

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

Wells Fargo Place
30 East 7th Street
Suite 101
St. Paul, MN 55101

Fall 2014

DENTAL TEAM

Office Manager:
Mary Jo

Business Administrator:
Beth

Receptionists:
Kathy
Ashleigh

Dental Assistants:
Sheryl
Ali
Anastasiya

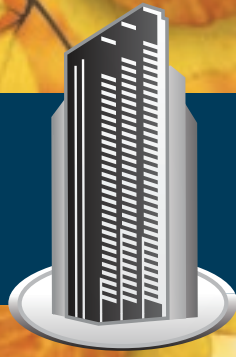
Hygienists:
Chris
Jessica

Office Hours

Mon. 7:30 a.m.-5:00 p.m.
Tues. 7:30 a.m.-5:00 p.m.
Wed. 7:30 a.m.-5:00 p.m.
Thurs. 7:30 a.m.-5:00 p.m.
Fri. 8:00 a.m.-Noon

Appointment Phone:
(651) 227-6646

**Doctor on call
24 hours a day**



ST. PAUL
DENTAL CENTER

New arrival!

**Welcome
Lukas
Francis!**

Congratulations are in order as **Stephanie** and **Nick** are now the proud new parents of **Lukas Francis**. He was born on August 19, weighing in at 8 pounds and measuring 20 $\frac{3}{4}$ inches.

Stephanie and baby are doing well. Everyone in the office had fun taking turns holding the brand-new baby when he and Stephanie stopped by for a visit. Congratulations, Stephanie and Nick, on the arrival of your beautiful baby boy.



Good-bye, Stephanie

Because **Stephanie** has entered this busy new chapter of her life—motherhood—it means saying good-bye to us at St. Paul Dental Center. It's always sad when we have to say good-bye to a team member and friend, but especially so with Stephanie, who joined our team right out of college. She always brightened our office with her warm smile, and it's been a joy having her as a team member. She will be missed.

Thank you, Stephanie, for all your hard work and dedication over the years. We wish you all the best in your new adventure.

Thank you for all your referrals. We appreciate them!

Partners in health

Good nutrition and dental wellness go hand in hand

It's long been known that proper nutrition contributes to good oral health. But it works the other way around, too. A full set of healthy teeth enables a person to consume healthy foods that comprise a good diet.

Fresh fruits and vegetables are key components in a healthy diet—for overall well-being and for good dental health—along with whole-grain breads and cereals, low-fat dairy products, lean meats, and fish. Foods containing protein, such as peanuts and beans to name a couple, can be added to the daily mix for variety.

Good oral hygiene is a must as well. Brushing thoroughly twice a day with fluoridated toothpaste, flossing daily, drinking plenty of water, and regular dental checkups are vital to maintaining good dental health.

If gum disease and tooth decay are permitted to gain a foothold, tooth loss may be the result. Individuals who experience tooth loss may find chewing certain nutritious foods difficult, therefore they eliminate them from their diets. Quality of nutritional intake and enjoyment of meals may be greatly diminished with tooth loss as well, which will impact oral health and overall health.

To enjoy better oral health throughout your life, it's important to heed the connection between nutrition and dental care. Talk to us about ways to enhance this relationship for an overall healthier you.



Fresh fruits and vegetables are key components in a healthy diet.



REGULAR VISITS can equal HEALTHY TEETH

Some people are under the mistaken belief that only children need regular dental visits. They figure once all the adult teeth have come in, there's no reason to visit the dentist regularly.

However, reasons to visit the dentist throughout one's lifetime include preventing dental-health issues and detecting potential problems early, when they are easier and less expensive to treat.

Regular dental visits are part of a good plan for overall health. A healthy set of teeth can help a patient enjoy better nutrition throughout his or her life to contribute to enhanced health.

How often you should visit your dentist should be based on your unique needs and your dentist's recommendations for you.



A little too sensitive?

Tooth sensitivity can occur in reaction to consuming hot or cold foods, and the associated discomfort may range in severity from mild to miserable.

Sensitivity can be spurred by a number of factors. The problem, which is often more prevalent with age, can be caused by exposed roots as well as eroded tooth enamel. Broken teeth and damage caused by tooth decay and periodontal disease can also result in sensitivity.

Sensitivity is treatable. Avoiding certain foods can help—for instance, foods high in acid can increase sensitivity and irritation. Combining a soft-bristled brush with desensitizing toothpaste

and fluoridated mouth rinse is another smart move.

Persistent sensitivity should

be investigated by a dental professional.

Sometimes a restoration is in need of replacement, or perhaps other treatments can be utilized to remedy sensitivity to help you enjoy the hot and cold foods you love.



Tiny baby teeth appear like little pearls in an infant's mouth, delighting Mom and Dad with a growing grin. In a few years, the child will sprout a full set of first teeth, which means it's time for the permanent teeth to follow.

What many parents don't realize, however, is that the child's adult teeth have been developing in the gums at the same time the baby teeth were erupting. As the permanent teeth begin to move within the gums, they cause the roots of the baby teeth to break down. The baby teeth begin to loosen and ultimately fall out.

One day, the child loses a tooth, and soon the new one begins to poke through the gum. Often the first adult tooth appears in a child's mouth at about age 6. Over the next several years, the mouth will be filled with a combination of both adult and baby teeth. During this time of mixed dentition, daily care is needed to keep baby teeth healthy and help adult teeth form properly in the gums.

Parents of toddlers have an opportunity to instill good brushing and dietary practices in their children so that effective oral-hygiene habits are in place when the permanent teeth begin to arrive. Children who learn the importance of caring for their teeth by brushing regularly and avoiding sugar will be prepared to take care of their adult teeth when they arrive...and for years to come.

POP! CLICK! OUCH!

When your jaw begins to make clicking or popping noises, it's a good idea to seek a dental diagnosis. A jaw that makes noises on its own may exhibit symptoms of TMD (temporomandibular disorders), also known as TMJ.

TMD symptoms such as jaw and head pain, a jaw that locks easily, and problems chewing are generally related to inflammation of the joint. Sometimes TMD symptoms are related to bruxism (tooth grinding), but they can also be caused by injuries, arthritis, and other dental issues.

Patients who report jaw sounds to their dentist will be questioned about other symptoms. An examination, often including X-rays, will be conducted to discover the specific nature of the problem.

If TMD is the culprit, a variety of treatments may be utilized depending on the intensity of the discomfort. Conservative treatment with a special mouthguard may reduce the severity of symptoms. In other situations, medications that reduce swelling may be recommended. In rare instances, an orthodontic procedure may be necessary to correct a problem caused by an injury or deformity.

NEW TEAM MEMBER

Ashleigh

This summer we welcomed a new member to our team at St. Paul Dental Center.

Ashleigh has joined our front desk and administrative team, serving as our appointment coordinator. She comes to us from Hudson, Wis., and has worked in the customer service/administrative field for the past 3+ years.

Ashleigh is an avid outdoors person who enjoys boating, fishing, and snowmobiling with her family and boyfriend. When she's not busy exploring the great outdoors, she enjoys traveling to the warmer climate of Florida.

We're enjoying having Ashleigh on our team. We hope that you will welcome her at your next visit.



*Here's
your
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.

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TEAM *News*

- ❖ **Jess** is wondering where the time has gone. Sydney's first birthday came too quickly.
- ❖ **Stephanie** is enjoying her new role as mother with newborn Lukas Francis.
- ❖ **Ashleigh** was excited to win tickets with her friends to a country music festival (Country Jams) in Eau Claire, Wis.
- ❖ **Beth** had a blast at triathlon camp in Boulder, Colo.
- ❖ **Anastasiya** went to see the House on the Rock in Wisconsin and the air show in Duluth. The air show was canceled because of weather, but the exhibition of the airplanes was fun, too.
- ❖ **Chris** is just ending a whirlwind summer.
- ❖ **Sheryl** had the same summer as Chris! But hers went faster!
- ❖ **Kathy** enjoyed a wonderful family vacation on Gull Lake.
- ❖ **Mary Jo** loved her staycation—no cooking, no laundry, and she got to explore the Twin Cities.
- ❖ **Ali** had a great time hiking and sightseeing in Italy.
- ❖ **Dr. T** had fun in Door County, Wis., with the family.
- ❖ **Dr. L** was in Chicago visiting daughter #2, then Colorado the next weekend to visit daughter #1 and family. Why can't kids stay close to home?!

