-energized? We'll be happy to answer any of your questions about oral appliance therapy.



Dental Expressions

Dr. Robert S. Heil
Dr. Heather Heil

N 3946 Columbia Avenue
Kaukauna, WI 54130-7552

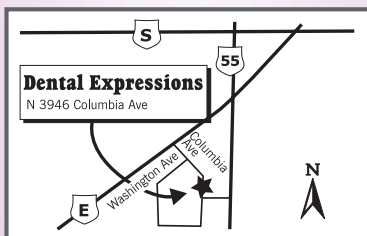
Office Hours

Mon-Wed 8:00 am - 5:00 pm
Thursday 7:30 am - 4:00 pm
* Lunch 12:00 pm - 1:00 pm

Office (920) 788-6280

Office Staff

Sheri, Tara, Nicole.....Dental Hygienists
Tina, Naomi, Tami, Amy, Jaci.....
.....Dental Assistants
Kari... Treatment & Financial Coordinator
Ashley, Patti.....Patient Coordinators



Dental Trivia II

■ Not long ago, dentures were common wedding gifts in the British Isles because many people expected to eventually lose all their teeth and expedited the process by having them extracted at an early age.

■ Paul Revere, in addition to earning a living as a silversmith and copperplate engraver, also worked as a dentist.

■ Not only is tooth decay the most common and widely occurring disease of humankind, it is the oldest. Skulls of prehistoric humans have been examined and evidence of tooth decay has been found.

■ In ancient Egyptian times, you were more likely to suffer from toothache if you were well-to-do. This was because those who could afford it ate sweets (such as honey), while the workers ate onions.

Don't Fall Behind! Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits... then book an appointment to make the most of them!