

Summer 2011



The Doctor's Note



"Baseball, Hot Dogs, Apple Pie & Chevrolet"

I have always wondered what that meant after hearing it year after year. I think I finally understand why summer is associated with the above saying. Baseball, the American pastime, has kept our family busy over the past month and a half as we have been 'baseballing it'. With three sons playing on three different levels means a lot of traveling and eating lots of hot dogs with the occasional walking taco at the ball parks. As a parent, it makes you proud watching your kids participate as a team in the American pastime. It's really not about winning or losing....(well, that might not be true for everyone) but there is no better feeling then when your kid gets a hit, makes a great play or strikes a batter out. Now that's the way to spend a summer evening.

While we have been traveling to baseball games, my oldest son Noah has finished drivers ed. And will be getting his school permit this fall. This should make it a little easier on Tamara and I with getting kids to school activities. I would joke and say to stay off the roads in Sigourney once school starts but Noah is actually a very good driver which also makes me proud.

With the 4th of July coming up, family vacations, State Fair, camping and any other family activity that you can think of, I am reminded of my mom's apple pie. The only word I can think of to describe it is *delicious!* There are just some things that no one makes better than mom.

Chevrolet...yes, I do own one. With the size of my family, it's nice to get from point A to point B in one vehicle. Other than that, a car is just a car.

I hope you all have an enjoyable summer with family and friends. The time we spend with loved ones is never wasted.

DAN

Gum Disease and Diabetes

People with diabetes are more likely to have periodontal disease than people without diabetes, probably because diabetics are more susceptible to contracting infections. In fact, periodontal disease is often considered the sixth complication of diabetes. Those people who don't have their diabetes under control are especially at risk.

A study in the *Journal of Periodontology* found that poorly controlled type 2 diabetic patients are more likely to develop periodontal disease than well-controlled diabetics are.

Research has emerged that suggests that the relationship between periodontal disease and diabetes goes both ways - periodontal disease may make it more difficult for people who have diabetes to control their blood sugar.

Severe periodontal disease can increase blood sugar, contributing to increased periods of time when the body functions with a

high blood sugar. This puts diabetics at increased risk for diabetic complications. Thus, diabetics who have periodontal disease should be treated to eliminate the periodontal infection.

This recommendation is supported by a study reported in the *Journal of Periodontology* in 1997 involving 113 Pima Indians with both diabetes and periodontal disease. The study found that when their periodontal infections were treated, the management of their diabetes markedly improved.

<http://www.perio.org/consumer/mbc.diabetes.htm>

Inside this issue:

Darwin Awards	2
Pop Quiz	2
Recipe	3
Weird Dental News	3
Recipe	4
Summer Specials	4
Brush/Floss	5
American Trivia	5

Special points of interest:

- The annual Nathan's Famous Fourth of July Hot Dog Eating Contest on Coney Island has been held at the original Coney Island hot dog stand every Independence Day since 1916.
- People drinking beer are more likely to attract mosquitoes than those not drinking beer, so are people wearing black clothing.
- There are 30 places nationwide with "liberty" in their name. The most populous one is Liberty, Missouri (26,232). Iowa has more of these places than any other state: four (Libertyville, New Liberty, North Liberty and West Liberty).
- The average summer long-distance trip is 284 miles one-way.



1 October 2010, ARIZONA | The Grand Canyon, one of the seven wonders of the world, recently welcomed home the soul of one of the witless wonders of the world. The death of a 42-year-old California man named Andrew, who was leaping from outcropping to outcropping on the South Rim near Pipe Creek Vista, reminds me of an incident in March 2000 involving a "financial entrepreneur" visiting the famous National Park.

Because of the tiresome problem of tourists farting their way into disaster, the more treacherous overlooks in the Grand Canyon are protected by fences and signs. All of these overlooks are spectacular. Some have towering columns, some have small plateaus that tourists toss coins onto, like dry wishing wells.

Make a wish!

One entrepreneur wished for financial success. And there in front of him was a means to an end. He had a brilliant, an obvious, idea. No stranger to danger, the man climbed over the fence with a bag, leapt to one of the precarious, coin-covered perches, and filled the bag with booty. Harvest time!

But. When he tried to leap back to the safe side, he went head to head

with physics. Specifically, $F = mg$. Our entrepreneur had increased his mass, and the force required to lift himself against the pull of gravity was now greater.

The heavy bag of coins arrested his jump, and the birds were treated to a view of his long plunge to the valley floor below, followed by a shower of coins. Brilliant idea with a fatal flaw in the execution.



ANIMAL DENTAL FACTS

- * Dogs have 42 teeth
- * Cats have 30 teeth
- * Pigs have 44 teeth
- * The armadillo has 104 teeth!!
- * The snail's mouth is no larger than the head of a pin, but it can have over 25,000 teeth!
- * The Elephant grinds down its molars and grows new ones. This happens six times in its lifetime!
- * The elephant's molar is about 7" square!!!
- * The Blue Whale is the largest mammal on earth, but it eats only tiny shrimp because it has no teeth!
- * The Crocodile Bird flies into the open mouth of a crocodile and cleans it's teeth for it!
- * The teeth of the Pocket Gopher grow up to 15" a year! By continually gnawing, they wear them down and they stay the same size.
- * Rats, mice and your hamster among others have teeth that grow continually. If you have one as a pet, it must have wood to gnaw on to shorten its teeth, or it can die.
- * The Dolphin only gets one set of teeth to last a lifetime!

**The red and white and starry blue
Is freedom's shield and hope.
~John Philip Sousa**

Pop Quiz

Congratulations to the following people for answering the last quiz correctly – Tim H., Jeanie N., Connie W., and Ron V. The answer was stove, fire, and smoke.

This quarter's quiz is: **I turn around once, what is out will not get in. I turn around again, what is in will not get out. What am I?**



Call or email your answer in by July 15th

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





Sheri's Fireworks Crunch



7 c. mini pretzels

5 c. Cheerios

5 c. Rice Chex

1-12 oz. can of peanuts

1-12 oz pkg. of M & M's

2-12 oz. pkgs. of white chocolate chips

3 Tbs. oil

Combine the first five ingredients in a bowl; set aside. Melt chocolate chips w/oil in the microwave. Stirring after every minute interval until smooth. Pour over cereal mixture and mix well. Spread mixture onto wax paper lined baking sheets. Allow to cool. Break into bite size pieces and store in an airtight container.

My God! How little do my countrymen know what precious blessings they are in possession of, and which no other people on earth enjoy!

~ Thomas Jefferson

Researchers Identify New Dental Cavity-Causing Species

ScienceDaily (May 17, 2011)

A team of scientists from Boston has confirmed that the bacterium *Streptococcus mutans* is a primary culprit in early childhood caries (EEC) cavities on the first set of teeth, and has identified a new species of bacterium, *Scardovia wiggsiae*, which they suspect is also a major contributor. They report their findings in the *Journal of Clinical Microbiology*.

The study's ultimate goal was to determine which bacterial species should be suppressed "to prevent cavity formation," says Anne Tanner, of the Forsyth Institute, Cambridge, MA. EEC is the most common chronic infectious disease of childhood in

the US. It afflicts one quarter of the relevant population, and more than one half among certain disadvantaged socioeconomic groups.

In this study, the researchers compared the bacterial populations in samples of dental plaque taken from deep cavities in afflicted children, with plaque from matched sites in cavity-free children. They identified species using 16S ribosomal RNA (16S rRNA). Ribosomes are the machinery that translate the genetic code into protein, and 16S rRNA differs among species. Since high acidity causes caries, and since only acid tolerant bacteria can survive in levels of acidity associated with active caries, they cultured bacteria under acidic conditions to

select for species likely to play important roles in cariogenesis.

Over and above normal dental care, measures to suppress cariogenic bacteria include mouth rinses such as chlorhexidine, Povidine iodine, fluoride, and the use of sugar substitutes, says Tanner. "By removing a primary sugar carbohydrate from the diet, the more cariogenic bacteria would make less acid, and might no longer be able to outcompete non-cariogenic plaque bacteria." Managing very young children for severe caries is difficult, and they are often treated under general anaesthesia.

Weird Dental News

PORTLAND, OREGON (AHN) - An Oregon woman woke up after having oral surgery with a Transylvanian accent. Karen Butler had routine dental work and when she woke up didn't realize anything unusual had happened until she heard and saw herself speaking on a recording.

Doctors diagnosed the 56-year-old with a rare neurologi-

cal disease called foreign accent syndrome.

Dr. Ted Lowenkopf, medical director of Providence Stroke Center told Fox News, "What happens with foreign accent syndrome to the best of our understanding is that a very, very small part of the speech area is affected so that the normal intonation of speech gets altered."

Often, the condition is associ-

ated with stroke, multiple sclerosis, head injuries, and migraines.

Butler will likely not have her old northwestern accent return.

She is part of a small group who have suffered from this affliction. There have been just 60 recorded cases since 1941.

<http://www.ncbuy.com/news/20110506/0-woman-wakes-up-with-foreign-accent-after-dental.html>

Sheri's Orange Dreamside Pie

1 1/2 c. graham cracker crumbs 6 Tbs. butter, melted
8 c. orange sherbet , partially thawed 1 tub (8 oz.) Cool Whip
1 can (15 oz.) mandarin oranges, drained

Mix crumbs & butter. Press firmly onto bottom & half way up the side of an oiled 9 in. spring form pan. Refrigerate for 30 min. Spoon & spread half of the orange sherbet onto cold crust. Mix remaining sherbet with Cool Whip and gently fold in the drained mandarin oranges. Pour mixture over the sherbet and crust. Freeze for 2 hrs. before removing from spring form pan.



Appointments

PARENTS & GUARDIANS!!!!

We need your help!

We do not want to have to reschedule your minor children's appointments. Unfortunately, it is getting to be a problem with minors being dropped off and a **parent** not being here. Our main concern is if a medical issue would occur and a parent is not present. We are requesting all minors under 15 have a parent/legal guardian accompany them to their appointments. For all children under 18, we request the parent/legal guardian be present if the child is on an anti-anxiety medicine for treatment. This not only protects us but you as well because a minor cannot make changes to the treatment so if there does need to be a change it is best to have you with them.

We appreciate your assistance with this issue.

Your children need your presence more than your presents.

~Jesse Jackson

Summer's Fare

July

This month's special is Fluoride 4U for only \$50!!! That's knocking off \$25 for FREE fluoride as long as you maintain your six month hygiene appointments.



August

The school sports are just around the corner so this month's special is 1/2 price custom athletic mouth guards. Get your form fitted mouth guard for only \$30!



September

TRIPLE Dental Rewards on out of pocket expenses this month. This is a FREE program that we offer so get signed up if you aren't already.

[MyDentalReward\\$.com](http://MyDentalReward$.com)

Brushing and Flossing Lowers Heart Disease Risk

A scientist from the University of Bristol says brushing and flossing teeth is just as important for lowering risk of heart attack as other lifestyle interventions. Professor Howard Jenkinson explains there are bacteria in the mouth that can enter the bloodstream and form clots, causing heart attack.

How Poor Oral Hygiene Causes Heart Attack

The same bacteria that cause mouth and gum disease, Streptococcus, also release a protein in the bloodstream that contains a clot promoting protein. Normally, the bacteria are confined to the mouth, inside biofilms. If the bacteria enter the blood stream from gum disease, heart attack risk increases.

Dr. Jenkinson says, "Poor dental hygiene can lead to bleeding gums, providing bacteria with an escape route into the bloodstream, where they can initiate blood clots leading to heart disease."

PadA, a surface protein on the bacteria forces platelet to clot. Platelets are blood cells targeted by medications to prevent heart disease such as aspirin and Plavix. Please call the office and tell Sheri "I read the newsletter" for your free gift.

When the platelets clump together they completely encase the bacteria. This provides a protective cover not only from the immune system, but also from antibiotics that might be used to treat infection," says

Dr. Jenkinson. "Unfortunately, as well as helping out the bacteria, platelet clumping can cause small blood clots, growths on the heart valves (endocarditis), or inflammation of blood vessels that can block the blood supply to the heart and brain."

Researchers are working on finding a way to target the PadA protein in hopes of finding ways to prevent blood clots. A new model that mimics human circulation has been developed by Dr Steve Kerrigan at the RCSI, School of Pharmacy, Dublin. This could eventually lead to new treatments for cardiovascular disease which is the biggest killer in the developed world," said Professor Jenkinson.

The public health message is important. Jenkinson says people need to not only keep an eye on cholesterol, exercise regularly and control blood pressure in check - dental hygiene is also important for heart attack and stroke prevention.

Teeth brushing, flossing and regular dental checkups can reduce the risk of heart attack and stroke by preventing clot forming bacteria from entering the bloodstream. The findings were presented at the Society for General Microbiology's autumn meeting in Nottingham.

<http://www.emaxhealth.com/1020/brushing-and-flossing-lowers-heart-disease-risk>

American Trivia

- ◇ The name "Uncle Sam" originated in 1812, when a meat packer by the name of Sam Wilson provided meat to the U. S. Army. Someone saw the meat shipments that were stamped with U. S. and joked that the initials stood for "Uncle Sam" and the name stuck.
- ◇ There were 2.5 million people living in the U. S. in 1776.
- ◇ The first Liberty Bell cracked when it was being tested. It and the second bell were re-melted and forged again. The third Liberty Bell cracked in 1835.
- ◇ The music for the National Anthem comes from an old English drinking song named, "Anacreon in Heaven."
- ◇ The stars were in a circle on the first flag to show that all the colonies were equal.
- ◇ Americans consume 150 million hotdogs on July 4th each year.
- ◇ Over 74 million people have cook-outs on July 4th.

I prefer liberty with danger to peace with slavery.

~Author Unknown

Dental Humor

FOR SALE: One pair hardly used dentures, only 2 teeth missing, \$100 OBO. Call Mirna on 878-████-029 after 6





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Oskaloosa, IA 52577

Return Service Requested

Phone: 641-673-4845
Fax: 641-673-7731
Email: info@oskydental.com

www.oskydental.com
www.facebook.com/OskeyDental

Important Dates

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

- ⇒ Mon., July 4th (no team member)
- ⇒ Tue., July 5th – Fri., July 8th
- ⇒ Fri., July 22nd
- ⇒ Mon. & Tues., July 25th & 26th
- ⇒ Fri., Aug. 5th
- ⇒ Fri., Aug. 19th
- ⇒ Fri., Sept. 2nd & Mon., Sept. 5th (Labor Day weekend, no team member)
- ⇒ Fri., Sept. 16th
- ⇒ Fri., Sept. 30th