

ST. PAUL DENTAL CENTER

Produced for the patients of
Scott Lingle, D.D.S., P.A., & Joseph Trowbridge, D.D.S.

Summer 2009

DENTAL TEAM

Office Manager:
Mary Jo

Business Administrator:
Anne

Receptionists:
Stephanie
Nancy

Dental Assistants:
Sheryl
Ali
Anastasiya

Hygienists:
Chris K.
Molly

Dr. Lingle's mission

In April, **Dr. Lingle** and several other dentists were honored at the Annual Meeting of the Union Gospel Mission for their years of leadership and volunteer service at the Union Gospel Mission Dental Clinic. Many years ago, a few dentists donated some old dental chairs and equipment to the mission so that dental students could go down there one evening a week to help people in need and to get more experience extracting teeth. It was a good learning experience for the students but did not really help very many people.

In 1994, when Dr. Lingle was president of the St. Paul District Dental Society, he formed a committee with Dr. Roger Ettel to expand the clinic. They recruited a few practicing dentists to add an additional evening each week. Today, the clinic is modern and is open three evenings a week for adults, and one morning for children, with over 60 volunteer dentists. The Century College assisting and hygiene students, as well as U of M students, also participate.

After all these years, there still seems to be no end to the homeless, chemically addicted, and working poor that come to the Mission Clinic for help.

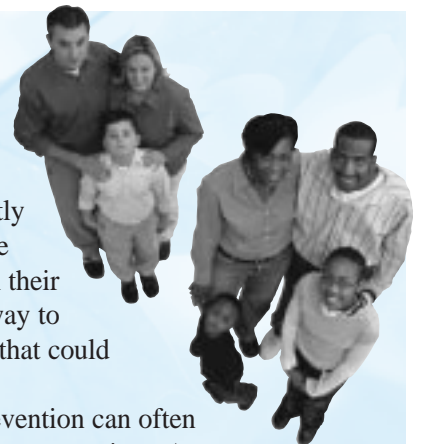


An ounce of prevention is worth a pound of cure

The turmoil of today's economy is all around us. We are constantly bombarded with it by the television, radio, newspapers, and even the Internet. We are all feeling the crunch. Everyone is tightening up on their spending and trying to get a grip on their own finances. One great way to help with this is to prevent major financial setbacks from occurring that could be avoided.

A visit to the dentist every 4–6 months for teeth cleaning and prevention can often mean the difference between dealing with a small problem or a big one over time. At a prevention visit, films are often taken to view the surfaces of the teeth that are not visible to the patient or even the dentist during an exam. Many times, x-rays can detect problems that are easily solved with simple fillings as opposed to when a decayed or broken tooth is neglected and the problem becomes so great that more major treatment is necessary. By the time a tooth cavity becomes large enough to be seen by the naked eye, the treatment is usually pretty large as well. These restorations often include root canals, crowns, or even extractions of teeth. The treatments tend to be more costly and take more time for both the patients and the dentist. All of this can be avoided if problems are caught earlier.

Although it is in our nature to put things off or forget what we don't think we need, it is always easier and less expensive to prevent a problem than to treat or cure one. See you at your next preventive visit!



Thank you for all your referrals. We appreciate them!

DIABETES AND DENTAL HEALTH

People with diabetes are more prone to periodontal disease and likely to suffer from severe cases of this destroyer of dental health. Gum disease is the most common cause of tooth loss because it destroys the jawbone that supports teeth, and may ultimately loosen the teeth.

THE BLOOD-GLUCOSE CONNECTION

Blood-glucose levels in a diabetic are strongly connected to the patient's likelihood of suffering from complications of periodontal disease. The mouth of a diabetic will be a more conducive environment to the bacteria that cause gum disease, and diabetics are more susceptible to infection. Likewise, the presence of an infection will make blood-glucose levels more difficult to control.

A DRY ENVIRONMENT

Diabetics tend to have a reduced salivary flow. Because saliva plays an important role in washing away food debris and bacteria in the mouth, a lack of saliva can contribute to tooth decay and periodontal disease.

COOPERATIVE EFFORT

Keeping bacteria at bay in the mouth of a diabetic requires a coordinated effort between the patient and his or her dentist. Controlling blood-glucose levels and careful home care, including brushing after each meal and flossing daily, are things the patient can do to help. Often, a special appointment schedule is necessary to help keep the dental health of a diabetic patient the best it can be.

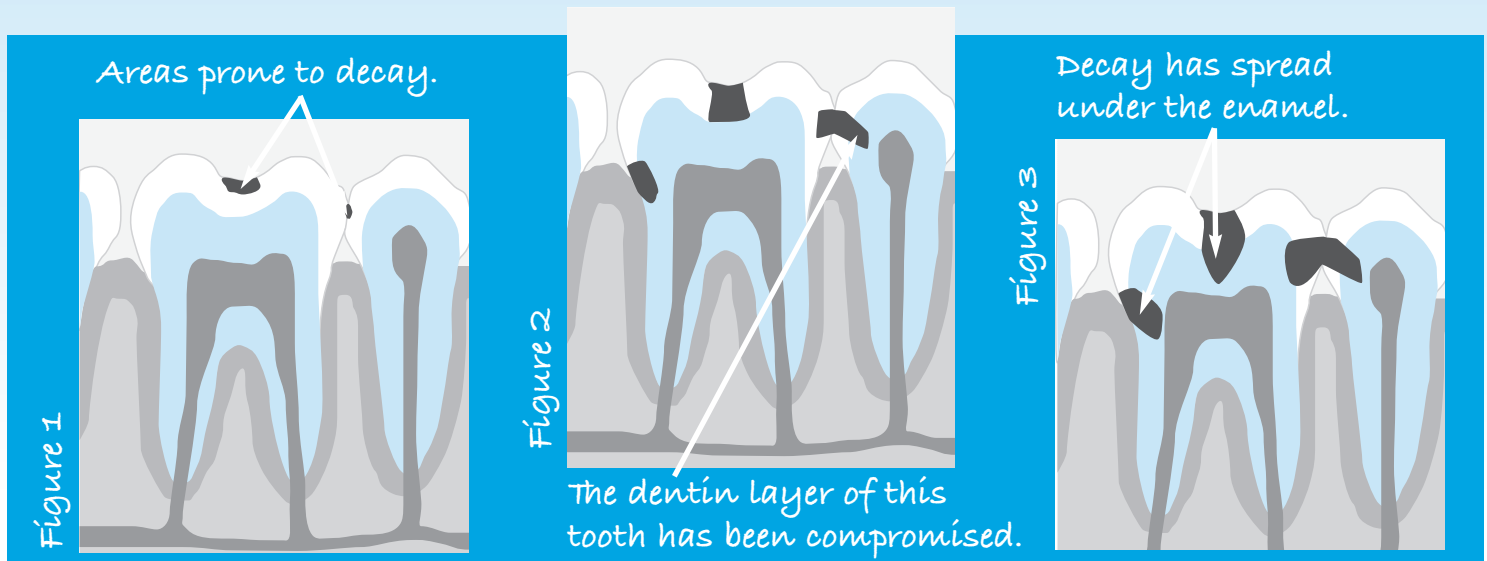
Tooth decay EXPOSED

The very first sign of dental caries is usually an area of the tooth that appears compromised. These may appear on the chewing surface or between teeth. If we notice a weakened area during an examination, we may recommend fluoride treatments to protect the tooth.

If the compromised area is not treated, the decay may spread through the enamel and into the dentin. Because the dentin is relatively soft compared to enamel, decay spreads

more rapidly when it reaches this part of the tooth.

Once the bacteria that cause decay reach the dentin, they tend to continue their destructive path following the dentinal tubules that travel from the enamel toward the roots of the tooth. Once the pulp of the tooth has been compromised, an abscess may form. When the cavity reaches this stage, root canal treatment may be necessary to save the tooth.



When your mouth hurts...

Ever try to go to the gym when your mouth hurts? Mouth pain, particularly toothache, just seems to affect everything you do. It can have a number of causes, including fractures of the tooth, a filling that has been damaged, or an abscess, infection, or cavity.

Tooth pain can manifest itself in a number of ways. Some patients feel throbbing, persistent pain, or sensitivity to hot and cold. Others only feel the discomfort when brushing the affected tooth or chewing. In some cases, swelling and inflammation of the gums may occur. A bad taste in the mouth, fever, and sometimes headache may accompany the pain.

Although toothache pain can vary, most patients agree on one thing: When your mouth hurts, you want relief. Any toothache that lasts more than a day or so or is accompanied by fever or earache should be brought to the attention of a dentist. Fever or difficulty opening the mouth fully is also a sign that professional treatment is necessary.

An examination, x-rays, and other tests may be necessary to determine the nature of the problem and decide on a course of treatment.

Relieving pain and restoring the tooth will be the goals of the treatment. Antibiotics may be necessary if infection is present. A root canal is sometimes recommended to save the tooth.

THE RIGHT GUARD



Mouthguards can reduce a child's chances of sustaining a mouth injury by up to 60 times. The likelihood that the front teeth will suffer permanent injury will be diminished, and the risk of a tooth or jaw fracture will decrease.

A mouthguard that's customized to fit a child's mouth will offer the best protection. It's also important to choose a sport-specific guard that provides the amount of protection that's necessary. Basketball and softball are sports that require a universal guard. Sports such as baseball and racquetball require heavy protection, and hockey—whether field, ice, or street—calls for maximum protection.

A custom-fitted mouthguard will be both comfortable and functional. Mouth discomfort and ulcers associated with boil-and-bite guards will not be issues with a guard that fits the child's jaws and teeth like it was made for them...because it was.

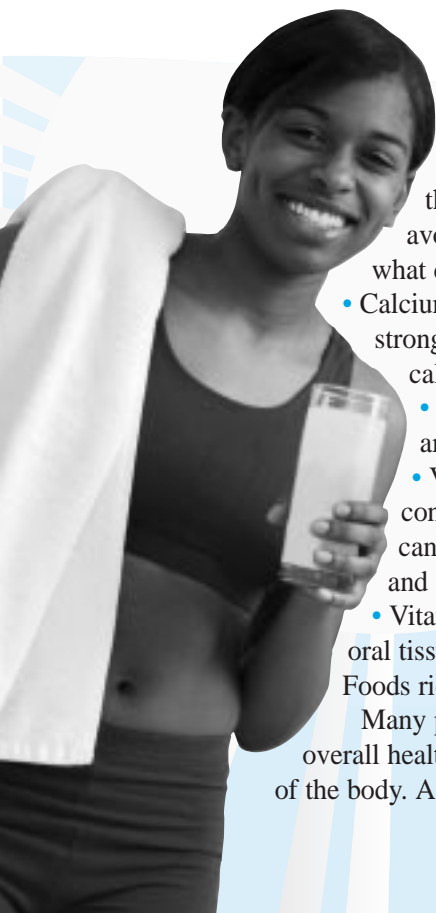
Mouthguards should be worn whenever practicing or training so that the mouth and teeth are protected at all times. Costs associated with an injury that results in a knocked-out tooth can mean expenses of many thousands of dollars over a lifetime. Investing in a custom mouthguard now could save a great deal of money later.

A diet that will brighten your smile

If you think a diet that's healthy for your teeth is just about avoiding sugar, you're definitely missing out on what certain vitamins and nutrients can do for your smile.

- **Calcium**—As a child, you surely heard that milk was good for growing strong teeth because it is rich in calcium. As an adult, however, you may not realize that calcium is still necessary to help keep your teeth healthy.
- Milk isn't the only good source of calcium for people of all ages. Yogurt, cheese, and broccoli are all rich in calcium and add variety to your diet.
- **Vitamin A** is an important nutrient for teeth for a couple of reasons. First, it is necessary for teeth to continue to produce enamel—the outer coating that helps keep bacteria at bay. A lack of this vitamin can lead to bleeding gums that are more prone to periodontal disease. Sources include eggs, carrots, and spinach.
- **Vitamin C** is known for its suspected abilities in warding off colds. It can contribute to assuring that oral tissues receive adequate oxygen and nutrients, and can lower the incidence of sores in the mouth. Foods rich in vitamin C include citrus fruits, such as oranges and grapefruits, and kiwi.

Many people choose to use supplements to obtain vitamins and nutrients they need for their dental and overall health. However, it's far more delicious to choose foods that are high in the nutrients that feed each cell of the body. A healthy and tasty diet can give you more than one reason to smile.



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dental newsletter!*

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The information included in this newsletter is not intended as a substitute for dental advice. For your specific situation, please consult our office.

Staff profile **MOLLY**

I have been a member of the hygiene department at St. Paul Dental Center for ten years. I feel fortunate to have found a job in such a beautiful office with such great coworkers. The dentists are just OK. They try to annoy me by leaving letters lying around in plain sight from hygienists seeking employment in our office.

I live in Roseville with my husband Kevin, a lawyer for Hennepin County. We have a daughter, Vika, who is ten years old. She attends the Minnesota Waldorf School in Maplewood. We will spend part of the summer attending horse shows in which Vika will be competing. Besides being a mom, I like to spend my time reading, exercising, and am currently trying to learn to play the guitar.



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Office Hours

Monday	7:30 a.m.-5:00 p.m.
Tuesday	7:30 a.m.-5:00 p.m.
Wednesday	7:30 a.m.-5:00 p.m.
Thursday	7:30 a.m.-5:00 p.m.
Friday	8:00 a.m.-Noon

Appointment Phone:

(651) 227-6646

Doctor on call 24 hours a day

STAFF NEWS

Mary Jo's time as a taxi driver will be diminished this summer, as her daughter will be getting her driver's license.

Nancy is looking forward to an RV adventure with her family this summer when her kids get out of school. With all of their activities, she could use a taxi driver—maybe she should talk to Mary Jo.

Stephanie moved into an apartment—an empty apartment. She is looking for things to sit on, sit at, eat on, eat at, and even look at.

Chris is moving her daughter back home for the summer and planning a trip to Itasca State Park.

Molly and her husband traveled to New Orleans at the end of May for their first trip to “The Big Easy.”

Sheryl got her first hole-in-one while golfing at Lake of the Ozarks. She said it was easy.

Ali plans on getting laryngitis at Cedar Point Amusement Park this summer—that should be easy.

Anastasiya is attempting to grow “upside down” tomatoes this summer. Anne says it's easier said than done.

Dr. T is trying to keep up with **Dr. L**. He bought a motorcycle.

Dr. L is trying to keep up with **Dr. T**. He bought a Blackberry and has now sold several items on Craig's List.

Anne has taken to hiding things so that **Dr. L** won't sell all their stuff on Craig's List.