







Call (715) 842-5691 for an appointment

Monday: 8am-5pm
 Tuesday: 8am-5pm
 Wednesday: 8am-5pm
 Thursday: 8am-5pm

Summer Newsletter

June



2017



July

August



Those Lazy-Hazy-Crazy Days of Summer

By: Nat King Cole



Roll out those lazy, hazy, crazy days of summer
 Those days of soda and pretzels and beer
 Roll out those lazy, hazy, crazy days of summer
 Dust off the sun and moon and sing a song of cheer
 Just fill your basket full of sandwiches and weenies
 Then lock the house up, now you're set
 And on the beach you'll see the girls in their bikinis
 As cute as ever but they never get 'em wet
 Roll out those lazy, hazy, crazy days of summer
 Those days of soda and pretzels and beer
 Roll out those lazy, hazy, crazy days of summer
 You'll wish that summer could always be here
 Roll out those lazy, hazy, crazy days of summer
 Those days of soda and pretzels and beer
 Roll out those lazy, hazy, crazy days of summer
 Dust off the sun and moon and sing a song of cheer
 Don't hafta tell a girl and fella about a drive-in
 Or some romantic moon it seems
 Right from the moment that those lovers start arrivin'
 You'll see more kissin' in the cars than on the screen
 Roll out those lazy, hazy, crazy days of summer
 Those days of soda and pretzels and beer
 Roll out those lazy, hazy, crazy days of summer
 You'll wish that summer could always be here
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Chewing Gum to Prevent Cavities

by: ADA Mouth Healthy

Clinical studies have shown that chewing sugarless gum for 20 minutes following meals can help prevent **tooth decay**.

The chewing of sugarless gum increases the flow of **saliva**, which washes away food and other debris, neutralizes acids produced by bacteria in the mouth and provides disease-fighting substances throughout the mouth. Increased saliva flow also carries with it more calcium and phosphate to help strengthen **tooth enamel**.

Look for **chewing gum with the ADA Seal** because you can be sure it's sugarless. All gums with the **ADA Seal** are sweetened by non-cavity causing sweeteners such as aspartame, xylitol, sorbitol or mannitol. Of course, chewing sugar-containing gum increases saliva flow too, but it also contains sugar which is used by **plaque** bacteria to produce decay-causing acids. Further research needs to be done to determine the effects of chewing sugar-containing gum on tooth decay.

Don't let chewing sugarless gum replace **brushing and flossing**. It's not a substitute. The ADA still recommends brushing twice a day with fluoride **toothpaste** and cleaning plaque from between your teeth once a day with dental floss or other interdental cleaners.

Look for chewing gum that carries the ADA Seal. The ADA Seal is your assurance that the sugar-free chewing gum has met the ADA criteria for safety and effectiveness. You can trust that claims made on packaging and labeling for ADA-accepted products are true, because companies must verify all of the information to the ADA. Products with the ADA Seal say what they do and do what they say.



SHOULD YOU TAKE BIRD FEEDERS DOWN for the summer?

By: National Wildlife Federation

them.

Keeping birdbaths and feeders clean is particularly important in summer. Be sure to **change the baths and other standing water daily** to keep it fresh and to prevent mosquito larvae from hatching. Switch to all-weather suet during hot weather so it won't melt or spoil, and place suet feeders in the shade. Check all feeders regularly, and throw out any wet or moldy birdseed. **Change the nectar in hummingbird feeders at least every three days.**

Employee Spotlight

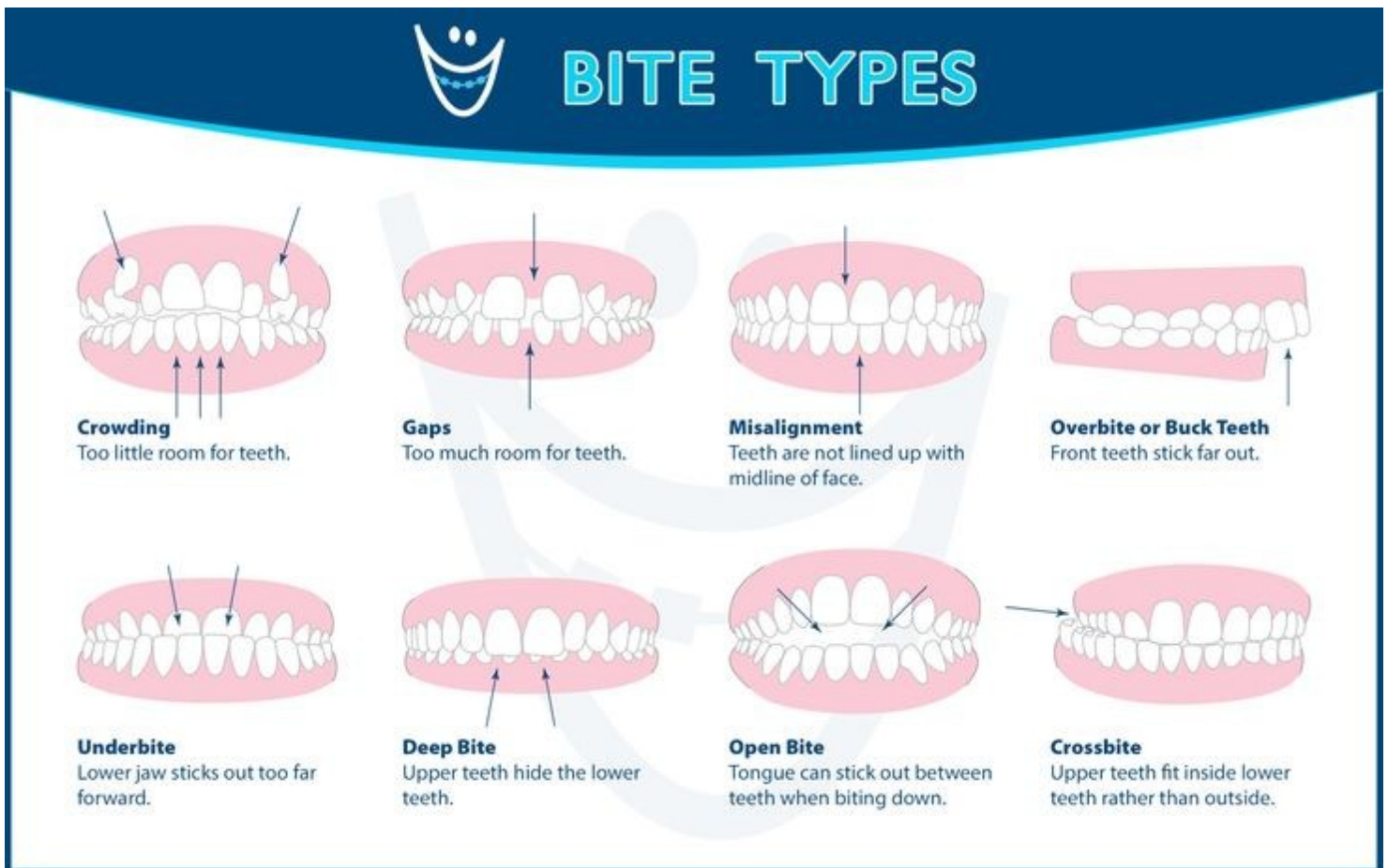


Kali
Registered Dental Assistant

I graduated the Dental Assisting program at the National Dental Academy in November 2016 and joined the Dental Options team as a Dental Assistant shortly after, in February 2017.

I was born and raised in Wausau, and now raise my 3 1/2 year old daughter Lila in Rothschild. I enjoy taking pictures, coloring, playing Sudoku, and being outdoors with my daughter.

In the time I've worked at Dental Options I have met so many wonderful people, this is truly a family environment. The way Dr Bearjar treats not only his patients but also his staff is unlike I've ever seen. I look forward to meeting and working with our amazing patients, and assisting the great team we have in place for many years to come.



It's common to have an overbite or underbite, but a severe condition can lead to problems such as chipped or fractured teeth, tooth decay, gum disease and strain on the teeth, jaw and muscles. Bite problems can also compromise speech.

Underbites and overbites can often be corrected with orthodontic treatment, including removable and fixed options, such as retainers and braces. Severe cases may need surgery. Ask Dr. Bearjar his recommendations and best treatment for your condition.