THE Whole TOOTH

The tooth, The whole tooth, and nothing but The tooth....

Fall / Winter 2005

Improving our Outlook

After 30+ years of looking at the same cement block walls, doctor Laughlin, the dental team, and our patients will soon be blessed with a new view. Though it took a long time to find a location for our new office, design for the space began late last year. The new office is located three miles south of River Falls. A firm from the east coast named Design Ergonomics completed the floor plan in mid-May of this year and construction began in late July.

Each of our six new operatories will have a large window with a great view overlooking a beautiful wooded landscape. A new, modern, waiting room will be more relaxing and comfortable for patients. We are very excited that increased natural lighting will provide everyone with a more open, soothing, and uplifting atmosphere. More operatories will allow us greater flexibility and increased efficiency that will result in patients spending less time in the waiting room. Additional room in the new office will allow us to add a full-time hygienist to our team - which means better care for every patient.

Our dental team is most excited about having room to move around without bumping into each other all the time. We're also looking forward to a work environment designed specifically to enable us to perform our jobs

smoothly. Health Centered Dentistry has always added new technologies to better diagnose and treat our patients, in our new location we will be able to fully utilize these treatment enhancing therapies to better serve our patients. It is thrilling to know we will soon be working in a space that will allow us to reach a new level of patient service.

Dr. Laughlin and his team have always worked closely with a wide variety of alternative health practitioners, the new location will have additional space that is leased to complementary therapists. At this time one of the two spaces has been leased to a team consisting of an accupuncturist (Gail Behr) and an occupational therapist (Paula Lugar). We are currently looking for another tenant to occupy the remaining 1000 ft^2 office.

We can't wait to see you (and us) in the new office!!!

BREAKING NEWS: We expect the new office to be completed and occupied by the middle of January 2006.

Healthy Mouth, Healthy Body

Oral health is integrally connected with your general health. Recent research suggests there may be a link between gum disease and other health problems. Several studies, for example, connect gum disease with the development of cardiovascular problems. There is evidence that the bacteria in the mouth which is associated with gum disease may be linked to heart disease, artery blockages, and stroke. Regular hygiene visits can reduce the risk of oral bacteria negatively affecting your health.

Periodontal bacteria can enter the blood stream and travel to major organs and begin new infections. Research is suggesting that this may:

- Contribute to the development of heart disease, the nation's leading cause of death. (continued on back page)

Body Mind & Spirit Conference (at UW - STOUT)

Dr. Laughlin will be presenting at this year's annual Body, Mind & Spirit conference, Sunday October 30th from 1 - 4 PM. Dr. Laughlin has practiced in Ellsworth for the last 30 years and has attended thousands of hours of post-graduate education courses. These courses have included a wide variety of topics, including: treating TMJ pain, advanced orthopedic orthodontic techniques, nutrition, cranial therapy, addressing breathing issues (sleep apnea), heavy metal toxicity concerns, and cavitations. Some benefits Whole Person Dentistry has to offer are:

- ***Freedom from TMJ Pain***
- ***Orthodontic Alternatives to Extractions/Jaw Surgery***
- ***Non-Toxic Dental Care***
- ***Snoring and Sleep Apnea Solutions***
- ***Help for Your Kids to Reach Their True Potential***
- ***Improved Overall Health***
- ***Discover If Your Teeth Are Affecting Your Health***

The concepts taught in this lecture are basic information that everyone should have in order to be responsible for the long-term health of their teeth. The lecture will be designed for both the general public and health practitioners. It will also include examples of diagnostic and treatment techniques.

For more information please call:
UW - STOUT
PH: (715) 232-2793
or visit their website at:
http://www.1ness.org/bms/

Words from a Healthcare Professional

Interview with ***Dr. Ron Nyggen:***

How would you describe your healthcare philosophy?

I believe that looking at the root of the problem is the best way to help my patients. Treating the body as a whole instead of a collection of disparate parts is a basic aspect of my practice.

What's the most interesting situation / result you've seen in your practice?

The grandmother of two six month-old twin girls brought the infants in to see if cranial-sacral work could benefit them. They were born with the sides of their heads flattened where they were lying against each other in utero. The babies suffered from chronic colds and chronic ear infections, they were fussy, cranky, and not sleeping well. Following 3 cranial-sacral treatments, their heads were shaped normally, they were sleeping great, happy, and no longer suffering chronic illnesses. After the 2nd treatment grandma could not believe they were the same girls. She rewarded me with a kiss on my cheek.

In general, what advice would you give to people to stay young and healthy?

Drink only purified or filtered water, exercise daily, stay away from packaged / fast foods, receive cranial – sacral and/or chiropractic care regularly. Seek healthcare professionals with a holistic philosophy.

What is the most frequent complaint patients come to you with?

Low back pain.

How can people avoid that problem?

Exercise and using the proper body mechanics (i.e. avoiding lifting with your back instead of your legs, over-lifting).

What forms of healthcare do you most often recommend your patients look into for additional help to get healthy?

That depends on what the patient's situation is and where they've already been. Oftentimes patients have already exhausted the options suggested by the contemporary medical route and come to me looking for alternatives. I frequently refer patients to a holistic dentist, herbalist, or acupuncturist for additional health support.

Dr. Nyggen has just completed some work with a herbalist that has almost completely remedied heart arrhythmia he has been suffering from for the past year. The mainstream medical specialists tried 5 different drugs and in the end prescribed surgery to alleviate the symptoms. Dr. Nyggen is currently operating at or above 95% of his original physical capacity.

Throat / Airway Constriction Therapy

Throat / airway constriction afflicts between 12 and 18 million Americans. A 2003 study in JAMA (Journal of the American Medical Association) reported that one in five adults has some degree of throat / airway constriction.

If you answer "YES" to any of the following questions it is highly likely you have some level of sleep apnea or throat / airway constriction.

- Do you snore on a regular basis?
- Do you ever wake up suddenly, gasping or choking for air?
- Do you experience excessive sleepiness or on-edge feelings during the day?
- Do you experience headaches, sore throat, or dry mouth in the mornings after waking up?

The most important diagnostic tool is a complete medical history taken by a health care practitioner. Because the jaws and related structures influence the development of this syndrome, dentists play an important role in both identifying patients who should be assessed by sleep specialists and in many cases, instituting treatment. Other methods to diagnose sleep apnea include: Sleep studies, ECG test, & thyroid function studies.

Not treating Sleep Apnea can result in some rather severe health consequences, such as:

- A five-times increased risk of diabetes
- Men with OSA are five-times more vulnerable to developing heart disease (strongly suggested in studies)
- Greatly increased risk of hypertension
- A compromised immune system and slower healing
- Increased risk of accidents due to falling asleep at inappropriate times

There is considerable information regarding this condition on the internet, and your medical doctor can also help you. At Health Centered Dentistry we provide one method of treatment for the problem, there are others that you could explore as well. The method we use to treat Sleep Apnea is the least invasive into your life, and is proving to be one of the most effective.

Words from a Patient:

Deb Althaus

The day I walked into Health Centered Dentistry I could barely remember my name. If I had to fill out a form, I would have to look at my driver's license to be able to write down my address. I was having terrible headaches and was always tired, I was like a walking zombie. Sometimes my headaches would be so terrible that I would stay inside all weekend, I couldn't bear going out. My naturopath mentioned Dr. Laughlin and I came here hoping to find some kind of, any kind of, help. Over the last year and a half my health has improved more than I ever thought possible by just seeing a dentist. Because of my inability to think clearly each step with Dr. Laughlin took me about six months to commit to, but over the last 18 months I've: removed the various metals from my mouth, extracted a tooth which I've been complaining about to my previous dentist for 10 years, and finally had an OSB (throat restriction relieving & sleep / day apnea) appliance inserted. Each time something was done I felt a little better, whether it was a little more energy, less headaches, or improved clarity of thought. I feel so lucky to have found this place. I feel like a totally different person. The sun is brighter. I now have hope, I now look forward to the future and wonder what my career will be like.

(**Healthy Mouth**..... contd. from front page)

- Increase the risk of stroke.
- Increase a woman's risk of having a preterm, low birth weight baby.
- Pose a serious threat to people whose health is compromised by diabetes, repiratory diseases, or osteoporosis.

Sure, you may take excellent care of your teeth at home with daily brushing, flossing, and use of a Hydro Floss™ / Waterpik™. Yet regular oral hygiene visits are vital for keeping your teeth and gums clean and healthy, preventing potentially serious problems.

Good oral hygiene is a great habit to get into! We can help you learn how to keep your smile looking its best!!

Health Centered Dentistry's Contact Information

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Box 900, Ellsworth WI 54011

Patient Hours:

Monday	8:30AM - 5:00PM
Tuesday	8:30AM - 3:00PM
Wednesday	9:00AM - 5:00PM
Thursday	8:30AM - 5:00PM

Non-Patient Hours:

Friday	8:30AM - 12:00PM