THE TOP 10 THINGS YOU MUST KNOW BEFORE CHOOSING YOUR DENTIST

by Dr. Michelle Jorgensen, Dr. Chase Larsen
Dear Friend,

Whether you are researching treatment for yourself or a loved one, you are in the right place. We strive to provide you with your most enjoyable dental experience ever. It’s “About Health, About Hope, About You”.

At Total Care Dental, we understand that it is important to the dentist that is right for you. We hope that this report helps you decide which dental office is the right fit for you, whether it is Total Care Dental or not.

Reading on, you will find the top 10 things we consider the most crucial in finding a holistic dentist. This is a dentist that is dedicated to your health as much as they are dedicated to your smile.

We look forward to meeting you soon!

All the best!

Dr. Michelle Jorgensen

Dr. Chase Larsen

P.S. Explore our website and when you are ready, call 801.783.1714 to schedule your first appointment or ask questions.
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DO THEY PROVIDE AN ENJOYABLE EXPERIENCE?

For some people, going to the dentist office can be stressful. You may arrive and find that the staff can’t be bothered to address you personally, and that even though you are on time for your appointment, there is a 30-minute wait to be seen. You may also find that the chair-to-patient ratio is astoundingly unaccommodating as you spend your wait time finding a place to stand comfortably.

Your comfort is our number one priority. At Total Care Dental, we want it to feel like you’re visiting a friend, or maybe even your favorite aunt’s house! Here are some of the special things we share with our patients:

- We warm up fuzzy blankets right before your appointment, offer you memory foam neck and knee pillows and have light blocking glasses so you can really relax.
- Cookies are baked fresh all day long! Who couldn’t use a treat now and then? We bake gluten free cookies throughout the day just for you. They taste great, and our office never smells like a dental office. You can even stop by just for a cookie if you want.
- We have noise cancelling headphones so you hear what you want to, not the noises we make! Whether it’s music, TV, movies, relaxation sounds or listening to your own tunes, it’s all available to you.
- Hot towels, natural lip balm and a mint every time! After you visit, you always get our TCD signature hot towel, lip balm and mint to freshen up with. A little pampering goes a long way to enjoying your dental experience!
- Freshen up items for all your needs! Our restrooms are stocked with toothbrushes, hairspray, mouth rinse and other things to help you get ready to face the world again after your visit. Help yourself!
- Thirsty? Bottled water and cold Naked Juices are always available to you. We’ll even send some soup home with you to warm up and enjoy after your dental work.

It’s hard to tell you everything we offer. We love taking care of your every need while you are with us, and we think about you and check up on you after your care as well.
DO THEY HAVE SAME DAY APPOINTMENTS AVAILABLE?

When your tooth hurts, it hurts nearly as much to be told that there are no appointments available for several days, if not weeks. When choosing a dental practice, it is an absolute necessity for you to know that if you are in pain, your dental office cares. You may often find that dental practices are booked weeks in advance, leaving little wiggle room for emergency visits.

You should feel confident that when you need your dentist, the whole team is there for you when you need them.

At Total Care Dental, you are our number one priority. If you are in pain or discomfort, or are experiencing another oral health concern, our compassionate team will do their best to ensure you are seen as soon as possible.
There is nothing quite as discouraging as wanting answers to dental or health questions, and having to wait days or even weeks for the answer. As a new patient at Total Care Dental, you will love the time we take with you. We want to know about your dental and health challenges. We want to know your stories—things that have gone well and not so well—so we can give you the care you want and deserve.

At your first visit, you will spend two hours with your personal Treatment Coordinator. She will take photos and measurements and gather information for the doctor. The doctor then spends one on one time with you reviewing all of the findings and asking questions.

Sometimes there are other tests that need to be done before we can completely determine answers and treatment, but when possible, the doctor takes time, right then, to talk with you about your care.

We find this really gives our patients peace of mind, knowing where your dental care is heading right from the start. I think you will find this co-diagnosis approach gets you the answers you have been looking for.
NUTRITION AND HEALTH RECOMMENDATIONS?

Even though medicine seems to have forgotten, your body is connected, top to bottom. So the things that are going on in your mouth are also going on in your body. Your mouth is the window to your health—literally. We can see your teeth and gums, which show the same signs and symptoms as your bones and digestive system. If we find weak teeth, it is a warning sign of weak bones. If we find bleeding and inflamed gums, it means your digestive system and immune system are not at their best.

We pay attention to all of these signs, and make recommendations that will help you heal. Now, we aren’t medical doctors, and we don’t want to be a substitute for great medical care, but we do know health and can give you some great direction.

Dr. Jorgensen is a Therapeutic Nutritional Counselor and a Certified Nutritional Autoimmune Specialist. Those are fancy certifications that basically mean she has learned a lot about health! And the great part—she loves to share what she has learned. Always open to new ideas and treatments, she will have ideas for you that just might help you find that health you have been looking for!

We are also not interested in your having to take a “meal” of pills every day. When possible, we make real food recommendations so you can continue to have improved health, even without the pill. Come and talk—I bet we will have something to share!
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**YOUR MOUTH “TALKS” TO YOUR BODY AND...**

- **BACTERIA in your mouth travel to other parts of your body IN YOUR BLOODSTREAM.**
  - American Academy for Oral Systemic Health

- **GUM DISEASE increases the risk of HEAD & NECK CANCER.**
  - American Academy for Oral Systemic Health

- People with **GUM DISEASE** are twice as likely to die from **HEART DISEASE** & three times as likely to die from **STROKE.**
  - Mayo Clinic

- **Research has found an association between GUM DISEASE & RHEUMATOID ARTHRITIS.**
  - American Academy of Family Physicians

- **DIABETES & BLEEDING GUMS** increase your risk of **PREMATURE DEATH** by 400-700%.
  - American Academy for Oral Systemic Health

- There is a link between the **BACTERIA** that live in your mouth to **HEART DISEASE, HIGH BLOOD PRESSURE & STROKE.**
  - Academy for Oral Systemic Health

**YOUR BODY “TALKS” TO YOUR MOUTH.**

- **TOOTH LOSS & GUM DISEASE** increase the risk of **ALZHEIMER'S disease.**
  - Mayo Clinic

- **CAVITIES** are caused by a germ that spreads while **KISSING & SHARING FOOD.**
  - American Academy for Oral Systemic Health

- **GUM DISEASE** increases **PANCREATIC & KIDNEY CANCER** risk by 62%.
  - Harvard

- 93% of people with **GUM DISEASE** are at risk for **DIABETES.**
  - American Academy for Oral Systemic Health

- The Surgeon General reports that **AT LEAST 80%** of American adults have **GUM DISEASE.**
  - American Academy for Oral Systemic Health

- **PREGNANT women with GUM DISEASE** have **ONLY A 1 IN 7 CHANCE OF GIVING BIRTH TO A HEALTHY CHILD of normal size.**
  - American Academy for Oral Systemic Health

**COMPLETE HEALTH DENTISTRY™**
DO THEY OFFER WARRANTIES ON TREATMENTS?

Your dentist should stand behind their treatment. How can you be confident and comfortable with your dentist if they don’t back their treatment experience and final results?

It is very rare to find a dentist that offers a warranty for the treatments they provide. If they do, you may find it only covers things like lab work or parts and materials. Even then, you will discover that you have to work with the manufacturer directly, rather than the dental office that provided the treatment.

At Total Care Dental, we offer the right warranties for the treatment you receive, and all our warranties and warranty claims are handled by qualified Total Care staff, rather than through a manufacturer.

Your satisfaction is our top priority from the first time you call until long after your treatment is provided!
DO THEY OFFER A NON-TRADITIONAL APPROACH TO DENTAL CARE?

If you have a lot of tooth problems—leaking fillings, unresolved decay, gum disease, even failing root canals or hidden cavitations, it can wear your immune system out. You will not have the strength you need to fight off other illness. You may get every little cold and flu that comes along, or you may just feel run down all the time. A lot of our patients tell us they don’t feel well, but they just thought it was from getting older. We have good news—a lot of those health problems can be corrected and you can feel younger again!

How do we know if you’re not well? We see it in your mouth. Gums that bleed, teeth that are weak and decaying, teeth out of balance. These are all signs that things aren’t all right.

Total Care Dental takes a whole-body approach to dental care. Through our 40-point exam, we may be able to identify that you have other undiagnosed health conditions.

During our doctor’s continuous search for ways to help their patients replace lost teeth, keep their teeth forever, prevent infection and feel better about their smiles, they have embraced biological dentistry. Biological dentistry offers less toxic, more individualized, and more environmentally friendly dental care than ever before.
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DO THEY OFFER ALTERNATIVE DENTAL CARE?

Any holistic doctor or dentist will tell you there are therapies and treatments available today unlike ever before in dentistry. It’s a great time to get dental care! Some of the things we offer to help our patients regain their health:

**Ozone**
- This is a powerful antimicrobial gas that sterilizes teeth, gums and bone. Can be used for all infections and sensitivities.

**Lasers**
- Total Care Dental uses four different kinds of lasers! We can remove most cavities without numbing or drilling. We can sterilize infected gums and bone, we can seal off deep cavities and speed up healing by six times. Lasers are amazing!

**Conservative Smile Makeovers**
- With our cutting edge Durathins, we can revitalize your smile without drilling or you losing any of your healthy enamel. We call them Instant Braces!

**Cavitation Removal**
- You may have heard about cavitations. They are areas of infection in the jawbone that can affect your body. With our CT scan, we can find these infections and remove them so you can heal.

**Non-Radiation Cavity Detection**
- With our cavity detection laser and our shine-through light, we can diagnose a lot of dental problems without x-rays. We still use x-rays for some things, but this reduces it greatly.

**Fluoride Alternatives**
- We believe there are better choices than fluoride, so we have options for you.
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Natural Cold and Flu Remedies

**Dr. J's Cold-Busting Ginger-Ade**

Boil 1 quart water with 1 T grated ginger and a dash cayenne pepper. Simmer, covered for 15 minutes. Strain out all solids. Add the juice of one lemon and 1/4 C honey. - Drink 1-2 cups every few hours until feeling better -

"The best thing to fight a cold since mom's chicken soup!" - Dr. Michelle Jorgensen

**Brought to you by your friends at...**

**Total Care Dental**
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Dr. Dan Coles
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**Instant-Relief Eucalyptus Sinus Steam**

Bring a large pot of water to boil until steaming. Add 2-3 drops of Eucalyptus essential oil. Turn off the heat, and drape a towel over your head. Lean over the pot with eyes closed and inhale steam for 5-10 minutes.

**Nature's Medicine Cabinet**

- Natural Anti-viral
  Combine 1 T Apple Cider Vinegar and 1 C water. Gargle then swallow.
- Cough relief
  Elderberry syrup
- Natural Antibiotic
  Mince 1-2 cloves garlic and drink with water.

**First-Aid Kit In a Bottle**

Combine 2 drops of Lavender, Peppermint and Lemon Essential oils and rub them on the back of your neck. Use at the first sign of cold and flu or headache symptoms.
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CAN THEY SAFELY REMOVE MERCURY FILLINGS?

Dentists all over the world remove millions of amalgam fillings every day, with little concern for the possible mercury exposure that can result from grinding them out. It is not unusual for a new amalgam filling to replace the old one.

Dental amalgam is a dental filling material used to fill cavities caused by tooth decay. It has been used for more than 150 years in hundreds of millions of patients. It contains elemental mercury, which releases low levels of mercury in the form of a vapor that can be inhaled and absorbed by the lungs. High levels of mercury vapor exposure are associated with adverse effects on the brain and the kidneys.

Mercury fillings aren’t a permanent fix for a tooth. They have an average life-span of 8-12 years; some fillings wear out before that time and others last much longer. If you have mercury fillings, you will most likely have to have them removed and replaced at some point in time from wear and tear.

It is extremely important that mercury fillings are removed safely, because the greatest exposure to mercury comes when the old filling is drilled out. Total Care Dental’s procedures for removing mercury fillings can reduce your exposure to mercury vapors by up to 90%.
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DO THEY OFFER SEDATION DENTISTRY OPTIONS?

For some people, the thought of going to the dentist is so uncomfortable that they neglect their teeth and rob themselves of a beautiful, confident smile.

Total Care Dental has gone above and beyond to create an atmosphere of comfort and pleasantries from fresh cookies to the incredibly friendly and knowledgeable staff who greet you, and that’s only just the beginning.

Dr. Jorgensen and Dr. Larsen have each received specialized training to provide you with the sedation method that is right for you. Depending upon your level of anxiety, you can choose from the following sedation techniques:

- **NuCalm**—NuCalm is a holistic relaxation system that uses noise-cancelling headphones, music and light blocking glasses with or without nitrous oxide at no extra charge.

- **Oral Sedation**—Oral sedation is a pill taken an hour before the appointment. The pill will help you feel drowsy and relaxed, while still being responsive for the procedure.

- **I.V. Sedation**—For those who need an even stronger option, I.V. Sedation is available to put you to sleep for the procedure under the expert care of Dr. Larsen.

To learn more about sedation dentistry, contract our office. We can’t wait to help you face your fears of going to the dentist and see you come out smiling!
DO THEY MAXIMIZE YOUR INSURANCE?

If you pay for dental insurance, you want to make sure that you receive all the benefits available to you. Does the dentist do their part to maximize your return on your insurance investment?

The qualified staff at Total Care Dental will use all their experience when working with your insurance provider to maximize your benefits. **Once you pay for service, even if Total Care Dental is not in network with your insurance, we will complete your insurance claims for you and give them to you in a stamped envelope, ready to drop in the mail.** This means you.
BONUS: DO THEY OFFER FLEXIBLE PAYMENT OPTIONS?

We know this report was titled “The Top 10 Things You Must Know Before Choosing Your Dentist”, however, Flexible Payment Options are so important we just had to include it in the list.

At Total Care Dental, we believe your dental health comes first. We never want cost to be the thing that keeps you from health. That is why we have worked to keep our costs fair. In fact, we haven’t raised our fees in quite a few years, to keep it affordable for you. We also don’t nickel and dime you. What you are quoted is what you will pay.

We are out-of-network providers for insurance, but are happy to help you file the claims. We also have many payment options that we can offer.

Our team of financial experts has learned a lot of tricks and tips to help make your dental care a reality. In fact, most of our patients pay at the time of service with the help they provide. When you walk through our doors, you can feel confident that your dental health is our main priority.
Closing Letter from Dr. Michelle Jorgensen

We hope you found this report to be informative. If you have already seen another dentist prior to reading through this, be sure to call their office and follow up with any of these questions you don’t feel were answered during your last exam.

At Total Care Dental, we understand that there is a lot to consider when choosing a dentist not only for yourself, but potentially for your whole family. That is why we decided to put this report together to begin with. The Top Ten Report includes the questions we would want our family members to ask when seeking dental care.

Some dentists may think we have set the bar high, but we simply think these elements should be a minimum standard.

If you have any questions for the team at Total Care Dental, feel free to call 801.783.1714 and we will be our pleasure to answer any questions you may have.

All the best,

Dr. Michelle Jorgensen

P.S. Explore our website and when you are ready, call 801.783.1714 to schedule your first appointment or ask questions.
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