

Dr. Peterson adds tongue-tie repair to his dental practice

By Judy Dixon Hebbe
For the Times-Villager

Finding medical assistance not readily available has prompted Dr. Chris Peterson to provide tongue-tie repair as part of his De Pere dental practice.

After weeks of problems with breast feeding and a very cranky newborn, his wife, Rachael (Appleton), a Kimberly native, sought a lactation consultant who recommended medical consultation for possible tongue-tie repair or frenectomy. The problem was having to wait an extended period to see the doctor.

“I was able to see firsthand the negative effects that unsuccessful breastfeeding have on a family,” Dr. Peterson said. “When an infant exhibits symptoms of colic, it can be really hard for parents.”

Motivated to find relief for newborns and parents, Dr. Peterson furthered his education “to be able to offer a simple, quick and easy procedure that can lessen or completely eliminate the causes and effect of improper breastfeeding.”

“As many as five percent of all babies born in the United States have tongue-ties significant enough to cause breastfeeding difficulties,” Rachael said. “Babies with tongue-ties can be erroneously labeled as ‘lazy nursers,’ ‘stubborn feeders’ or as ‘failures to thrive.’ They may also be erroneously diagnosed with gas-

trointestinal problems, when all that is needed is a simple, under 30-second frenectomy to release the tongue-tie, the result of which is to restore the baby’s ability to efficiently feed.”

To prepare for the procedure, Dr. Peterson attended the two-day course, Pediatric Tongue- and Lip-Ties: Diagnosis and Treatment with Soft-Tissue Lasers, at Tufts University School of Dental Medicine. The course included hands-on training using lasers and in-depth education on breastfeeding and the problems that tongue- and lip-ties can produce.

Next, he enrolled in the 10-hour course at Aesthetic Dentistry of Scottsdale, Ariz., to receive Solea Dental Laser Certification. He chose the Solea laser rather than scissors procedure, because it cauterizes as it abates the tissue, resulting in no bleeding and very fast wound healing; sterilizes the surgical site, making it virtually impossible to develop post procedure infection, and the laser energy is at the perfect wavelength to be highly absorbed by all soft tissues, which results in a quick procedure time of 3 to 15 seconds per site. Scissors results in bleeding, slow wound healing and prolonged pain for the infant.

“Parents want the very best for their children, and the Solea laser allows us to perform the procedures safely, quickly and accurately with



Submitted photo

Dr. Chris Peterson and his wife Rachel with their daughter Audrey.

no bleeding. It also allows for fast healing time, which means less discomfort for the infants,” Dr. Peterson said.

“At De Pere Smiles we are proud to say that we are in the business of changing lives, as we successfully improve the well-being of infants

and their families, striving to help make breastfeeding the joyful, rewarding experience it is meant to be.”

Van Asten earns high ranking at mock trial competition

St. Norbert College students recently participated in a mock trial competition at Macalester College in St. Paul, Minn. The team finished fifth out of 46 teams. Hunter Van Asten of Kaukauna was one of the participants.

“The team this year is made up of a number of very experienced mock trial competitors who demonstrated how well they have developed their courtroom skills. This is certainly one of the best teams St. Norbert has fielded since the program began in 2010. Hopefully they can continue to improve as the season progresses,” said Alyssa Kempke, a 2013 graduate of St. Norbert

College, who advises the college’s mock trial team in addition to her work as a clerk for the Honorable William C. Griesbach, a federal judge in the Green Bay division of the eastern district of Wisconsin.

Mock trial is a combination of theater, improvisation and debate. Students are presented a fictional legal case that is either criminal or civil in nature. One school represents the plaintiff and the opposing school represents the defendant. Approximately half of the team play witnesses who take the stand to testify in the fictional case, being examined by attorneys portrayed by the other half of each school’s team.



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Financial Fitness

What does conservative investing mean to older investors?

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If you’re a certain age, or getting close to it, you might hear something like this “Now that you’re older, you need to invest more conservatively.” But what exactly does this mean?

For starters, it’s useful to understand that your investment preferences and needs will indeed change over time. When you’re first starting out in your career, and even for a long time afterward, you can afford to invest somewhat aggressively, in stocks and stock-based investments; because you have time to overcome the inevitable short-term market drops. At this stage of your life, your primary concern is growth — you want your portfolio to grow enough to provide you with the resources you’ll need to meet your long-term goals, such as a comfortable retirement.

But when you finally do retire, and perhaps for a few years before that, your investment focus likely will have shifted from accumulation to preservation. And this certainly makes some sense. Even though

you may spend two, or even three, decades in retirement, you actually have many shorter time frames for withdrawing money — that is, selling investments — from your retirement accounts, such as your 401(k) and IRA. In fact, you may be taking withdrawals every month — and

you don’t want to be forced to sell investments when their price is down. Consequently, you’ll want a portfolio that’s less susceptible to market downturns. This means that you may need to reduce the percentage of stocks in your investment mix and increase your holdings in investments that have less growth potential but offer greater stability of principal, such as bonds.

If you follow this formula, you will have become a more conservative investor. But this evolution — from aggressive to conservative — isn’t that simple, or at least it shouldn’t be. If, as mentioned above, you are retired for two or three decades, you will have to deal with inflation. And even at a relatively mild three percent annual inflation rate, your purchasing power will decline by about half in just 25 years. This is a real threat to retirees, who, unlike active

employees, can’t count on increases in earned income to overcome increasing costs of living.

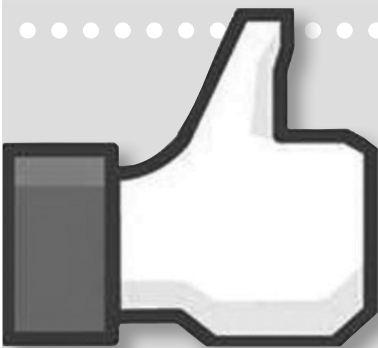
Given this reality, you will have to find your sources of rising income in your investment portfolio. One possibility: Dividend-paying stocks, some of which have increased their dividends for many years in a row. Still, like all stocks, these dividend payers can lose value from year to year, and they can also reduce, or even eliminate, dividends at any time. In other words, they aren’t risk-free — which brings us back to the question of how “conservative” of an investor you can really afford to be when you’re retired.

In the final analysis, there’s no simple answer. On one hand, you probably shouldn’t be as aggressive an investor as you were when you were much younger and still working. On the other hand, if you were to primarily own certificates of deposit and U.S. Treasury securities, you might face the prospect of outliving your money. Ultimately, you’ll need to maintain a balanced portfolio that helps you control risk today while providing you with growth opportunities for tomorrow.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



Patrick Minskey



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