

FILLING YOU IN

A DENTAL NEWSBRIEF

Summer 2007

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Dear Friends,

This year we celebrate 40 years in dental practice and 90 years of our family serving the community's dental needs. It has always been my philosophy to provide excellence in care and a treatment plan in my patient's best interest. We use an integrated approach that includes referral to specialists, the best materials, and the most current scientific thinking in a modern up-to-date office.

Thank you for your continued confidence in our office and the referral of your friends. The staff and I look forward to treating your dental needs for many years to come.

Sincerely,

Dr. David Crane

Sugar: A Sweet Problem

We are seeing an increase in cavities recently due to the high consumption of sugar. If you read labels and do the math it can be quite surprising (4.2 grams of sugar = 1 tsp sugar).

Some examples:

- Captain Crunch - 12 grams or 3 tsp of sugar per cup
- Fruit Loops - 15 grams or 3.5 tsp of sugar per cup
- Cheerios has no added sugar.
- Mountain Dew - 78 grams of sugar or 19 tsp per 20 oz. bottle. Do you know anyone that drinks more than one per day!?
- Grape Minute Maid and Orange Slice have slightly more than Mountain Dew!
- Hostess lemon pie - 11 tsp
- McDonald's vanilla shake - 12 tsp
- Pancake syrup - 10 tsp per $\frac{1}{4}$ cup

Read labels and be aware of hidden sugars. Check especially cereals, ketchup, fruit drinks, yogurt, fruit roll-ups and hard candy (often used for dry mouth). You may be shocked! We all eat sugary snacks now and then, but being aware of how much sugar is in a snack and how many sugary snacks we are serving and/or eating makes us more conscious of our choices. Rinse with water or brush after snacks to help remove bacteria that causes tooth decay. Schedule regular check-ups and cleanings and be sure to use toothpaste with fluoride.

Oral Cancer

You should always contact your doctor or dentist immediately if you notice the following symptoms in yourself or a loved one:

- a sore or lesion in the mouth that does not heal within two weeks
- a lump or thickening in the cheek
- a white or red patch on the gums, tongue, tonsil, or lining of the mouth
- a sore throat or a feeling that something is caught in the throat
- difficulty chewing or swallowing
- difficulty moving the jaw or tongue
- numbness of the tongue or other area of the mouth
- swelling of the jaw that causes dentures to fit poorly or become uncomfortable

These symptoms may be caused by other less serious problems, but they also indicate the possible presence of oral cancer. Only a professional will be able to tell you definitively. Some think that a visit to their medical doctor is the appropriate course of action. But remember that dentists are trained in this simple, quick screening which involves the examination of the oral cavity as a whole and not just your teeth.

We do this screening routinely as part of your overall dental exam, as well as the structures around your mouth and face.

A New Look

During the last year our staff has supervised the redecorating of our office. You will notice a change in all of our rooms as well as new waiting room furniture and some new pictures.

Our outside flower gardens have also taken on a new look. Thanks to Earl Rank and others who have kept the outside of our building looking so nice.

We have just upgraded our office to the most advanced electronic record system. You will start to see more signs of this technology throughout the office.

Letter from Kari Wold

After 10 years of calling Dr. Crane's office "home," I've accepted a position as staff manager at a large, multi-practice clinic. Not only will I be leaving behind coworkers, who I consider my second family, but I will also miss the patients and families that I've come to know so well. This was not an easy decision, but sometimes opportunity presents itself at inopportune times...

So, as I ready myself to take on a new challenge, Dr. Crane and the staff have been realigning and training in anticipation of my departure.

It will be different for all of us, but I know I leave you all in good hands.

Kari

Meet Our Staff



Susan Brown has recently joined our assisting and office staff. She has worked as a receptionist and as an assistant in another local dental office for the past 8 years. Susan and Chris have two grown children and live on a hobby farm just outside of Chippewa Falls (she holds group therapy sessions with her cats and chickens).



Robin Earsom joined Dr. Crane's staff in April of this year to work in the front office and help with Dr. Crane's seminar business. Robin comes with a background in administrative support and seminar planning. Robin enjoys spending time with her children and grandchildren.



Peggy Hutchinson plays a very important role behind the scenes. She keeps the office clean top-to-bottom and has done so since 1999. We don't see her often, but we know she's been here! With OSHA regulations and our own hygiene expectations, she is a professional we couldn't do without!



Beth Mayer has been a dental hygienist since 1996. She received her hygiene degree from MATC. Beth's knowledge and professionalism are great assets to our office. Beth has two daughters and several pets. She enjoys camping, biking and hiking in the summer and snowshoeing in the winter.



Mary Peck has been an assistant with Dr. Crane since 1996, although her dental assisting experience goes back to 1974. Mary, her husband, and two children live outside of town and are part of Peck Valley Dairy. In the fall, be sure to drive out on County P and look for her son Mark's pumpkin and produce wagon.



Geri Sedlacek has been Dr. Crane's bookkeeper since 1989. Geri and her husband live in Chippewa Falls with their son and operate a catering business "in their spare time." Geri also works full-time for Chippewa County.



Deb Sutton mentioned at one of her appointments that she had formerly been a dental assistant. We thought of her immediately when we had the need to find temporary fill-in help..and she's been working here part time ever since!! She and her husband have three children and lots of animals. They are very active in 4H, school, and church. Deb, Bob and family traveled to Bolivia with us in the spring of 2006.

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EVIDENCE-BASED DENTISTRY

This is a term you may have heard recently. If not, you probably will in the future.

The American Dental Association defines the term "evidence-based dentistry" as follows:
Evidence-based dentistry (EBD) is an approach to oral health care that requires the judicious integration of systematic assessments of clinically relevant scientific evidence, relating to the patient's oral and medical condition and history, with the dentist's clinical expertise and the patient's treatment needs and preferences.

What does this mean to the patient? While your dentist will continue to determine your individualized treatment plan, EBD gives us one more tool in determining your dental needs.

Some insurance companies have adopted EBD benefit structures that will allow cleanings (or other services) on a more frequent basis for patients that fit specific scientific criteria. If your insurance company has added EBD to your insurance plan, we can help you utilize its recommendations and benefits to help you maintain a healthier mouth.

OFFICE HOURS

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