

Smilefile

For the patients of Drs. Albiero, Templin, Jakusz & Zambon

SPRING 2009

February Was Dental Health Month



Dr. Zambon and Dr. Jakusz as well as some hygienists and assistants were busy visiting local schools to educate students about dental health. Students had the opportunity to brush giant sized teeth, floss between large molars, chew disclosing tabs that color plaque pink and see the instruments used at the dental office. We were happy to see that most of the children were well educated on how to care for their teeth. Let's keep them focused for the rest of the year brushing twice a day and flossing daily to keep them smiling! Don't forget to encourage good foods for their teeth and remind them of foods that may be bad for their teeth.

The Doctors Are In

The doctors have been busy updating their skills at a number of continuing education courses. Our goal is to serve our patients with the most up to date scientific knowledge available to us. We have seen that our techniques are current and very effective for patients' long term dental health. Classes were taken in the field of endodontics, implants, and cosmetic dentistry. We have also added to our dental practice Sedation Dentistry. An extensive seminar reviewed all the benefits to treating patients with high anxiety, limited time and those with specific dental/health needs. You can learn more about sedation in this news letter.

Aside from busy days at school for the docs, certain times have been set aside to spend time with our families. Dr. Templin hit the slopes of Colorado over the winter months, while Dr. Zambon hit the sunny beaches of Puerto Villarta. Dr. Albiero tested his skills (luck) in a poker tournament in Vegas and Dr. Jakusz re-visited childhood at the indoor water parks in Wisconsin Dells.

JUST FOR FUN...



"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That's why I can't lose weight!"

OH BABY!



We have been constantly welcoming infants to the Dental Professionals family. Our most recent is the son of our pediatric assistant Jenny and her husband Joe. **Brayden Joseph** was born November 30, 2008 at 8lbs. 7oz. and 22" long.

INFORMATION YOU SHOULD KNOW

Oral Sedation

There are many reasons 50% of the population put dental care at the bottom of the healthcare list. Some people are downright fearful while others have suffered bad experiences in the past. Or some need extensive care and simply can't find enough hours in the day.

It's time to rest easy. Oral Sedation Dentistry is here!

After an initial visit with us where all your questions and concerns will be answered, we'll schedule your sedation appointment(s). You'll find your treatment is performed more comfortably than you might ever have thought possible. You'll be drowsy, and unaware of the time passing by. Our

specialized team will monitor you continually throughout the appointment. The big plus? We can accomplish extensive amounts of dentistry at one time, and you'll have little or no memory of the experience.

For anxious patients, this new treatment is a miracle. Your dental health is important and need not be neglected because you are nervous. Oral Sedation Dentistry is as simple as taking a pill.

A beautiful smile may only be an appointment away! This invitation is open to you, your friends and family. Please call today if you have questions or are ready to begin.



Sue Michels

We are pleased to welcome Sue to our front office team and Judi to our Hygiene team.



Judi Wagner

A WELCOME TO SUE AND JUDI!

Hi, I'm Sue Michels. I started at Dental Professionals in January of this year. You will see me at the front desk on Wednesdays and Fridays. I feel very fortunate to have found such an enjoyable and skilled group of people to work with. I take pleasure in meeting all the new patients and enjoy learning a little something about each of them. The constant flow of patients keeps me on my toes and since I love working with people of all ages the job is ideal for me. I live in West Bend with my husband Tony, who is the West Bend East Football coach, so football keeps us busy all year round. I enjoy going to all his games and helping him with the administrative end of things during the off season. I enjoy reading, cooking and walking. In my free time I like getting together with family and friends. I look forward to becoming a grandma in July.

Hi, I'm Judi Wagner. I have been a resident of Germantown for 20 years, where I was blessed to raise my two children, Katie, 20, and Mike, 18. In my free time I enjoy jogging and golfing.

I have been practicing Dental Hygiene since 1981. I enjoy the friendly atmosphere of the office, where I will be filling in for the talented Hygiene staff as they take personal, family and vacation days. I look forward to meeting each of you and working with the kind hearted staff at Dental Professionals.

FLUORIDE - Nature's Tooth Decay Fighter

What Is Fluoride?

Fluoride is a mineral that may occur naturally in all drinking water sources – lakes, oceans, rivers, and underground water. Extensive research has shown that optimal levels of fluoride not only reduce cavities in children and adults, but also help repair the early stages of tooth decay. Over the past few decades, tooth decay has been reduced dramatically because of FLUORIDE.

How Are We Exposed To Fluoride?

There are two ways we receive fluoride. **Topical fluoride** is applied to the surface of the teeth. It can be delivered at home through toothpastes, fluoridated water, mouthrinses, and gels. Topical fluoride can also be applied as a varnish in a

dental office. **Systemic fluoride** is intended to be ingested. This form includes fluoridated water and dietary supplements such as tablets, drops, or lozenges.

How Does The Fluoride Help Our Teeth?

Tooth decay is reduced by the topical fluoride strengthening the tooth enamel while the systemic fluoride is integrated into children's teeth as the structure of the tooth forms. Children who drink fluoridated water will benefit from both the ingestion of fluoride as well as the topical component. Adult teeth will benefit from the topical application of fluoride. Thus, water fluoridation helps prevent tooth decay in both children and adults.

How Do We Know If Our Water Has Fluoride?

Bottled water will rarely have fluoride. If your drinking water comes from a public or community water supply, you can contact the local water supplier to determine the fluoride level. Optimal levels of fluoride in drinking water are 0.7 to 1.2 parts per million. Drinking water that comes from a private well can have a certified laboratory test sample to provide you with data. The Environmental Protection Agency does not regulate private drinking water wells, but recommends that private well water be tested every year.

Please check with your dentist if your fluoride levels are not in the optimal range for advice.

Contact Information for Water Test Kits

Wisconsin State Laboratory of Hygiene
<http://www.slh.wisc.edu/ehd>
1-800-442-4618

Environmental Health Division
2601 Agriculture Drive
P.O. Box 7996
Madison, WI 53707-7996

A FRIENDLY UPDATE on Appointments and Scheduling

Thank you to everyone for your understanding in any appointment delays. Please be courteous to other patients at Dental Professionals when changing your appointments so patients have the opportunity to appoint for dental care. Please notify us 48 hours prior to your appointment of a cancellation. Remember, missed appointments or canceled appointments 24 hours prior may result in a cancellation charge. Thank you again for your patronage.

SMILE of the SEASON

"What Paper??"

Introducing Madeline!
Madeline is 2 years old. She loves playing with her big brother Ben, ponies, puppies and painting!

We need more smiles... please share your smiles with us and we will showcase them in the next few issues of the Smile File.



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Office Hours:

Monday 8:00-6:00
Tuesday 8:00-5:00
Wednesday 8:00-6:00
Thursday 7:00-4:30
Friday 7:00-1:00

SUPERSTAFF

Check out our staff's favorite recipes, jokes, cartoons, etc.



Introducing Torrie Zambon

I have been with Dental Professionals for five years as a dental hygienist. My husband Chad and

I have an 11 month old daughter, Kendall. I enjoy spending time with my family, playing golf, tennis, basketball and waterskiing.

From Torrie's Kitchen

Turkey Taco Skillet

Prep: 5 minutes. Cook: 20 minutes. Serves: 4

- 1 lb. ground turkey
- 1 can (10-3/4 oz.) Tomato Soup
- 1/2 cup salsa
- 1/2 cup water
- 6 flour tortillas (6") cut into 1" pieces
- 1/2 cup shredded cheddar cheese
- 1/2 green pepper, chopped
- 1/2 green onion, chopped
- 1 whole ripe tomato, diced
- 1 cup sour cream

Cook turkey in 10" skillet until browned with green pepper and onion, stir to break up meat.

Stir in soup, salsa, water and tortillas. Heat to a boil. Reduce heat to low and cook for 5 minutes. Stir. Top with cheese. Garnish with tomatoes and sour cream.