ISSUE
03
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2026

Dental Times Newsletter

Potrykus Family Dentistry LLC

this issue

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Welcome!

Happy Spring!

The Three Lakes office location reopened April 8th to its seasonal Tuesday/Wednesday schedule. There will also be changes to our Three Lakes office hygiene appointment office hours/schedule. If you receive a text or email message noting a different time than a card previously printed – please be aware that the most current reminder you receive will be the correct one.

Potrykus Family Dentistry will be going through some software changes & upgrades this spring as well. Due to the large number of technical difficulties and issues we were experiencing with our communication & claims processing system VYNE we began converting to a new platform in April. You will still receive appointment reminders, have the ability to text & email with appointment-related questions and for the most part see very little change to our current system as most of the issues we were experiencing with VYNE were on the backside/administrative end.

However, because the old system and the new system do not "talk to each other" - patients will be required to fully update ALL of their contact and health forms in the new system. Please try to address these forms (via the text or email links) sent prior to your appointment arrival to save time at check in. Be ready to present your insurance cards at check in as well.

We do apologize for the inconvenience that it will cause for patients, but this was a decision we needed to address in order to continue to offer the text & email communication options for our patients as well as make sure that things like billing statements and claims processing are operating correctly.

Drs Jason & Neal Potrykus

Jacque, Sarah, Crystal, Katie, Catherine, Franny, Sally, Jazmine, Amy, Julia

Potrykus Family Dentistry LLC

Eagle River Location
213 N Railroad Street
Eagle River, WI 54521
(715) 479-4686
Monday-Friday

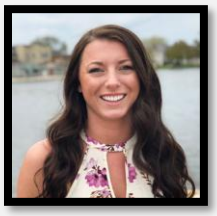
Three Lakes Location
1858 Superior Street
Three Lakes, WI 54562
*Tuesday & Wednesday ONLY
Seasonal Location: April – November

conactus@potrykusfamilydentistry.com

MEET THE STAFF

Jacque Deditz
Treatment & Financal Coordinator
Jacque is a local to the Three Lakes area, attending the Three Lakes school system from K-12 as well as Nicolet & Northcentral Technical Colleges. Joining Potrykus Family Dentistry in 2001 as a chair-side dental assistant, transitioning to the front office lead in 2003 and then to our treatment & financial coordinator in 2022; receptionist for our Three Lakes office location.

Sarah Russell
Receptionist & Bookkeeping ER
Sarah joined Potrykus Family Dentistry in 2014 and has been an essential member of our front office team since day one. Sarah completed online courses with the University of Phoenix and obtained her degree in Healthcare Administration.
Sarah is the front office lead receptionist as well as office bookkeeper.



Crystal Bliss
Receptionist – Eagle River
Crystal joined Potrykus Family Dentistry in 2023 and brought with her a solid knowledge of the dental industry and a calm approach to helping you address your dental concerns. She is one of the sweet voices you will hear when you call the office & is ready to get you scheduled for your dental care needs.

Ask Your Dental Hygienist About Oral Cancer

April was National Oral Cancer Awarness Month
Oral cancer is increasing, with the American Cancer Society projecting about 60,480 new cases and 13,150 deaths in the U.S. in 2026.[1] The five-year survival rate hovers around 40% because most cases go undetected until later stages, leaving survivors to manage challenges like facial disfigurement and difficulty eating or speaking. Dental hygienists play a critical role in turning those numbers around. Most patients don't really always know what the doctor or hyginiest is doing, looking at, or thinking as they examine our mouths.

Part of a comprehensive exam is asking a patient important questions. The first thing they want to know is if YOU have experienced any problems or have noticed any changes yourself. Be candid. This verbal history taking part of the process is very important. With some of the new causes of oral and oropharyngeal cancers the signs and symptoms are VERY subtle.
Your healthcare provider will inspect your face, neck, lips, and mouth to look for any signs of cancer. They will then look at **and feel** the insides of your lips and cheeks to check for possible signs of cancer, or pre-cancerous tissue changes, such as red and/or white patches, or thickened areas.
Your provider will have you stick out your tongue so it can be checked for swelling or abnormal color or texture. They will be watching to see if as you extend it, it deviates to one side or the other, a possible sign that something is affecting the nerves which control its movement.
Then, using a small piece of gauze, he or she will gently pull your tongue to one side, then the other to fully visualize its edges, a common location for lesions to occur. They will likely feel the boarders of the tongue (again for hard spots) at the same time.
All these help your professional examiner come to good conclusions about your health, and potential need for examinations beyond the simple screening that you are there to receive on that day.

Oral Cancer Awareness Tips:
1. Early detection allows for more successful treatment options. Schedule a dental check-up and learn the signs of oral cancer.
2. Don't ignore suspicious lumps or sores in your mouth. If you discover something, make an appointment with your dental provider. Early treatment may be the key to a complete recovery.
3. Be mouth aware! Pay close attention to what's going on in your mouth. Look and feel your lips, look at your tongue, and check the roof of your mouth and tonsils.
4. Tobacco use is known as one of the strongest risk factors for developing head and neck cancers, including oral cavities and oropharyngeal cancers. However, many may not know that the number of oropharyngeal cancers linked to the human papillomavirus (HPV) has increased dramatically over the past few years. Talk to your health care provider if you are interested in quitting tobacco use or if you would like more information on the HPV vaccine.

GUIDE TO ORAL CANCER SELF-EXAM Perform this 7-step oral cancer self-exam once a month. At each step, look for anything unusual, especially any lumps, red or white patches, changes in color/texture or lingering ulcers. Remove dentures or any removable appliances prior to self-exam. You will need a mirror, a good light source, and clean fingers. A piece of gauze may be used to effectively examine the tongue. A small package of 2X2 gauze is available at most drug stores.
Step 1: Face Look at your entire face for swellings you have not noticed before and inspect your skin.
Step 2: Neck Run your fingers under your jaw and feel along the large muscle on either side of your neck. Are there any swellings? Does everything feel the same on both sides? Feel for anything that's firm, that doesn't move about easily when pushed on, enlarged, and it is often painless.
Step 3: Lips Pull your upper lip upwards and bottom lip downwards. Look inside for sores or changes in color. Step 4: Gums Use your thumb and forefinger to examine your gums.
Step 5: Cheeks Open your mouth and pull your cheek out, one side at a time, with your finger. Look for any red or white patches. Check for ulcers, lumps, or tenderness.
Step 6: Tongue Gently pull out your tongue and look at one side first and then the other. Look under your tongue by lifting the tip of your tongue to the roof of your mouth. Look for any swelling, ulcers, or change in color.
Step 7: Floor and Roof of Mouth Tilt back your head and open your mouth wide to inspect the roof of your mouth. Lift your tongue up and look underneath at the floor of your mouth. Gently press your finger along the floor of your mouth and under your tongue. Observe changes in color, lumps, swellings, or ulcers.

Sources
https://oralcancerfoundation.org/discovery-diagnosis/public-description-proper-exam/
https://www.adha.org/events/oral-cancer-awareness-month/
https://garretthealth.org/april-is-oral-cancer-awareness-month/www.adha.org/wp-content/uploads/2025/04/ADHA_Oral_Cancer_Fact_Sheet-2025.pdf

Did you know...

Your Mouth's "Superpowers"

- **Harder than Bone**: Your tooth enamel is the hardest substance in your entire body.
- **The Iceberg Effect**: About one-third of each tooth is hidden beneath your gums—you only ever see the "crown".
- **Unique Identity**: Like fingerprints, no two sets of teeth are identical. Even identical twins have different dental patterns. Your tongue print is also completely unique.
- **Cannot Self-Heal**: Unlike skin or bones, teeth are the only part of the human body that cannot repair themselves once damaged.

Health & Hygiene Oddities

- **The Flossing Gap**: Brushing alone misses about **40%** of your tooth surfaces. This is why flossing is considered essential, not optional.
- **Saliva Factories**: Over a lifetime, the average person produces roughly 100,000 gallons of saliva—enough to fill two full-sized swimming pools.
- **Bacteria Count**: There are more bacteria in your mouth right now than there are people on Earth.
- **The Heart Connection**: Gum disease has been linked to an increased risk of heart disease, diabetes, and even strokes.

This Month's Q&A

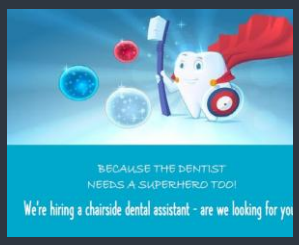
Q: Why should I have my teeth cleaned every six months?

A: **Professional cleanings conducted every six months are important for overall dental health—even for those who brush their teeth thoroughly twice a day and floss regularly. The hygienist can remove built-up plaque and tartar in hard to reach spaces that even brushing and flossing can miss. That means regular cleanings help prevent cavities and the onset of gum disease and detect other problems early. It also means that regular cleanings are even more important for people who may be have less-than-deal ideal oral hygiene practices.**

Q: What Are Dental Sealants?

A: **Dental sealants are thin, plastic coatings applied to the chewing surfaces of the back teeth, usually the molars and premolars. These areas are filled with grooves and pits where food particles and bacteria can easily get trapped, making them a prime spot for cavities. Sealants create a smooth, protective barrier that keeps food and plaque from settling into those hard-to-clean areas, reducing the risk of tooth decay.**

EYE ON IT



We are looking for a team player who is hardworking and detail oriented to join our team as a chairside dental assistant.
In this vital role, you will provide support to dentists and hygienists. This fast paced position requires attention to detail, good computer skills and a strong drive help create a welcoming environment where patients feel cared for and confident in their dental health journey.
Some tasks of the positions include:
-Assist dentists/hygienists during a variety of dental procedures
-Preparing/sterilizing instruments and equipment
- Taking digital dental radiographs, impressions, scans and photos
Dental experience helpful but not required. We are happy to train the right individual for this vital position.

If you or someone you know might be a great fit for this job, please send cover letter, resume and references to:
Potrykus Family Dentistry
PO Box 1075
Eagle River, WI 54521
OR
Email us at
ContactUs@
potrykusfamilydentistry.com

Upcoming Events & Notices

- **May 22-25, 2026**

  *Business hours May 22nd may vary pending coverage and scheduled appointments

  Dr Jason's son Ethan - Three Lakes High School graduation.

  *Dr Jason will be out of the office May 27,28,29

  Memorial Day – Office Closed

- **We will be hosting our monthly FREE Learning Event**

  May 28, 2026 from 5:00-7:00pm at our Eagle River office location

  213 N Railroad Street Eagle River

  Stop into a very relaxed (open house style) atmosphere to ask about implants or other restoration options we offer & how we can help you answer your dental questions/concerns. No appointment or registartion required! Earn a raffle basket entry just for stopping in.

- **Eagle River & Three Lakes Community Calendar**

  https://eagleriver.org/events/month/2026-

  https://www.threelakes.com/events/events-this-weekend/

Have a dental question or a topic you'd like to know more about? Send us an email and we'll try to cover your question in an upcoming Dental Times. jacque@potrykusfamilydentistry.com

For a free dental implant, treatment plan or financial consultation* please call:

-Dental concerns for you, a family member or friend? We're here to answer those dental questions-

Treatment & Financial Coordinator - Jacque Deditz
(715) 891-4873
jacque@potrykusfamilydentistry.com

*Consultation: is a meeting with dentist &/or treatment coordinator to discuss your health goals, assess specific concerns (like missing teeth, misalignment, restoration goals, payment options, insurance questions), review your history and create a personalized treatment &/or financial plan to help you make informed decisions about your care. These are generally not immediate treatment sessions; if services are rendered additional fees may apply.