

Happy New Year!!

Volume 1, Issue 1

January 2010



The Doctor's Note

Happy New Year!
The year 2010 has arrived. Was December as crazy for you as it was for me? I hope you all had a great Christmas! It will be nice to get back into a more normal routine and not have to rush around so much.

Now it's time to think about the new year and those silly New Year's Resolutions that we all make but

only a few keep doing after January 31st.

My offer to you this month as we start the new year is on our Xylitol gum. I will knock a \$1.00 off the regular \$6.00 price. You get the tube for \$5.00 and we have a variety of flavors.

Xylitol is an amazing product as it is a natural sweetener that also fights tooth decay and has other dental benefits. For more

information on xylitol, you can go to:

<http://www.xylitolnow.com/>

I hope 2010 brings you all health and happiness.

Until next time,

DAN

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Special points of interest:

- Louis Braille was born on Jan. 4, 1809. He was three years old when an accident caused him to lose his sight.
- Robert Scott and his party reached the South Pole on Jan. 17, 1912.
- Mozart was born on Jan. 27, 1756 in Austria.

New Year Reflections

Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our friends.

Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,

As the fresh and bright new year arrives.

And when I/we ponder those who do,
I/we immediately think of you.

Thanks for being one of the reasons
I'll/We'll have a Happy New Year!

By Joanna Fuchs

Flying By The Skin Of Our Teeth

ScienceDaily (Sep. 6, 2009) — It's been a mystery: how can our teeth withstand such an enormous amount of pressure, over many years, when tooth enamel is only about as strong as glass? A new study by Prof. Herzl Chai of Tel Aviv University's School of Mechanical Engineering and his colleagues at the National Institute of Standards and Technology and George Washington University gives the answer.

The researchers applied varying degrees of mechanical pressure to hundreds of extracted teeth, and studied what occurred on the surface and deep inside them. The study, published in the May 5, 2009, issue of the Proceedings of the National Academy of Science, shows that it is the highly-sophisticated structure of our teeth that keeps them in one piece—and that structure holds

promising clues for aerospace engineers as they build the aircraft and space vehicles of the future.

"Teeth are made from an extremely sophisticated composite material which reacts in an extraordinary way under pressure," says Prof. Chai. "Teeth exhibit graded mechanical properties and a cathedral-like geometry, and over time they develop a network of micro-cracks which help diffuse stress. This, and the tooth's built-in ability to heal the micro-cracks over time, prevents it from fracturing into large pieces when we eat hard food, like nuts."

For full article, please visit <http://www.sciencedaily.com/releases/2009/08/090819164319.htm>

New Year Quotes

- ⇒ Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. ~Bill Vaughn
- ⇒ A New Year's resolution is something that goes in one year and out the other. ~Author Unknown
- ⇒ New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual. ~Mark Twain
- ⇒ An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. ~Bill Vaughan
- ⇒ Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man. ~Benjamin Franklin
- ⇒ The new year begins in a snow-storm of white vows. ~George William Curtis

<http://www.quote garden.com/new-year.html>

Pop Quiz!!

Congratulations to the following people for answering the December quiz correctly: Frances V., Ed H., Tim H., Connie W., Lois R., Francis K., Harold H., Wendi K., Cleo D., Marge M., Jennifer F., Rachel W., and Stephen B. They will receive a \$10 account credit. The answer was half way. After that the dog would be running out of the woods.

This month's question is: A Panda Bear walked into a restaurant. He sat down at a table and ordered some food. When he was finished eating, he took out a gun and shot his waiter. He then left the restaurant. After the police caught up with him, they asked him why he had killed the waiter. He replied, "Look me up in the dictionary." What did the dictionary say?

Call in or email your answer by January 15th.



More Than 90 Percent of People With Gum Disease Are at Risk for Diabetes, Study Finds

ScienceDaily (Dec. 15, 2009) —An overwhelming majority of people who have periodontal (gum) disease are also at high risk for diabetes and should be screened for diabetes, a New York University nursing-dental research team has found. The researchers also determined that half of those at risk had seen a dentist in the previous year, concluded that dentists should consider offering diabetes screenings in their offices,



Although scaling and root planing (SRP) is effective at reducing plaque and some bacteria, it doesn't kill all of the bacteria that cause periodontal disease. SRP is a mechanical procedure and the instruments used to perform SRP cannot always reach the bacteria that reside at the bottom of deep or difficult-to-reach periodontal

and described practical approaches to conducting diabetes screenings in dental offices.

The study, led by Dr. Shiela Strauss, Associate Professor of Nursing and Co-Director of the Statistics and Data Management Core for NYU's Colleges of Dentistry and Nursing, examined data from 2,923 adult participants in the 2003-2004 National Health and Nutrition Examination Survey

who had not been diagnosed with diabetes. The survey, conducted by the National Center for Health Statistics of the Centers for Disease Control and Prevention, was designed to assess the health and nutritional status of adults and children in the United States.

For full article, please visit <http://www.sciencedaily.com/releases/2009/12/091214121440.htm>

Hygiene Central



pockets. For these pockets, dental professionals often add a locally administered antibiotic (LAA) such as ARESTIN® (minocycline hydrochloride) Microspheres, 1mg to the SRP procedure.

This comprehensive approach provides patients with two therapies that work simultaneously

(ARESTIN® + SRP) to help kill the harmful bacteria that cause periodontal disease-so that the infection becomes more easily managed and won't immediately return.

<http://www.arestin.com/about-arestin-what.jsp>

Sheri's Tortilla Salsa Roll Ups

8 oz. cream cheese 8 oz. sour cream 1 c. shredded cheddar cheese
1/2 c. salsa 1 pkg. tortillas

Mix cream cheese, sour cream, shredded cheese and salsa. Spread on tortillas. Roll up and refrigerate for one hour. Slice and serve.





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