



BOGER DENTAL

healthy smiles enhance lives

Produced for the Friends of Boger Dental

Fall 2010

fromthedentist

Dr. Chad Earns Additional Advanced Training For Full-Mouth Reconstruction From Prestigious LVI

LVI Global (LVI) for Advanced Dental Studies proudly announces the completion of Full Mouth Reconstruction-Essential Tools for



Dr. Chad

Finalization of Neuromuscular Rehabilitation program by Dr. Chad Boger. This six day, live-patient treatment program focuses on teaching dentists to deliver comprehensive dental care to their patients through full mouth reconstructive principles combining their occlusal and restorative training.

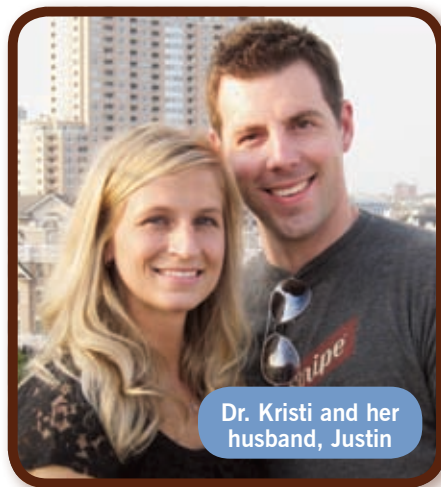
Dr. Chad completed the program under the world-renowned Dr. William Dickerson, Founder and CEO of LVI Global. While at LVI, Dr. Chad underwent intensive training on how to evaluate, diagnose and treat occlusal and restorative cases to not only make patients look good but feel good as well.

Dr. Chad Boger's desire to provide the best possible care in his practice is evidenced by his commitment to continuing education in advanced dental studies. Over the past four years, Dr. Chad has completed more than 500 hours of continuing education.

For more information, call LVI at (888) 584-3237 or Dr. Chad Boger at (763) 546-7707.

WELCOME...

Dr. Kristi Scherweit



Dr. Kristi and her husband, Justin

At Boger Dental, we strive to maintain an office that is always open to new patients and is consistently able to provide efficient, quality patient care. In support of this endeavor, we're very excited to announce the addition of a new dentist to our practice team.

We proudly welcome Dr. Kristi Scherweit, originally from Casselton, North Dakota, who will begin providing care at our practice as of August 16th. Dr. Kristi attended Marquette University Dental School and has since been practicing in a two-dentist, family office in Maryland. She and her husband,

Justin, are anxious to get back to the Midwest, where they can be closer to family.

Dr. Kristi has a long-standing background in dentistry, as she essentially grew up in a dental office. Her mother has been an office manager for many years, and Dr. Kristi was influenced by the friendship she developed with the dentist her mother works for.

We are very glad to have Dr. Kristi join our team and are eager to have you all meet her. We're sure you'll agree that her warm and caring style will be a perfect fit to our strong team of dental professionals. With her addition, we also will be able to expand our office hours, extend the availability of appointments, provide more care for our child patients, and allow Dr. Chad to spend additional time on orthodontics and more involved treatments. So ... welcome Dr. Kristi!



Congratulations!

Our chairside assistant Katie and her husband Jamie, welcomed

Elise Janelle Scherber

into their family on Friday, July 16th.

Elise weighed 6lbs 9ozs and was 18 inches long.

Thanks for helping us bring smile to children through Smiles For Life 2010. This year we raised \$25,410!



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea

for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

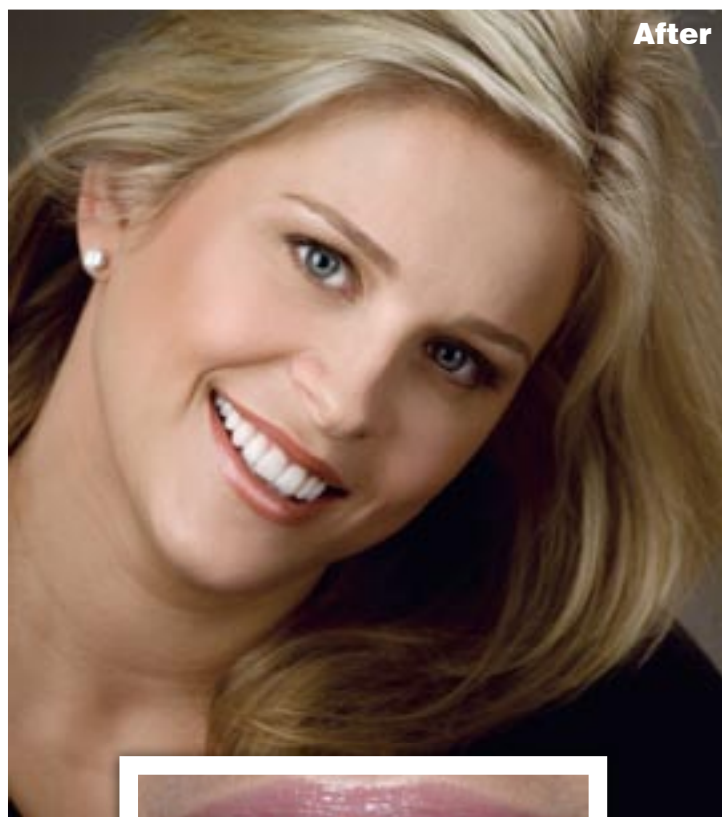
Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile

Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 Protect your damaged tooth by capping it with a crown.

2 Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

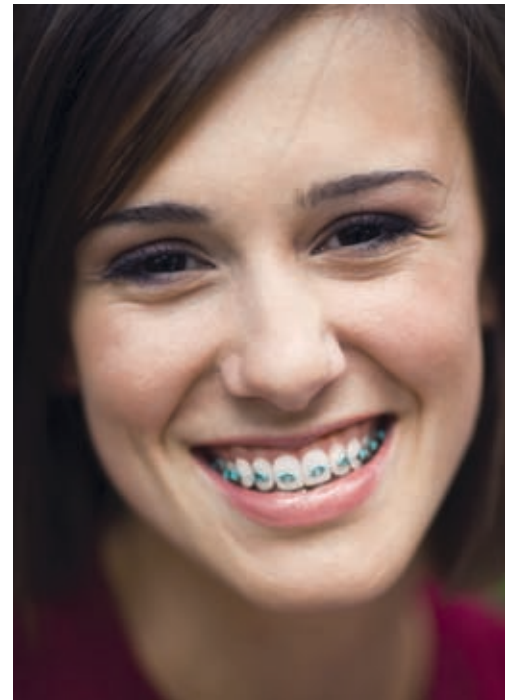
Time To Straighten Up

Orthodontic care is now available!

Whatever your dental needs, we want to be able to meet them. It is our goal to ensure that you and your family receive exceptional care, with the added comfort of familiar surroundings and the same welcoming faces you already know and trust. It is with this in mind that we are excited to announce ... we will now be offering orthodontic treatments.

Over the last five years, Dr. Chad has undergone extensive training on treating complex Temporomandibular Joint Disorder (TMD), grinding, pain, headaches, and full mouth reconstruction. While learning about these treatments, Dr. Chad developed a passion for preventing them. He is now devoted to learning about the development of the airway, from birth to adulthood, and how to achieve optimal jaw alignment, for function and esthetics. This devotion has led him to embrace orthodontic techniques that focus on airway development, facial structure, and optimal alignment of jaws, muscles, neck, and teeth. With treatment during childhood, Dr. Chad can help young patients decrease the need for extractions, reduce the duration of braces-wearing, and lower the risk of TMD pain later in life. These orthodontic treatments are also suitable for adults!

Although orthodontic care is new to our practice, we will approach every treatment with our same care, dedication, and commitment to quality dentistry. If you are interested in orthodontic care, please let us know. We will discuss your options and help you build a treatment plan.



Our Updated Website!

Great new features

The internet is amazing! It allows you to access our website whenever you want, and we know that many of you have been enjoying the useful information, pictures, and up-to-date content found at www.bogerdental.com.

We've recently updated our website to include:

- a blog ... which we will update whenever we have useful information to share;
- an expanded smile gallery;
- details about many dental procedures, from whitening to the smile design process;
- certified patient reviews;
- refer a friend;
- quick access to contact office online;
- meet our new team members.



Aside from our own website, you can also find us on Facebook, Flickr, Twitter, and YouTube!



officeinformation

Boger Dental

Dr. Stephen P. Boger

Dr. Chad E. Boger

Dr. Joseph T. Madden

Dr. Kristi L. Scherweit

2720 Annapolis Circle North
Plymouth, MN 55441-4722

Office Hours

Mon-Wed 7:00 am – 8:00 pm
Thurs-Fri 7:00 am – 4:00 pm

Contact Information

Office (763) 546-7707
Fax (763) 546-7713
Email info@bogerdental.com
Web site www.bogerdental.com

Team Members

Assistants Anna, Chrissie, Hailey, Kate, Katie, Lori

Hygienists Erin, Heidi, Loralee, Meghan, Sarah, Tiffany

Treatment Coordinators Becca, Missy

Patient Services Coordinators Gloria, Lindsay, Mariann, Melissa, Moriah, Starr

Clinic Admin. & Insurance Coordinator Robyn

Marketing & Community Relations Kelly

