

Winter 2012 Newsletter



The Doctor's Note

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2012 — A new year, a new beginning and the possibility of snow...it is winter in Iowa and I am happy to share some of my thoughts with you.

The last time I visited with you was back in Sept. for the fall newsletter. Since then the Schuster family has been pretty busy as I imagine you were also.

I decided to take the office to Vegas (after much begging from Sam) for the ADA (American Dental Assoc.) Annual Meeting on Oct. 9-13th. I don't know about you but we all need some new ideas and some time to recharge. The staff learned a lot and they were also able to find some time for some fun...(see the article on p. 3) Yeah, I know, can you imagine them NOT having a good time?? Me either. Unfortu-

nately, my mom was not doing very well so Tamara and I decided our place was in Dubuque with the family and not in Vegas. I am sad to say my mom passed away Oct. 13th with her family by her side. The funeral was held Oct. 17th. I want to thank all of you who had your appointments moved. It also meant a lot receiving the cards or friendly comments when you were in the office. As I have said before, you are more than patients to me...you're friends. I truly value the relationships I have made.

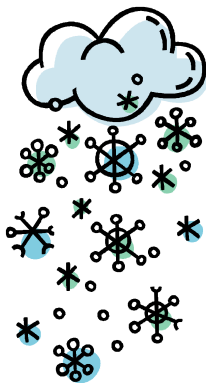
November went pretty fast but we did manage to take a much needed family vacation over Thanksgiving. While we were gone the staff decided to spruce up the waiting room with a "new dark green accent wall". I wasn't really in favor of it because I

thought the waiting room looked fine but I must admit it looks pretty good. I hope you notice for Sheri's sake since she picked out the color.

As I am writing this, it just dawned on me that there are only 12 days until Christmas. I believe most of my shopping is done. I am very happy my dad will be spending Christmas day with us (I know 4 very excited boys too). This time of year can be happy or sad...for me, this year, even though mom is no longer with us, is going to be a happy time. I am thankful for all the years she was with us. I hope as you read this, you all had a Merry Christmas. Happy New Year to you and yours.

Here's to 2012.

DAN



Iowa D.O.T. Winter Facts



- * 231,810 tons of rock salt used
- * 901 snow plows (trucks)
- * 32,547 tons of sand used
- * Avg. annual winter operations budget is \$38 million
- * 31.7" avg. snowfall (20 yr. avg., 1991-2010)
- * 11 heavy duty, self-propelled snow blowers
- * 24,867 lane-miles of roadway (miles of roadway times the number of lanes)
- * 14,363,234 gallons of liquid salt brine used
- * 62 Road Weather Information Systems (RWIS)
- * 23.3 avg. number of snow events (20 yr avg., 1991-2010)

Professional Dental Cleanings May Reduce Risk of Heart Attack, Stroke

ScienceDaily (Nov. 13, 2011) — Professional tooth scaling was associated with fewer heart attacks and strokes in a study from Taiwan presented at the American Heart Association's Scientific Sessions 2011.

Among more than 100,000 people, those who had their teeth scraped and cleaned (tooth scaling) by a dentist or dental hygienist had a 24 percent lower risk of heart attack and 13 percent lower risk of stroke compared to those who had never had a dental cleaning. The participants were followed for an average of seven years.

Scientists considered tooth scaling frequent if it occurred at least twice or more in two years; occasional tooth scaling was once or less in two years.

The study included more than 51,000 adults who had received at least one full or partial tooth scaling and a similar number of people matched with gender and health conditions who had no tooth scaling. None of the participants had a history of heart attack or stroke at the beginning of the study.

The study didn't adjust for heart attack and stroke risk factors -- such as weight, smoking and race -- that weren't included in the Taiwan National Health insurance data base, the source of the information used in the analysis.

"Protection from heart disease and stroke was more pronounced in participants who got tooth scaling at least once a year," said Emily (Zu-Yin) Chen, M.D., cardiology fellow at the Veterans General Hospital in Taipei, Taiwan.

Professional tooth scaling appears to reduce inflammation-causing bacterial growth that can lead to heart disease or stroke, she said.

Hsin-Bang Leu M.D., is the study co-author. Author disclosures and funding are on the abstract.

Type of periodontal disease predicts degree of risk for heart attack, stroke, and heart failure

In a separate study, researchers found that the value of markers for gum disease predict heart attack, congestive heart failure and stroke in different ways and to different degrees.

Anders Holmlund, D.D.S., Ph.D. Centre for Research and Development of the County Council of Gävleborg, Sweden, and senior consultant; Specialized Dentistry, studied 7,999 participants with periodontal disease and found people with:

- Fewer than 21 teeth had a 69 percent increased risk of heart attack compared to those with the most teeth.
- A higher number of deepened periodontal pockets (infection of the gum around the base of the tooth) had a 53 percent increased risk of heart attack compared to those with the fewest pockets.
- The least amount of teeth had a 2.5 increased risk of congestive heart failure compared to those with the most teeth.
- The highest incidence of gum bleeding had a 2.1 increased risk of stroke compared to those with the lowest incidence.

Welcome to Osky Dental!

We would like to thank the following people for choosing us to serve their dental needs.

Amy R., Jamie K., Ralph C., Jessica T., Kennan W., Juan V., Cassandra H., Renee S., Nivale S., Donald P., Mike S., Ben V., Rex G., H., Jean H., Laura W., Camryn B., Dustin M., Erin F., Alissa M., Daniel H., Brian R., Braxton G., Reagan M., Ian C., Treyton C., Maeleigh C., Francine C., Kris L., Dustin V., Jason S., David M., Madison B., Charmayne F., Dale W., Bobby S., Kendra W., Rebecca M., Dustin R., Alexis R., Slater W., Diana V., Christine W., Jason D., Tami O., Helen S., Heidi R., Lucas R., Brian H., Bryon D., Wayne V., Elizabeth C., Hunter G., Mary G., Ken W., Sonny T., Raymond H., Bethany V., Stephanie W., Megan H., Jennifer G., Taylor C., Travis S., Christiana S., Jonathon V., Christian V., Chris I., Arnold V., Gary A., Jarred N., Reagan S., Jenny D., Linda W., Todd M., Jasmine L., Andrew H., David I., Beverly C., Stanley V., Randy G., Tammy B., Loren V., Kathy H., Dan W., Roger F., Jennifer J., Jack C., Sarah B., Amy H., Shelbie W., Richard V., Terry A., Kyler M., Maria W., Karen B., Lloyd C., James P., Mark V., LaToya H., Joan H., Heidi B., Brandi J., Dragan J., Merwyn F., Shirley W., Loretta T., Jennifer F., Gene M., Ann B., Ian M., Jordan K.





The ADA Annual Session was held in Las Vegas Oct. 10-13 and Dan sent the team! This was the first time that the team had attended an ADA conference. They learned a lot through the classes and exhibitor booths. Some highlights include seeing Con-doleeza Rice and Terry Phater (America's Got Talent Winner) at the Opening General Session, the Pawn Stars crew and Olympic coach Terry

Schroeder. Sheri even saw Mike Tyson. The team members also attended break out sessions to earn CEs. These ranged from leadership, oral health, practice management and personal improvement. Of course, being in Vegas, the team also took in some of the sights but you all know **“What happens in Vegas, stays in Vegas.”**



NEW YEAR'S RESOLUTIONS

Dan: Get a handle on the investing strategies I have been learning

Mark: Make better use of time to go fishing and enjoy the outdoors with my family.

Sam: Get all my home improvement projects completed that I have been putting off.

Phil: Taking a family vacation to St. Louis or the D.C. area.

Sheri: To have more patience with the people I currently work with**

Melissa: To clean out my garage (from moving)

Shelly: Continue to pay off debt

**we will try to help Sheri with her resolution



Sheri's Hot Cocoa Mix

10 c. dry milk powder

4 3/4 c. confectioner's sugar

1 3/4 c. unsweetened cocoa powder

1 3/4 c. powdered non-dairy creamer

In a large mixing bowl, combine powdered milk, confectioner's sugar, cocoa powder, and creamer. Stir till thoroughly combined. Store cocoa mixture in an air-tight container. Makes about 15 cups mix or about 45 servings.

For 1 serving, place 1/3 c. cocoa mix in a coffee cup/mug and add 3/4 c. boiling water. Stir to dissolve. Top with a dollop of whipped cream or marshmallows, if desired.

**Vary the flavor of your mix by trying flavored non-dairy creamer (cinnamon, vanilla, etc.)



Q & A with Sam

How long have you been a dental assistant?

I got my certificate in February 2, 1993, so going on 18 years.

So how long have you been with Osky Dental?

14 years in March

What are your current responsibilities?

I don't do anything...seriously, I'm everybody's assistant. I do the insurance, (so don't hate me), help Dan, Mark, Sheri and the hygienists as needed.

What made you want to be a dental assistant?

I was sitting at church one day and a friend told me that a local dentist needed a rover. I checked it out and here we are 18 years later.

What is your favorite part of being a dental assistant?

The relationships with the patients.

What is your least favorite part of being a dental assistant?

Confirmation calls

If you could be a fruit, what would you be? Why?

I would be a strawberry. They can be tart but they are sweet at the same time...especially when you add sugar. I can be tart but sweet at the same time.

If you had magical powers for a day, what would you do and why?

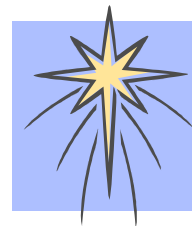
I would zap people and put them on another planet (that's my tartness). Why...because today you may encounter someone who's mouth may be moving but no one is listening.

What's your favorite movie? Why?

Forrest Gump because life is like a box of chocolates. You never know what life will bring you which makes every day in life an adventure.

Any final words of wisdom?

What if the only thing you had tomorrow is what you thanked God for today...we all need to think about that, especially with the new year here. Let's make a conscious effort to be more thankful in 2012.



Merry Christmas

&

Happy New Year!!



Pop Quiz

Congratulations to those of you who participated in last quarter's quiz. The answer was a hole.

This quarter's quiz is: **We are little creatures; all of us have different features. One of us in glass is set; one of us you'll find in jet. Another you may see in tin, and the fourth is boxed within. If the fifth you should pursue, it can never fly from you. What are we?**



Call or email your answer in by January 31st.

Staff and staff family members are not eligible



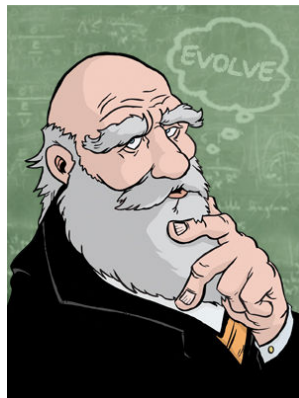
www.darwinAwards.com

15 May 2011, Brisbane, Australia | **Planking!** What is it? 'Planking' is the peculiar wit and skill of lying flat as a plank in unusual locations--train tracks, fire hydrants, clothes-lines, motorcycles--and posting public photographs for all to admire. This Australian craze had infected poor, poor Mr. Acton B., a Brisbane resident and former planking enthusiast, who was not (yet) aware that Balconies Are the Number One Cause of Gravity-Related Darwin Awards. Not knowing, he was doomed to repeat the lesson.

Planking is nothing without a photograph. For the camera, the 20-year-old stretched himself out face-down on the railing, arms by his sides, stiff as a plank, balanced on the fine

line between fun... and done. Natural Selection nudged him over the line, and he fell seven stories to his death. Blessedly he was not naked.

The men down under have risen to the top of the zany crop, planking naked, planking on Police cruisers, even planking across the desks on TV Network News. Other falling deaths are described as "unrelated to planking." Planking has well and truly jumped the shark.



Sonicare's NEW AirFloss

\$65.00 (MSRP \$89.99)

Experience a micro-burst of clean! An easy but effective way to clean between the teeth. Whether you floss or not, this is a great addition to your oral hygiene program.



OR

Sonicare Flexcare Electric Toothbrush \$110 (MSRP. \$189.99)

Optimal cleaning between teeth and along the gumline provides improved gum health in just two weeks. Giving a superior cleaning in between teeth and removes significantly more plaque to a manual toothbrush.



OR

Complete Hygiene Package (AirFloss & Toothbrush) \$150.00

Get TOTAL CARE in ONE PACKAGE

Sheri's Slow Cooker Cherry Crunch

1 (21 oz.) can cherry pie filling

1 yellow cake mix

2 Tbs. butter

Put pie filling in slow cooker. Add cake mix on top. Add butter. Cook on low for 1 hour. **Also good with other pie fillings like blueberry, peach or apple.





902 S. 17th
Oskaloosa, IA 52577

Return Service Requested

Phone: 641-673-4845
Fax: 641-673-7731
Email: OskeyDental@hotmail.com

Check out our web site!
www.oskydental.com



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.

- ⇒ *Fri., Dec. 23rd thru Fri., Dec. 30th (Christmas break)*
 - ⇒ *Fri., Jan. 13th*
 - ⇒ *Fri., Jan. 27th*
 - ⇒ *Fri., Feb. 10th*
 - ⇒ *Fri., Feb. 24th*
 - ⇒ *Fri., Mar. 9th*
 - ⇒ *Fri., Mar. 23rd*
 - ⇒ *Fri., April 6th*
 - ⇒ *Wed., April 18th*
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