

# Dental Updates

Compliments of Dr. Jeffrey Scheperle

## Scheperle Dental

*Providing:*  
 General dentistry  
 Emergency dental care  
 Tooth whitening  
 Root canals  
 Denture fittings  
 In-house crowns & bridges

1655 N. Arlington Hts Road  
 Suite 200E  
 Arlington Hts, IL 60004  
 847/398-0326  
*Office Hours:*  
 M, T, Th, F: 8-5:30  
 Alternate Saturdays: 8-1

## Getting to Know You!

On March 6, the team at Scheperle Dental celebrated our first year of providing dental service to the Northwest suburbs. And what an exciting year it's been!

Dr. VanBladel helped enormously to make the initial transition a smooth one. I know all his patients will be happy to know he's enjoying his retirement — particularly spending more time with his family. He sends his best regards to one and all.

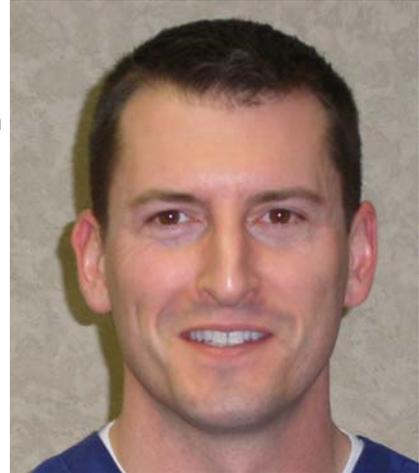
For me the year has been exciting and satisfying on many levels. First and foremost has been the pleasure of meeting all of you — my new patients. You've made me feel welcome, and I've come to realize what a great community this is. I'm proud to belong to it.

A great staff helps make everything run smoothly, and I'm proud of our team here: Heidi, Nina, Yelena, and Bridget.

Together our aim is to provide the highest possible level of dental care for you and your family. Good communication is a key to that — which is why we've launched this newsletter.

In it we plan to share with you new developments in the office, offer ongoing tips for better oral health, and forge a deeper relationship with each and every one of your over time.

## News from the office of:



**Dr. Jeffrey Scheperle**

## New Saturday Hours

We started off the new year with a new schedule for Saturday appointments. We're now open every alternate Saturday.

To provide the same level of service, we have welcomed a new hygienist to our staff, Nina Toomey.

Nina has been a hygienist for five years, and she lives in Arlington Heights with her husband and son. Patients are already enjoying interacting with her.

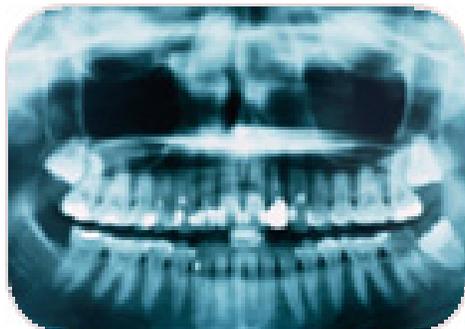
Saturday hours remain the same: from 8 a.m. to 1 p.m.

## The Big Picture

In order to provide the most effective treatment, Scheperle Dental has acquired an important new tool: a panoramic x-ray machine. Panoramic x-rays give a broad overview of the entire mouth. They're particularly useful in evaluating wisdom teeth, past or present TMJ problems, suspected oral cancers, impacted teeth, and facial trauma.

I usually recommend that all patients have a panoramic x-ray every

five years, starting at the age of six. Although other types of dental x-rays



Typical panoramic x-ray

(such as bitewings and periapical x-rays) provide more details about certain aspects of the teeth and gums, panoramic x-rays can identify problems that the other x-rays would miss.

The best news for patients: the machine moves around the patient's head, so no film must be placed inside the mouth.

## Tooth-friendly Sports

School's in full swing, and lots of youngsters are playing sports. As spring approaches, their numbers will grow. That's healthy for many reasons, but parents should also be aware of a downside. An estimated two million teeth are knocked out every year in sports injuries.



Soccer players face the greatest orofacial risks,

suffering them at three times the rate of football players, according to the *Journal of Pediatric Care*, which

adds that basketball players have double the risk of football and ice hockey players.

If your child does lose a tooth, endodontic experts recommend picking it up by the chewing surface to help minimize injury to the root and rinsing gently with water, if necessary. The tooth should then be repositioned immediately in the socket and held in place with the fingers or a gentle biting pressure. Seeing a dentist immediately (within 30 minutes) will maximize the chances for the tooth's survival.

Of course it's better still to avoid any such injury in the first place. The best way to do they is by insisting that your child wear a mouth guard.

**“Two million teeth are knocked out every year in sports injuries.”**

You can find these in sporting goods stores, but a mouth guard that's custom-made by your dentist will fit better, protect the teeth more, and they aren't easily dislodged. They also last up to two years.