



*Drs. North Shetter and Donald Park*

# Inci-Dentally

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

Fall 2011

from the dentists

## Please Refer *Always welcoming friends*

We work hard to create a comfortable welcoming environment where you receive the highest quality dental care. In fact, we want you to be so confident in our abilities and services that you feel absolutely comfortable referring your family and most valued friends and colleagues to us ... without hesitation. Many of you already do, and we thank you.

We vow to always provide the very best quality care to you and each and every person you send our way, and will always be grateful for the opportunity to do so.

*Yours in good health,*

*Dr. North Shetter  
Dr. Donald Park  
Dr. Aaron Pfaff*



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[www.newupdental.com](http://www.newupdental.com)

## Updates!

### What a summer! As they say in Jamaica - *hot, hot, hot!*

We have a new baby in the office family. Raegan Vivian Pfaff was born June 30th 2011, weighing 9lbs 1 oz and measuring 21 inches. Aaron and Jill are enjoying the wonders of parenting.

In 2008, one of our employees, Kelly Everson, was diagnosed with Multiple Myeloma, a cancer of the blood. Here is her update:

"For the last few years, successful treatments, including a stem cell transplant, had my myeloma under control. One of the things I learned when I was first diagnosed was that this cancer is not curable and at some point it would return. Being in remission with myeloma is not the same as, say, breast cancer, where the cells can be removed or destroyed. The solid tumors in breast cancer behave differently than the liquid tumors of myeloma, leukemia and lymphomas. Living with the knowledge that the myeloma was still present in my body, even though it wasn't causing major problems, has proven to be quite challenging. I never felt sick and was always told how good I looked so it was kind of surreal when my oncologist told me the cancer cells were active again. I am currently taking an oral chemo which will hopefully put me back in remission. In October I will go to *Froedert* and see my myeloma guru and discuss the possibility of another transplant. In the meantime I'm trying to stay active, educated and hopeful. I'll continue to endure the rain while looking for the rainbow. Thank you all for your continued love and support."



*Thank you for all your referrals. We appreciate them!*

# A Face-Saving Option

## Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

*Let us lift your smile & your confidence!*

## Go Ahead! *Add an onion!*

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





## Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

## Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

## When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.



# Insurance Benefits

We still have freedom of choice to continue to see who we wish to see for healthcare. Your insurance or HR person may tell you that if you don't seek certain doctors you will not have coverage. This may not necessarily be the case, however, your choice may impact your insurance reimbursement. Our office staff will be happy to help you, to the best of our ability, check your insurance benefits and see what your out-of-pocket expense would be, if any. We believe that you deserve the highest standard of care. Every treatment or recommendation by our doctors will be based on their belief that it is in your best interest. We will not participate in any dental insurance plan that offers compensation so heavily weighted toward cost containment that it could create a temptation to place this factor above your welfare. Nor will we offer you treatment on a fee for service basis that is inappropriate or unnecessary. We will support you in asking your insurance plan to pay for any reasonable treatment, regardless of your plan policy. We hope that you agree that this is the right path and continue to support us with referral of your friends and family.



## New Technology

We have added a soft tissue laser to our practice. The laser allows us to reshape or contour tissue without bleeding and with little or no discomfort during treatments or after treatment. The laser can also be used in treating periodontal disease. All of our doctors and hygiene staff have gone back to school to learn laser physics and the techniques we will use in our practice.

### office information

N.E.W. U.P. Dental, PC  
Dr. North Shetter  
Dr. Donald Park  
Dr. Aaron Pfaff



**Menominee Office**  
4103 10th Street  
Menominee, MI 49858-1309

#### Office Hours

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

#### Daggett Office

Daggett Medical Building  
Daggett, MI 49821

#### Office Hours

Monday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 2:00 pm  
Thursday 8:00 am – 5:00 pm

#### Contact Information

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#### We Are Proud Of Our Staff!

Assistants – Karen, Lee Ann, Amy, Carol, Barb  
Hygienists – Laurie, Melissa, Danielle  
Front Office – Janice, Jennifer, Torri, Becky  
Accounting – Kelly

### Save Teeth. Save Life. Cryopreservation

You buy car insurance to help with those oh-so-aggravating fender benders. You buy life insurance and make a will to ensure continued care for your family. What would you say about stem cell insurance? If saving teeth could provide valuable stem cells for possible needed medical treatment later in life?

Stem cells can be recovered from the planned removal of loose baby teeth, adolescent or adult teeth, and wisdom teeth. The stem cells in dental pulp are among the strongest with faster replication than cells from other parts of the body. These cells can help treat many medical conditions such as transplant, neurodegenerative disease, or diabetes.

Making an investment in the future by cryopreserving teeth is possible. If you'd like more information, give us a call or ask us at your next appointment.

### Are We Conservative? About teeth... definitely!

There is nothing better for your smile than healthy natural teeth structure. In many cases, restorative materials are required to repair and correct dental issues such as decay and weakened teeth, but what Mother Nature provided you with, nothing can truly replace. This is why we practice what we call minimally invasive or conservative dentistry 100% of the time for 100% of our patients.

Conservative dentistry involves careful treatment planning to ensure that for all treatments we preserve as much of your natural healthy tooth structure as possible. Taking this stance is a decision made with your optimum oral – and overall – health in mind because nothing can top the smile with which you were born. Our dental team has your best interest in mind for your best smile ... every time!