

Fall 2011



The Doctor's Note

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Special points of interest:

- *More than 50% of all children entering school have no dental problems. In the 1970's, only 28% of children could make that claim.*
- *75% of systemic health problems can be traced to poor oral hygiene (now that is scary)*
- *Cheese, particularly Aged Cheddar, Swiss and Monterey Jack help to protect your teeth*
- *Tooth decay is the second most common health problem (the common cold is number one)*
- *The hardest substance in the human body is the tooth*

When Mark told me it was time for my Dr.'s Note for the fall newsletter, I had to take a minute and realize that it is September already. I ask myself the same questions as everyone else, "Where does the time go?", "There's only 3 months until Christmas?", "Why do we need to change the clocks so it's dark at 5:00?" I never have understood daylight savings time.

OK, enough with the Debbie downers. The fact is fall is upon us which makes for great motorcycle riding weather (at least when there is no road construction on 92).

The Schuster household is as busy as ever as I am sure most of you are this fall with kids' and grandkids' activities.

As I was thinking about what to write this newsletter, my mind seemed to wander from thought to thought. I had a service member in this morning who has just returned from Afghanistan. I am once again reminded of the sacrifice our men and women of the military make for us all. Please take some time and thank them when you see them over the next few months. I have also taken some time to reflect on 9-11 with the 10th

anniversary just passing. I am still at a loss for words with what happened that day but I do remember the feeling when our nation untied and came together as Americans. Was it scary, yes. Was there fear, yes. We all survived and became stronger because of it.

Be safe this fall, enjoy your family and take some time to just take in this beautiful country we live in.

Happy Thanksgiving to all a blessed Christmas and hope in the new year!

Until next time,

Dan

Traditional Christmas Dishes

- * New England has Lumberjack Pie (a mashed potato crust, filled with meats, onion and cinnamon.)
- * Pennsylvania Dutch serve Sand Tarts (thing, crisp sugar cookies)
- * North Carolina features Moravian Love-Feast Buns (faintly sweet bread of flour and mashed potatoes.)
- * Baltimore serves Sauerkraut with their Turkey (which includes apples, onions and carrots.)
- * Southern states have Hominy Grits Soufflé and Whiskey Cake (with one cup of 100-proof whiskey.)
- * Louisiana's treat is Creole Gumbo. It can include ham, veal, chicken, shrimp, oysters and crabmeat.
- * New Mexico has the Empanaditas--little beef pies with applesauce pine nuts and raisins.
- * Hawaii blesses us with Turkey Teriyaki marinated and cooked over an outdoor pit.
- * Virginia gives us oyster and ham pie.

<http://www.californiamall.com/holidaytraditions/traditions-america.htm>

Dental Sealants

What are dental sealants?

Dental sealants are thin plastic coatings that are applied to the grooves on the chewing surfaces of the back teeth to protect them from tooth decay. Most tooth decay in children and teens occurs on these surfaces. Sealants protect the chewing surfaces from tooth decay by keeping germs and food particles out of these grooves.

Which teeth are suitable for sealants?

Permanent molars are the most likely to benefit from sealants. The first molars usually come into the mouth when a child is about 6 years old. Second molars appear at about age 12. It is best if the sealant is applied soon after the teeth have erupted, before they have a chance to decay.

How are sealants applied?

Applying sealants does not require drilling or removing tooth structure. The process is short and easy. After the tooth is cleaned, a special gel is placed on the chewing surface for a few seconds. The tooth is then washed off and dried. Then, the

sealant is painted on the tooth. The dentist or dental hygienist also may shine a light on the tooth to help harden the sealant. It takes about a minute for the sealant to form a protective shield.

Are sealants visible?

Sealants can only be seen up close. Sealants can be clear, white, or slightly tinted, and usually are not seen when a child talks or smiles.

Will sealants make teeth feel different?

As with anything new that is placed in the mouth, a child may feel the sealant with the tongue. Sealants, however, are very thin and only fill the pits and grooves of molar teeth.

How long will sealants last?

A sealant can last for as long as 5 to 10 years. Sealants should be checked at your regular dental appointment and can be reapplied if they are no longer in place.

Will sealants replace fluoride for cavity protection?

No. Fluorides, such as those used in toothpaste, mouth rinse, and community water supplies also help to prevent decay, but in a different way. Sealants keep germs and food particles out of the grooves by covering them with a safe plastic coating. Sealants and fluorides work together to prevent tooth decay.

How do sealants fit into a preventive dentistry program?

Sealants are one part of a child's total preventive dental care. A complete preventive dental program also includes fluoride, twice-daily brushing, wise food choices, and regular dental care.

Why is sealing a tooth better than waiting for decay and filling the cavity?

Decay damages teeth permanently. Sealants protect them. Sealants can save time, money, and the discomfort sometimes associated with dental fillings. Fillings are not permanent. Each time a tooth is filled, more drilling is done and the tooth becomes a little weaker.

http://www.cdc.gov/OralHealth/publications/factsheets/sealants_faq.htm



Dumb Laws in Iowa

- ⇒ One-armed piano players must perform for free.
- ⇒ Tanning bed facilities must warn of the risk of getting a sunburn.
- ⇒ Fort Madison - The fire department is required to practice fire fighting for fifteen minutes before attending a fire.
- ⇒ Marshalltown - Horses are forbidden to eat fire hydrants.
- ⇒ Mount Vernon - No person may pick a flower from a city park.
- ⇒ It is a violation of the law to sell or distribute drugs or narcotics without having first obtained the appropriate Iowa drug tax stamp.
- ⇒ A board was created to regulate among other things, hearing aids.
- ⇒ Kisses may last for no more than five minutes.
- ⇒ Dubuque - Any hotel in the city limits must have a water bucket and a hitching post in front of the building.
- ⇒ Bettendorf - Liquor stores may not place advertisements for beer outside the store.

<http://www.dumblaws.com/laws/united-states/iowa>



Sheri's Pecan Pie Bars

- | | | |
|----------------|----------------------------|-------------------------|
| 1 1/4 c. flour | 1/2 c. + 3 Tbs brown sugar | 1/2 c. butter |
| 2 eggs | 2 Tbs. melted butter | 1/2 c. light corn syrup |
| 1 tsp. vanilla | 1/2 c. chopped pecans | |

Combine flour with 3 Tbs brown sugar; cut in 1/2 cup butter until crumbs form. Press into an 11"x 7" baking pan. Bake at 375° F for 20 min. While crust is baking, beat eggs in a large bowl and add remaining brown sugar, melted butter, corn syrup and vanilla. Blend in pecans and pour mixture onto hot crust. Bake for 15 min. Cool and cut into bars.



Quarterly Specials

October

10% off any dental product (excluding Opalescence) sold by Oskey Dental ** Electric toothbrushes, Oxyfresh products, MI Paste, Peroxyl, etc

November

Back by popular demand!! Fluoride 4U's \$50 enrollment (Reg. \$75.00). FREE fluoride as long as you maintain your 6 month hygiene appointments.

December

Opalescence Whitening Toothpaste - the perfect gift for that hard to buy person. The 4.7 oz tube is on sale for \$7.00 (Reg. \$9.00) this month

Sheri's Corn Scallop

2 eggs 1 can (15 oz.) whole corn 1 can (15 oz) cream corn
 1 can (6 oz) evaporated milk 2 Tbs butter 2 Tbs. minced onion
 1/4 tsp. black pepper 2 c. crushed saltine crackers

Pre-heat oven to 325° F. Grease a 13"x 9" baking dish. Beat eggs slightly in a large bowl. Stir in both cans of corn. Add evaporated milk, butter, onion and pepper. Fold in cracker crumbs. Spoon corn mixture into baking dish. Bake 1 hr. or until set. Let stand 5 min. and serve.



New Device Restores Single-sided Deafness

San Mateo, Calif.—The Food and Drug Administration in January approved the SoundBite hearing system, a device that restores single-sided deafness.



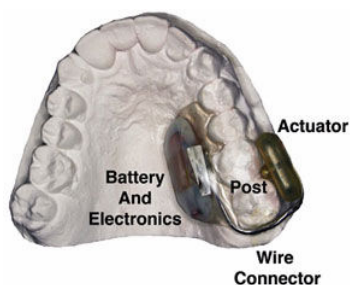
Although the product was designed for use by ear, nose and throat specialists and audiologists, there is a dental aspect to it because it works by being fitted around two posterior maxillary teeth. The device is then aided by a small microphone in the ear canal that conducts sound through bones and teeth.

SoundBite was invented by Amir Abolfathi of Sonitus Medical. Michael Murray, M.D., an ear, nose and throat doctor from San Jose, Calif., Gerald R. Popelka, Ph.D, a professor of head and neck surgery at the Stanford University School of Medicine, and Dr. Ross Miller, an orthodontist from Sunnyvale, Calif., conducted the clinical trial on the device and the May/June *Otology & Neurotology* journal contains a controlled, randomized study on 28 patients with single-sided deafness who wore the device daily for 30 days.

Dr. Miller stressed that in order to be considered for SoundBite, patients must have good dental health. He said the device is designed to work on mouths with permanent restorations—including implants, root canals, bridges and crowns—since it relies on the teeth to hold it in place.

SoundBite is currently doing a small commercial pilot program with select ENTs around the country, with broader commercial availability for early next year, he said.

For more information, visit www.sonitusmedical.com/product/technology.cfm.





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By delaying dental treatment, you are risking more extensive and expensive treatment down the road.

End of Year Benefits

The end of 2011 is fast approaching. Many of you have remaining benefits that can be used for a needed dental visit, whether it's a cleaning or tooth repair. We would like to encourage you to use these benefits if you have an outstanding treatment plan. A filling? A cleaning? Use the benefits on yourself and family members instead of letting it go to the insurance company. It's your money!



Pop Quiz

Congratulations to the following people for answering the summer quiz correctly — Lee W., Francis K., Prudy O., & Tim H. The answer was a key.

This quarter's quiz is: **Many things can create one, it can be of any shape or size, it is created for various reasons, and it can shrink or grow with time. What is it?**

Call or email your answer in by October 14th.

-- Staff and staff family members are not eligible--

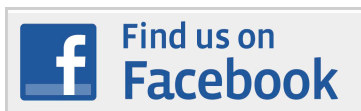


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Important Dates

We will be closed on the following dates. We will have a team member available to answer the phone from 9:00 am to 1:00 pm unless otherwise noted.

- ⇒ Mon., Oct. 10th, Tues., Oct. 11th, Wed., Oct. 12th (no team member)
- ⇒ Fri., Nov. 11th
- ⇒ Thur., Nov. 24th & Fri., Nov. 25th (Thanksgiving weekend, no team member)
- ⇒ Mon., Nov. 28th thru Fri., Dec. 2nd (Dan's family vacation)
- ⇒ Fri., Dec. 23rd thru Fri., Dec., 30th (Christmas break)
- ⇒ Fri., Jan. 13th, 2012
- ⇒ Fri., Jan. 27th, 2012

