



Drs. North Shetter and Donald Park

Inci-Dentally

Produced for the Patients of N.E.W. U.P. Dental, PC

Spring 2010

News About Our Doctors And Team Members...

Jennifer is a new mom! On January 16th Jennifer and Randal became parents of Ava Sophia a lovely 8 lb, 21 inch daughter. Mom and baby are doing great. Jennifer plans to come back to work in about two months. Mary Kakuk has changed roles. After many years as the receptionist in our Daggett office, **Mary has taken on the role of grandma.** She will be spending some of her time in the Chicago area helping her daughter Debra take care of new grandson Parker. We celebrated Mary's time with us at our staff Christmas luncheon. We appreciate Mary's long years of loyal service. For the time being **Renee Ruleau has taken over reception duties in Daggett. Robin West in our accounting department has taken on additional teaching duties** at the UW Center, The Community Foundation and Rainbow House and will be leaving us. We will miss her ready smile and business experience.

Our doctors continue to stay active. **Dr. Pfaff and Jill are getting involved in the community and church.** He and Dr. Park are participating in the Green



Dr. North Shetter



Dr. Donald Park



Dr. Aaron Pfaff

Bay affiliate of the *Seattle Study Club*. The group is made up of dentists and specialists in the area who work together to deliver comprehensive dental care. **Dr. Park is continuing to coach hockey with his son Braeden's team. Dr. Shetter has begun in depth study** regarding dental solutions for sleep problems and sleep apnea. He is also president of the *M & M Community Foundation* for 2010. The Foundation is a resource for people who want to promote good works in our Twin County area.

February is National Children's Dental Health Month - We love to

see our young patients with bright smiles, healthy gums and no tooth decay. One way we help is by providing a visit to the dentist to the Kindergarten classes in our school district. We provide an educational experience about how to have a healthy mouth and show the children all the various parts of a dental office. Every child goes home with home care "tools" (toothbrush, floss and toothpaste) and a coloring book entry in the *Michigan Dental Association* coloring contest. **We also participate in the program called Give Kids a Smile.** In this program we provide education, prevention and restorative care to children who do not have access to care. In addition we provide a yearly dental education program to the clients at Goodwill Industries.

Until next time,

The team at N.E.W. U.P. Dental



Thank you for all your referrals. We appreciate them!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

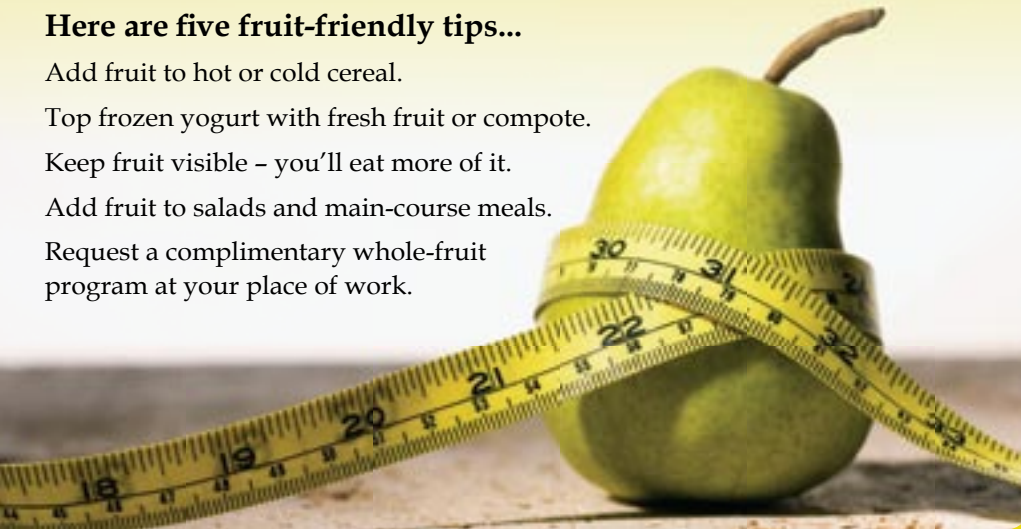
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Caring For Your Health

Did you know that in 1900 the average life expectancy was 47 years? Today that number is up to 78 years and going up! Dentistry has made amazing changes for the benefit of all of us over the past ninety years. As we focus on the issues of health care in Washington, DC we feel it is important to talk about the value of a healthy oral environment. In



the early 20th century most people had lost numerous teeth to decay or gum disease by age 40. Today we have many patients in our practice over 80 years old with a full compliment of teeth and healthy gums. What is the difference? There are three elements: prevention, technology and maintenance.

First, dentistry as a profession has focused on prevention of disease. We have known all along that healthy teeth and gums make us look and feel better. Recent research has proven that good oral health is a factor in prevention of heart disease, diabetes and low birth weight babies. Teeth that have good function are a part of good nutrition. Today we can replace lost teeth with implants and even improve the function of dentures with implants or mini-implants. Today we have developed the use of Fluoride to help strengthen

tooth enamel and bones. We have many children who have grown up in our practice that have never had a cavity and possibly never will because of the use of Fluoride, dental sealants to stop pit and fissure decay and education at their cleaning visits about how to do good home care.

As the "Baby Boomer" generation moves toward retirement we are discovering that we want to look and feel at 60 like we did at 40. With the advances in modern dentistry, this is achievable. Our goal is to help our patients maintain a healthy oral environment in maximum comfort, function and esthetics. Our team of doctors and staff will help you develop a personal plan to get healthy and stay healthy. We want to put you in control and help you take advantage of the wonders of modern dentistry.

Helping Those Who Need A Hand In the past few months we have provided no fee service and /or supplies (like toothbrushes, dental floss and toothpaste) to the following: Twin Counties Free Clinic, Rainbow House, Salvation Army, Christiana Jamaica Rotary Dental Project and the Christmas Shoe Box program.

office information

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Office Hours

Mon - Thu 8:00 am - 5:00 pm
Friday 7:00 am - 12:00 pm

Daggett Office

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Office Hours

Monday 8:00 am - 5:00 pm
Tuesday 8:00 am - 1:00 pm
Thursday 8:00 am - 4:00 pm

Contact Information

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We Are Proud Of Our Staff!

Assistants - Karen, Lee Ann, Amy, Carol, Barb
Hygienists - Laurie, Phyllis, Melissa, Danielle
Front Office - Janice, Jennifer, Renee, Torri
Accounting - Kelly

Think Spring

It's in the air!



Long before the warm kiss of the sun and the first balmy breeze, we all started the countdown to spring's arrival. Gray skies, frigid temperatures, and early sunsets cannot diminish anticipation of the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, we know your focus is forward... to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Tried & True

Your best smile solution

Researchers are experimenting with techniques to develop tooth tissue using stem cells obtained from your own mouth. What's the big deal? Some day, synthetic restorations will be history. Until then, here are three amazing pro-active cosmetic solutions.

Have receding gums revealed the dark edge of metal on your older crown? Replace it with a new porcelain crown customized to match your other teeth.

Do you have a tooth that has cracked, has been worn down by teeth grinding, an improper bite, or decay? A crown can strengthen it and prevent more serious and costly future damage.

Do you have gaps in your smile? One or more crowns attached to surrounding teeth or to a permanent implant will prevent crowding, drifting, and other problems.

Get your best smile back - in the here and now!