

# RISBRUDT REPORTS

We feel called to be a nurturing, supportive and health-centered practice based on integrity, trust, commitment, quality, service, and dedication to technical and behavioral excellence.

## **No, I'm Not! Yes, I am!!**

Recently, a very good friend and professional colleague who had recently retired called me. "Now that I'm retired from practice, I have obtained my broker's license, and I'm brokering dental practices. I heard that you were thinking of retiring, and so thought I'd call and hear it from the horse's mouth."

Frankly, I was shocked! I wondered who might be starting such a rumor, because it certainly wasn't me! I began to think about this conversation, and wondered to myself: "Why would I want to retire, when I'm doing the kind of dentistry most dentists only dream about, with patients and friends who value and appreciate their dental health and the service my team and I are providing?" So, **NO, I'm NOT!!** (Retiring, that is. I'd have to have rocks in my head!)

On the other hand: **Yes, I AM!!** (Accepting new patients, that is, especially if they are friends of yours!!) Nearly every day at the end of the day, my team and I look back on the day and comment on the wonderful people who present themselves for care here at Suite 128. We are blessed!! You are family to us—we look forward to each and every encounter with you, our valued friends. When you refer a friend or family member to this practice it is the ultimate compliment—your expressions of confidence are most appreciated!  
With our very best wishes for a

happy, healthy summer!!



Thomas H. Risbrudt, DDS, FAGD

## **Plastic Surgery?? Check the Teeth Out First!!!**

As I write this, we have just returned from attending a seminar on esthetics and computer imaging. The presenter showed us some before and after glamour shots of patients who had presented for dental "extreme makeover" type of treatment. While it was all very interesting, the portion of the presentation that struck me was the fact that several of these patients had already done significant plastic surgery, which would have largely been unnecessary, in my opinion, if they had treated the teeth **FIRST**. The smile is "center stage" when it comes to forming an impression of a person, don't you think? A person who smiles easily is perceived as friendly and confident.

These patients were presenting to the dentist because they were largely disappointed in the results of the plastic surgery, which, in some cases, was extensive!! It was very interesting to see how the face literally came alive with proper esthetic and functional dental treatment!!

Is your smile all that you want it to be?? Something to think about!!

**"Teaching is the  
highest form of  
understanding." --  
Aristotle**

I have found now, after having been involved in intense small group learning situations with over 200 dentists from all over the U.S., Canada, Asia and Europe, that Aristotle knew what he was talking about!! The more I teach, the more I learn. The more I learn about the subject matter is a given, but something that I didn't realize was learning **HOW** people learn—fascinating stuff.

We know that each and every one of you learns differently. That's why we try our very best to use an approach that helps you gain a measure of health as a result. We derive no satisfaction from doing treatment over—our goal is to do treatment that will last for a significant amount of time, and, to equip you with the tools to protect your investment.

Everyone seems to have their own "Dental Hygiene Nazi" story. At some time during their professional dental visits, they encountered a dental hygienist whose M.O. was to shame or scold people into compliance. (Remember the "Soup Nazi" episode on Seinfeld?) At any rate, you certainly **WON'T** get that approach from Jennifer!! Her mission in life is to help you becomeas dentally healthy as you can be, and her gentle, inquisitive

approach is refreshing.

Jennifer and the rest of us on this team are acutely aware of the literature regarding periodontal health: There is no longer any debate about the fact that oral bacteria can enter the bloodstream and travel to major organs and begin new infections. Research is suggesting that this may contribute to the development of heart disease, America's number one killer; 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, respiratory disease, and osteoporosis.

How do you learn best? Most people are visual learners, but there are exceptions. Please let us know how we can best help you if you have questions or concerns about a procedure or service. The part of practice that we appreciate most is that each and every one of you is unique, and we apply ourselves daily to improve our ability to get in step with you and your health care goals.

Thanks for being on the journey with us!!

## ***Did you Know That Our Sterilizer Gets Professionally Monitored Weekly??***

We send a spore test to an offsite service on a weekly basis to ensure that our sterilizer is doing its job. We get a printed report to confirm that fact that is kept on file in our office! Alabama School of Dentistry brought us up to date on all the latest in bonding technology.

## ***Health History Updates.....***

Please be sure and apprise us of any changes in your health history or medications that you may be taking, no matter how minor they may seem to you. A common side effect of many contemporary medications is dry mouth, resulting in negative effects on the teeth and gums. We can help you prevent these kinds of issues with specialized products for coping with dryness. A word to the wise is prevention!!

## ***It's Not Too Soon in the Year to Plan for Flex Plan Use***

Many of you are judiciously using flex plans at work to help you with obtaining the next level of dental health. Many of my personal teaching and learning opportunities will be taking place during the second half of the year in 2007, requiring my attendance outside of the office. We want to be sure that we judiciously schedule these procedures for you to ensure that you can maximize your benefits this year. If you are contemplating undergoing this kind of treatment this calendar year, may we suggest that you contact Sjana now, so that we can reserve this time for you?

## ***The Cutting Edge (Of the moving wedge).....***

March 16: Newport Harbor Academy: "Adhesive Dentistry—2007" John Burgess, DDS, MS, Asst. Dean for Clinical Research at University of Alabama School of

March 20: Update on hard and soft tissue lasers: Biolase Technologies.

March 22: Half-day staff meeting

March 30, 31: Dr. and Mrs. R. hosting and mentoring a dental couple aspiring to grow a relational practice. ("Giving back" is one of the biggest privileges a professional person can have, in my opinion. My mentor, Dr. Pankey, made that abundantly clear to me. Currently I actively mentor two California dentists, plus actively mentor a study club of ten younger colleagues.)

May 4, 5: California Dental Association Annual Meeting—Anaheim

May 12: Top 10 Prescription Drugs and Their Natural Alternative Strategies—a nutritional seminar to educate healthcare professionals on alternative strategies for major health issues.

May 17-19: Pankey Institute Faculty Study Club—Nine of us from all over the Western U.S. and Hawaii brought our hygienists to a summit meeting in Seattle to process together how to make the hygiene experiences for the patients in our respective practices more effective. A very synergistic meeting!!

**Risbrudt Reports** is created and published for the people in our practice at: 655 Camino De Los Mares, #128 San Clemente, CA 92673  
Phone: (949) 496-0311  
www.drrisbrudt.com

Thomas H. Risbrudt, DDS, FAGD  
and Staff

### **Subscription Information**

Risbrudt Reports is published four times a year. Subscriptions available to others interested through our office: (949) 496-0311.