

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

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Winter 2014

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

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**Doctor on call
24 hours a day**



ST. PAUL DENTAL CENTER

A very special gift!



The traditional Lingle Christmas celebrations of years past have gone by the wayside the last few years. Having two grown adult daughters living out of state creates variables from year to year. Add in blizzards, foreign travel adventures, and pregnancies, and it proves that all you need for a great holiday is having your family together. This year was no exception to that rule.

Dr. L, his wife Anne, and daughter Brittney all traveled to Colorado to be with daughter Courtney and her family for Christmas. Courtney and Jed were expecting baby #2 in early January and had been advised that travel was not an option. That turned out to be pretty good advice.

Alaina Anne Stauffer made her grand entrance on Christmas Eve

at 6:03 p.m. She weighed in at 6 lbs. 10½ oz. and was 20 inches long. What a fabulous Christmas gift she was for the whole family! Mom and baby did so well that they came home a short 24 hours later on Christmas Day. Alaina met her not-quite-2-year-old brother that afternoon. Bodie was very intrigued by her hat, her eyes, and by how much noise such a tiny thing could make. He seems to be adjusting to having a baby around and constantly asks to “hold it.” It looks like Dr. Lingle has one more reason to visit Colorado. Congratulations!



Smart investing

During difficult financial times, it's easy to be puzzled about the best spending choices. Many who find themselves strapped financially forgo preventive dental care, but is that the wisest route to take?

Preventive dental care represents an investment in your health for years into the future. Having the right number and type of teeth means being able to chew food properly, which results in better digestion and fewer gastrointestinal issues, but the benefits don't end there.

People who invest in professional dental care are more likely to keep their teeth, which means a boost in self-esteem and better overall outlook. Having a healthy smile can mean a more confident demeanor, which is especially important during a job interview.

Perhaps most importantly, preventive dental care is a wise choice because the patient can avoid large restorative bills or tooth loss later in life by investing a smaller amount now. Smart investors know that spending small amounts wisely now can mean reaping larger rewards later on. Those who care for their teeth through good homecare and regular dental visits may enjoy the benefits of a healthy smile both now and in the future.

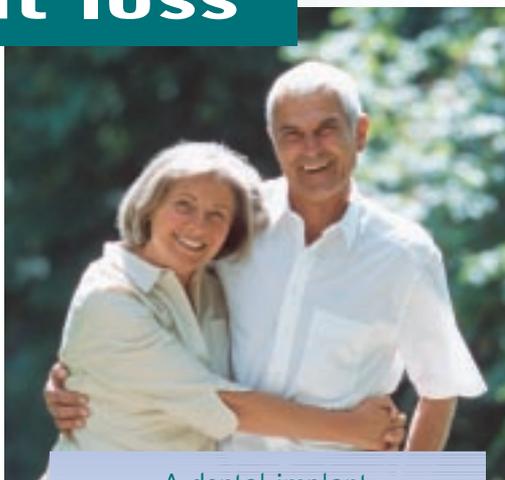
Thank you for all your referrals. We appreciate them!

A significant loss

In the past, losing a tooth, especially a back tooth that didn't show when you smiled, wasn't really considered a big deal. The truth is, losing a single tooth can mean the beginning of multiple changes for the mouth, the jaw, and consequently the face.

The problem lies in the underlying bone. Teeth stimulate the bone that supports them, which in turn helps the bone retain its density and hold its shape. When a tooth is lost, the sack-like bone beneath it begins to lose both width and height. Bone loss is only the beginning; with the decrease in bone volume, gum tissue shrinks. This interferes with eating and speaking.

To make matters worse, the loss of one tooth often leads to the loss of others, as the surrounding teeth are now more susceptible to decay. As more teeth are lost and the jawbone decreases, the appearance of the lower portion of the face changes. This can affect the front teeth, which are now responsible for facial support and chewing food. Eventually, the lips begin to sag and the face takes on a saddened and older appearance.



A dental implant is a superior restoration because it is anchored to the bone and does not affect the surrounding teeth.

Often the first tooth to be lost is a molar. Sometimes the loss of a molar is rectified with a fixed partial denture, which means crowning the two adjacent teeth and placing a false tooth between them. The false tooth is held in place by an attachment to these two natural teeth.

A dental implant is a superior restoration because it is anchored to the bone and does not affect the surrounding teeth. Use of implants does not lead to bone loss, and with care an implant may last a lifetime. Unlike dentures, implants will not slip when eating or speaking. In fact, implants look and feel like your natural teeth.

About 70 percent of Americans have lost at least one tooth—usually a molar.

If you have suffered tooth loss, implants offer the opportunity to have a new tooth very much like the original. Ask us if you'd like to learn more about tooth-replacement options.

Endodontic treatment to save teeth

When the inside of a tooth becomes decayed, infected, or is injured, the tooth can often be saved with endodontic treatment.

Endodontic treatment refers to procedures used to treat the inside (endo) of the tooth (odont). This is where the pulp, the part of the tooth that contains nerves and blood vessels, is located. The pulp is normally protected by the dentin and the enamel (the outer layer) of the tooth. When pulp becomes inflamed, abscess or pain can result.

Often patients who have a tooth requiring endodontic treatment will notice discomfort in the tooth when they chew or brush in the area. The tooth may exhibit sensitivity to heat or cold, and sometimes swelling may be noticed.

Endodontic treatment can often save teeth. During the procedure the affected pulp is removed and the inside of the tooth will be cleaned, filled, and sealed. Sometimes a crown will be placed to allow the tooth to function as it did when it was healthy.

Anesthesia will be used to minimize any discomfort during the procedure, and over-the-counter pain medicines can usually relieve any sensitivity that may occur over the next few days.

In addition, an antibiotic may be prescribed.



Cavities are for everybody

Got teeth? If you have teeth, you are in danger of developing tooth decay. Although many people associate cavities only with children, the truth is that many adults develop cavities as well.

Adults are more susceptible to certain types of cavities because of changes that occur in the mouth as they age. For instance, gum recession can raise the chances that cavities will appear on the roots of the teeth. Cavities located around the edges of restorations are another type that often develops in adults. Those whose teeth were not treated with fluoride in their youth are more likely to have restorations that are weakening, leaving them more susceptible to decay.

Regular dental checkups are the only way to spot decay before it has advanced. A dentist can detect decay using probes and X-rays long before a patient feels the discomfort associated with a cavity, and when decay is caught early, the tooth can often be restored.

It's a myth that adults can mature out of developing cavities, but good homecare coupled with regular dental checkups can help keep teeth healthier and hopefully cavity-free long into the future.

The oral complications of cancer treatment

Cancer is serious business, and in order to fight this menacing disease, the medications used to treat cancer are often strong enough to cause unexpected side effects. Among these are some surprising oral issues, such as oral mucositis; bacterial, viral, or fungal infections; oral pain; tooth decay; ulcers; changes in taste; and dry mouth.

Mucositis may appear as red, ulcer-like inflammations in the mouth. The roof, tongue, gums, and insides of the lips and cheeks may be affected. The problem, which may be related to either chemo or radiation therapy, can sometimes be prevented with medications or by taking other precautions prior to therapy.

Sometimes oral pain is caused by anticancer medications. It is important to find the root cause of the patient's discomfort. Tooth sensitivity may linger after treatment has ended. Treatments with fluoride and the use of a paste made for sensitive teeth may help relieve discomfort.

Infections sometimes result when the patient's immune system is weakened by the cancer drugs. Bacterial infections can often be treated with medicated mouthwashes. Fungal infections may be prevented with lozenges or mouth rinses and sometimes medications. If the infection is viral, antiviral drugs may be used prior to the start of treatment.

Many cancer patients who are undergoing treatment find that their sense of taste changes. Sometimes there is an unpleasant taste, but other times certain tastes, including sweet, salty, bitter, and sour, may be affected. Sometimes dry mouth, which can also contribute to the development of tooth decay, is the reason taste is affected. When the mouth lacks saliva, a patient may

It is important to continue good oral care, including brushing the teeth several times per day and flossing.



experience increased thirst, a burning sensation on the tongue, cracks in the corners of the mouth, and problems speaking or swallowing, in addition to other symptoms.

It is important to continue good oral care, including brushing the teeth several times per day and flossing. It's imperative that we know that you will be undergoing treatment so we can work with you and your other health-care providers to prevent problems or minimize discomfort associated with them.

Green eating... it's good for your teeth

Many of the tenets of greener eating—choosing raw fruits and vegetables for much of your diet—have been recommended by dentists for years. Why? Because these foods are healthier for teeth.

There's a growing trend toward choosing foods that are grown naturally rather than processed, and seeing people move in this direction is making a lot of dentists smile.

First up, fruits, which are delicious raw in so many ways, are good choices for breakfast, lunch, and snacks. Certain raw fruits also show up at dinner in salads and as great desserts. Of course, fruit isn't completely free of sugars, but it's a far healthier choice than many alternatives.

The produce sections of most supermarkets are alive with color. Vegetables that can be eaten raw come in reds, oranges, and a number of greens. Consider carrots, cucumbers, tomatoes, all colors of peppers, peas, and broccoli when looking for vegetables that are high in nutrition and better for teeth.

Fruits and vegetables are among the best choices to enhance dental health for a number of reasons. First, they are less likely to stick to teeth. Second, because they contain water, they help remove debris from teeth. They also increase saliva flow and disrupt bacteria growth in the mouth.

Going greener in your diet by choosing up to nine servings a day of fruits and vegetables could have a positive effect on your dental and overall health...and we think that might make you smile.



Ironman Beth

Congratulations to **Beth Amos** for completing the ChesapeakeMan iron distance triathlon. During the 14 months of training, she logged 118 miles swimming, 2,806 miles biking, and 568 miles running. She also managed to lose 70 pounds along the way.

Overall it was a pretty fun day. She managed to survive her first swim with jellyfish, receiving only a couple of minor stings along the way. The bike course was long, flat, and somewhat windy, but absolutely beautiful. As for the run, well, she made it through her first marathon. But in the end all that matters is that her hard work paid off, as she completed the 140.6-mile race (2.4-mile swim, 112-mile bike ride, 26.2-mile run) in 14 hours, 11 minutes, and 38 seconds. Way to go, Beth! You are an Ironman!



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TEAM News

- ❄️ **ANASTASIYA** is enjoying her wood fireplace at home this winter.
- ❄️ **CHRIS** had a great time in Mexico.
- ❄️ **SHERYL** had fun in Mexico, too.
- ❄️ **ALI**'s excited to do some hiking in Kauai.
- ❄️ **DR. T** had a blast at Disney. Yeah!
- ❄️ **MARY JO**'s looking forward to dance competition season.
- ❄️ **KATHY**'s having a wonderful time watching her daughter play hockey, and looking into college opportunities for her son, who will graduate this year.
- ❄️ **DR. L** was back in Colorado to enjoy his grandson and new granddaughter.
- ❄️ **JESS** is enjoying motherhood. Sydney is keeping them very busy.
- ❄️ **STEPH** thinks snowboarding would be a lot more fun if we weren't in the middle of a polar vortex.
- ❄️ **BETH** was bummed out that her first biathlon was cancelled due to poor weather conditions.