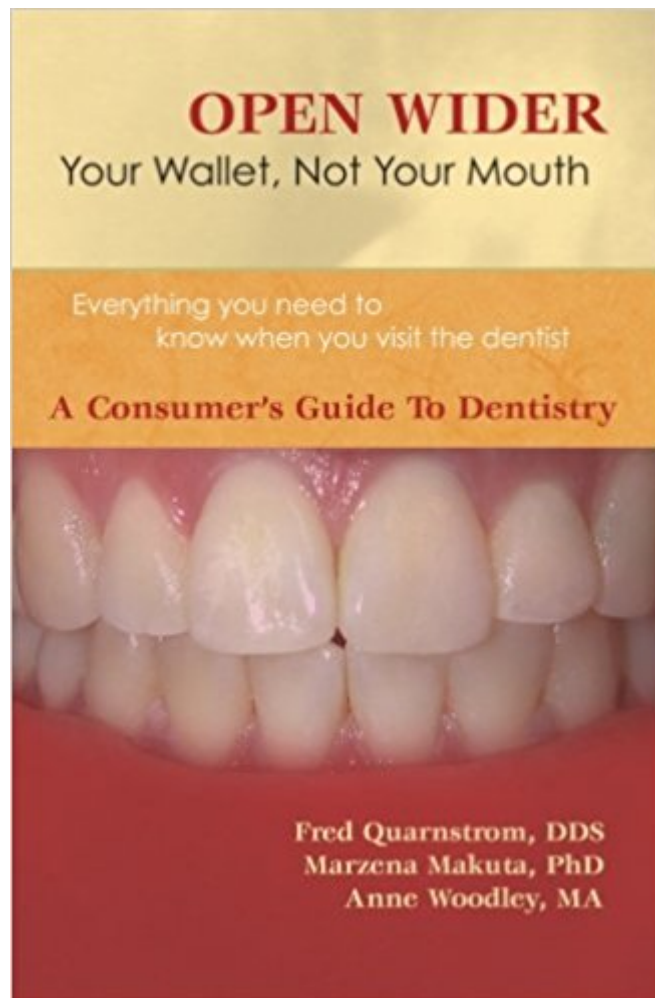




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Open Wider: Your Wallet Not Your Mouth - A Consumers Guide To Dentistry



Synopsis

Do you really need 8 crowns. 30% of crowns that are suggested are not necessary and will make the tooth weaker. Should wisdom teeth be removed? Less than 10% are ever a problem. Over treatment has become rampant in today's dental office; how can you guard against this? How do you choose a dentist? Who protects you from shoddy work? What does the dentist need to know about you? Why tell the dentist you are a diabetic? How do you know if the work is necessary? Are silver filling and tooth bleaching safe? How should I prepare for retirement? What do you do if you feel you were mistreated? What do I need to know about dental insurance? It is your mouth; you need to be a informed dental consumer.

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Customer Reviews

Dr. Q graduated from dental school in 1964, served in Vietnam with the Navy, did a residency in general anesthesia, holds 4 fellowships and teaches at 3 dental schools in addition to practicing general dentistry for 44 years. Two of the authors saw dentists who were overselling dentistry. What made them suspicious? Anne holds an MA degrees in ethics and Marzena a MS in mathematics and a PhD in linguistics. As patients, they were invaluable in writing this book from a consumer's point of view.

People benefit from consumer guides when buying anything from appliances to cars, so why not have one for dental services? Makes sense. I read this book and found that it is not too broad brushed like a dentist has negatively commented here in the reviews (though I imagine some

dentists will be upset this book is out there). Rather, it admits that most dentists are hardworking and ethical and that this book is intended to make you a more educated consumer to better protect you from those unethical dentists that will drain your wallet and possibly cause you more problems. You only have to be unlucky enough once, to come across one of the unethical dentists and have your well-being likely permanently changed for the worse, and at the same time be swindled out of a sizeable chunk of your life savings. A dentist commented here in the reviews (apparently negatively) that the book has few pictures - I don't think this is a negative though. I'd rather have the valuable information the author gives from his diverse real-world experiences, than filler pictures just to make the book thicker. He does provide some pictures though, which seem to be needed to get the point across better and they are effective. The author also provides some cartoons with insightful captions - an effective but entertaining method for getting a point across. The 'watch-out-for flags', knowing how to interpret credentials, and knowing the right questions to ask a prospective dentist, all together should be enough to adequately protect you from scammers - and you know they are out there. I learned a lot from this book, and already benefitted from it in dental-related decisions I made recently. We're very fortunate to have this dentist (Dr Fred Quarnstrom) step up to the enormous task of completing such a book.

This book is very helpful to me I keep it at my bed side and look up some information time and again

It is what it says a computers guide to dentistry. Do not be taken advantage of by slick advertising, web pages that do not reflect the dentist's skills or slick case presentations.

In the interest of full disclosure, Dr. Q has been my family's dentist for many years, after we had first suffered through several years of other "cutting edge" Seattle dentists--including expensive, high tech glass crowns that disintegrated in months and needless replacements of old but fully intact fillings. The same fun but professional manner and sage advice that marks a visit to Dr. Q's office come across the pages of "Open Wider". Since the publication of his highly readable and accessible book, Dr. Quarnstrom has become a hero in our state by resigning from the Washington Dental Quality Assurance Commission over that body's refusal to investigate dental patient deaths: [...]. Since his resignation, several more questionable deaths in dentists' chairs have come to light. Like his detractors on the Commission, dentists who attack Open Wider's author merely prove what most people already know: Only those who have something to hide resist transparent and open debate by shooting the messenger. Read this book and regain sane control over your own dental health!

This book strikes on a strong point about seeking a second opinion and arming yourself with knowledge when meeting with a dentist and more generally a medical professional. This book helps you know what questions to ask and to look past the superficial appearance and rate a dental professional by the quality of their work instead of the price tag of their bill. I highly recommend this book. Lastly, in my opinion I feel the only negative comments come from dentist whom don't want their patients to be better informed or haven't read the book.

This is a tremendous read with very insightful commentary presented in an easy-to-follow manner. Dr. Quarnstrom offers a terrific overview of the dental process from educational requirements, licensure, regulatory aspects and finally practice management. Salient points are supported with actual cases, and his 40 years of experience in the different facets of this profession help to make better consumers and patients out of all of us. I can only imagine how difficult this story was to get into print, and while some practitioners may find the title and even some of the commentary inflammatory, these are truths that needed to be told. I enjoyed every page, and so far every written review submitted. As a dental consumer I would certainly wonder why some "professionals" are annoyed that this information has been made public in a very readable format. Thank you Dr. Quarnstrom et al.!

This is a wonderful book for every dental consumer, regardless of your age! Don't be afraid to ask questions and get a second opinion. A good dentist will give you options that seem reasonable. A good dentist will not tell you your mouth is a mess and suggest a lot of work. I recommend this book for every household - use it as a reference guide and a tool to make you a better patient. Thank you for writing this book Dr. Q!

I am a general dentist who read this book for a small study club. Here are some thoughts/comments/opinions that were given about this book by members: Group consensus was that while there is always a need to question the integrity of our profession - this book seemed to paint with too broad a brush. The underlying tone of book reads as if the profession, as a whole, is unethical. When more than likely there is the same level of honesty that has been present for decades. Other comments: "It is as simple as this...do patients trust their dentist? If they don't then they will love this book, if they do?...then they should save their money." "Dentistry has a large number of gray areas with regard to treatment choices. This message of this book does little to help

navigate those areas...other than to infer that you should not trust your dentist." "The book is poorly illustrated..." "The narrative seems to paint with a broad brush - which works to erode the professional trust that is a prerequisite to the dentist/patient relationship."

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