



Summer 2010

The Doctor's Note

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Special points of interest:

- Kalona is the largest Amish community west of the Mississippi River.
- The Cedar Rapids Museum of Art houses the largest collection of Grant Wood artwork.
- Dubuque is home to the only county courthouse with a gold dome.
- The highest double track railroad bridge in the world, the Kate Shelley Bridge, is located at Boone.
- Iowa State University is the oldest land grant college in the U.S.A.

Hello friends! I can't believe it but it's already time for the summer newsletter and the school year is wrapping up. I must admit that I am happy that summer is just about here. I have two boys playing baseball three nights a week and then the other two nights we have taekwon do. I love watching my kids' activities but I will be glad come June when the games are over and we can spend more family time together.

I hope you read the Important Dates section and saw that we will be closed from June 3rd through June 11th for our family vacation. We will have a staff member available to answer the phone from 9 - 1 on those days and resume normal business hours on June 14th. Please wish me luck as my wife and I are traveling by vehicle with four energetic boys. I know it may get a little crazy at times but there will be lots of memories made.

I would also like to take a minute and explain why we have changed the confirmation calls message with the \$75 cancellation fee reminder. I feel that some patients are not valuing their scheduled time seriously so they show up late or just don't show up at all. My staff and I value our patients so we need our patients to value our time. Please call in as soon as possible if your scheduled time will not work so that we can get you rescheduled and get someone else to benefit with that time. We do understand that there will be sickness, weather, etc. and that appointments may need to be rescheduled. As you know, we have had to ask you a number of times to move appointments because of our schedules and I do truly appreciate your cooperation and flexibility. As long as we keep communicating with each other this problem will be solved. I do thank you for understanding.

I hope you noticed our monthly specials as I would really like to draw your attention to the July special with the Crest Pro Health products for only \$85 (retail value over \$175). What a deal!! If you have never tried an electric toothbrush — now is the time...let it do the work for you!

I will be writing again in October for our fall newsletter. Have a great summer and take care!

Dan

An Iowa Governor

Francis Marion Drake (December 30, 1830 – November 20, 1903) was an American politician who became the 16th Governor of Iowa.

Drake was born in Rushville, Illinois, the son of John Adams Drake and Harriet Jane O'Neal. He later moved to Centerville, Iowa.

He married Mary Jane Lord on December 24, 1855. During the Civil War, he was commissioned as Lieutenant Colonel of the 36th Iowa Volunteer Infantry, in August 1862. He was mustered out as Brigadier General.

On July 17, 1895 he was nominated by the Republican party for Governor of Iowa.

He was elected Governor on November 5, 1895, serving 1896 through 1898.

He endowed Drake University in Des Moines, Iowa, that is named after him. He died in Centerville, Iowa in 1903, and is buried in Centerville's Oakland Cemetery.

http://en.wikipedia.org/wiki/Francis_M._Drake



The Importance of Power Surge Protection



[This goes out to our good friend Dr. Dave who suffered a major electronic loss in April.](#)

Surge protectors are meant to protect electronics from power surges. A power surge is when the voltage rises above the designated flow of electricity normally coursing through your home or office. In America, 120 volts is the standard voltage level. Elsewhere in the world this varies. That means if the voltage in your home spikes above that level, you could potentially fry your computer, television and more.

Spikes and surges are two forms of power fluctuations. Generally, an electrician defines a surge as any increase that lasts more than three nanoseconds and a spike as one that lasts less than that. No matter how long a fluctuation lasts, it can cause lasting damage that will only find you replacing the electronics in your home if they are not properly protected.

Most surge protectors filter the electrical current from the outlet to the device itself. Each protector has a ground wire and this is what comes in handy when there is a surge. The electricity over the suggested threshold of 120 volts is diverted from the surge strip and into that grounding wire instead of being jolted high-speed into your devices causing an overload.

Anybody who has invested heavily in the technology in their home should spend the time to find out what type of surge protection is necessary. Televisions, computers and other electronic devices can be fried from a surge, and as such, a surge protector will help prevent this from happening. While surge protection is not full proof, it will prevent most disasters from happening to the things you value in your home or office.

While most modern homes are built with circuitry that includes grounding wires, most home systems will allow dangerous fluctuations to pass between your electrical wiring into your computer before the "system" even realizes what is happening. Your computer will fry just as your power goes out in some cases, and you will not even realize it is happening before it is too late to salvage the unit. When lightning strikes close to electrical poles, this will cause surge after surge until the grid goes down, and sometimes that means your house will be hit by multiple surges.

When you trip the power in your home, you more often than not blow a fuse with it. Your computer in particular is more sensitive to voltage than your electrical system in the wall, and this is the reason why your computer will fry before your house will and is a prime example of why surge protection is necessary. Your house's electrical system is not smart enough to stop a surge of power, your surge protection will be in most cases.

Every computer or television should run with a power surge strip. This not only allows you to hook up your DVD players, cable boxes, printers and other devices, but it also protects them from harm. Most home owners eventually invest a good deal of money into a home theater system with all the trimmings, why see that money go to waste by not purchasing a surge protection system that will save you from having to buy a new TV, DVD player or cable box down the line when the power goes out during a storm?

There are different levels of surge protection, and it all depends on how much protection you want in the event of a power spike. You can purchase protection for under \$20 in most electronic stores, but you get what you pay for when it comes to that surge protection.

There are three main types of surge protection electronic stores will carry: Basic, advanced and stations. Basic power surge strips have five or six outlets and will only protect your electronics moderately, and chances are if there is a spike, you will be looking to purchase a new protector and computer along with it. Advanced strips filter electricity smoother and provide grounding for your Internet and telephone connections as well. They will be able to filter voltage spikes better than basic strips but will not prevent all surges in electricity. Surge stations are the best way to go if you run a home office, small business or are heavily involved in using your computer. These fit under your computer or desk and will protect your Internet connection, phone connection and modem; they generally feature their own set of breakers and can be costly, but they will provide some of the best protection from a spike in your electrical system.

Many computer users will invest in an uninterrupted power supply and forget that it does not provide surge protection solely. Some will, but if yours does not, you will still need to invest in additional power surge protection for your UPS and computer. These units are expensive, but they will allow you to turn off your computer after a spike or blackout as well as save your data before doing so.

When it comes down to it, you have to decide what type of protection will work for your electronics and what it is worth for you. Some people can not live without their computer or television, and after spending upwards of a grand on such systems, why would you not spend a little more and invest in power surge protection, too?

Most consumer electronics stores sell a wide range of UPS systems and power surge strips, talk with an associate and find out what will work with your system and invest in protecting your electronics before you end up having to purchase them all over again.

Storms and a heavy demand for air conditioning in summer lead to millions of dollars in losses each year as high voltage power surges strike electrical systems in homes, businesses and institutions.

Treatment of Gum Disease May Lower Blood Sugar Levels in Type 2 Diabetes

A study to be published in the latest issue of *The Cochrane Library* and led by researchers at the University of Edinburgh and supported by colleagues at the Peninsula Dental School, the University of Ottawa and UCL Eastman Dental Institute, suggests that the treatment of serious gum (periodontal) disease in diabetics with Type 2 diabetes may lower their blood sugar levels.

The research team analyzed randomized controlled trials of people with Type 1 and Type 2 diabetes who had also been diagnosed with periodontal disease. The team looked at 690 papers and included seven studies in the review that fulfilled pre-specified criteria for inclusion.

Their findings suggest that the treatment of periodontal disease can reduce blood sugar levels in Type 2 diabetes, although there was not enough available evidence to support the same benefit for those with Type 1 diabetes.

Current belief is that, when bacteria infect the mouth and cause inflammation, the resulting chemical changes reduce the effectiveness of insulin produced in the body, thus making it more difficult for diabetics to control their blood sugar.

The findings are key because many

patients and health care professionals do not necessarily make the association between the treatment of gum disease and the control of blood sugar levels. The study suggests that the effective treatment of gum disease could have a positive impact on diabetic patients, especially those with Type 2 diabetes, because it good blood sugar control contributes to lowering the risk of serious complications linked to the condition, such as eye problems and heart disease.

Terry Simpson, lead author at the Edinburgh Dental Institute, said: "It would be wise to advise patients of the relationship between treating periodontal disease and the possibility of lowering their blood sugar levels. Additionally, an oral health assessment should be recommended as part of their routine diabetes management."

David Moles, Professor of Oral Health Research and Director of Postgraduate Education and Research at the Peninsula Dental School, added: "In this study we have helped confirm a link between the effective treatment of gum disease and lower blood sugar levels in those with Type 2 diabetes. Now what are required are larger randomised trials to further study dental treatment and its long term outcomes for those with diabetes, including the

possibility of marrying dental care for diabetics with wider diabetes support and treatment networks and closer collaboration between doctors and dentists."

Type 1 diabetes is the type of diabetes that typically develops in children and young adults. In Type 1 diabetes the body stops making insulin and the blood glucose level goes very high. Treatment to control the blood glucose level is with insulin injections and a healthy diet. Other treatments aim to reduce the risk of complications and include reducing blood pressure if it is high, and to lead a healthy lifestyle.

Type 2 diabetes occurs mainly in people aged over 40, although it is affecting a growing number of younger people. The 'first-line' treatment is diet, weight control and physical activity. If the blood glucose level remains high despite these measures, then tablets to reduce the blood glucose level are usually advised. Insulin injections are needed in some cases. Other treatments include reducing blood pressure if it is high, lowering high cholesterol levels and also other measures to reduce the risk of complications.

<http://www.sciencedaily.com/releases/2010/05/100511192300.htm>

Findings suggest that the treatment of periodontal disease can reduce blood sugar levels in Type 2 diabetes

Pop Quiz

Congratulations to the following people for answering the March quiz correctly — Connie W., Shirley M., Francis K., Ellen M., Sandy H., Matthew G., Christy G., Jodi H., Ann J., Brenda G., Marge M., & Doug G. They will receive an Oxyfresh Power Rinse sample. **The answer was keyboard.**

If a fire hydrant has H₂O inside, what does it have on the outside?

Call or email your answer in by July 1st.



Did You Know?

**If you stretch
a standard
Slinky out
flat it
measures 87
feet long.**

- ◇ Teeth are the hardest substance in the human body.
- ◇ Colgate introduced aromatic toothpaste in a jar in 1873.
- ◇ Regular dental cleanings can help prevent heart attacks.
- ◇ Most tooth loss in people under 35 years of age is caused by athletic trauma, fights or accidents. The causes of most tooth loss in people over 35 is periodontal disease.
- ◇ There are 60 herbs commonly cited for treatment of dental problems in ancient Chinese medical books
- ◇ Certain cheeses including Aged Cheddar, Swiss and Monterey Jack, have been found to protect teeth from decay
- ◇ A mosquito has 47 teeth.
- ◇ Snails are very small but they have thousands of tiny teeth all lined up in rows.
- ◇ Athletes are 60 times more likely to damage their teeth when not wearing a mouth guard during athletic activities
- ◇ 50's heart throb James Dean had no front teeth! He wore a bridge.
- ◇ Teeth in a growing fetus begin to develop only six weeks after conception

<http://www.healthplex.com/dentaltrivia.htm>

Sniff of Local Anesthetic in the Dentist's Chair Could Replace the Needle

Modern dentistry has eliminated much of the "ouch!" from getting a shot of local anesthetic. Now a new discovery may replace the needle used to give local anesthetic in the dentist's chair for many procedures. Scientists are reporting evidence that a common local anesthetic, when administered to the nose as nose drops or a nasal spray, travels through the main nerve in the face and collects in high concentrations in the teeth, jaw, and structures of the mouth.

The discovery could lead to a new generation of intranasal drugs for noninvasive treatment for dental pain, migraine, and other conditions, the scientists suggest in American Chemical Society's bi-monthly journal *Molecular Pharmaceutics*. The article is scheduled for the journal's May-June issue.

William H. Frey II, Ph.D., and colleagues note that drugs administered to the nose travel along nerves and go directly to the brain. One of those nerves is the trigeminal nerve, which brings feelings to the face, nose and mouth. Until now, however, scientists never checked to see whether intranasal drugs passing along that nerve might reach the teeth, gums and other areas of the face and mouth to reduce pain sensations in the face and mouth.

Neil Johnson, working in the labs of Frey and Leah R. Hanson, Ph.D., at Regions Hospital in St. Paul, Minn., found that lidocaine or Xylocaine, sprayed into the noses of laboratory rats, quickly traveled down the trigeminal nerve and collected in their teeth, jaws, and mouths at levels 20 times higher than in the blood or brain. The approach could provide a more effective and targeted method for treating dental pain/anxiety, trigeminal neuralgia (severe facial pain), migraine, and other conditions, the scientists say.

Furthermore, these scientists discovered an improved future location to administer anesthetic, the maxillary sinus. The maxillary sinus is a golfball-sized space located underneath each cheek where drug can be sprayed. Delivery into this confined space may be the next generation approach beyond a nasal spray in providing a more rapid and focused delivery of anesthetic.

<http://www.sciencedaily.com/releases/2010/05/100513104818.htm>

Sheri's Rhubarb Crisp with Strawberries

Enough rhubarb to cover the bottom of a 9 x 9-inch pan 10 strawberries, opt. in rhubarb
 3/4 c. white sugar 1 c. water 2 T. cornstarch 1 tsp. vanilla 1 c. flour
 3/4 c. oatmeal 1 c. brown sugar 1/2 c. oleo

Slice rhubarb and strawberries to cover the bottom of a 9 x 9-inch pan. Cook white sugar, water and cornstarch in a saucepan until thickens and add vanilla and pour over rhubarb. Crumble together flour, oatmeal, brown sugar and oleo. Pour over top of rhubarb mixture and bake for 40-50 minutes at 375°.



Summer Specials

We have some great summer specials available for you.

June — 1/2 price fluoride treatment. (this is for the patients that have to pay out of pocket) Treatment will be \$12.50 (reg. \$25) for the month of June only.

July — Oral B/Crest Pro Health System. This includes Crest's Pro Health products and Oral B's Triumph toothbrush w/Bluetooth timer and some other surprises for only \$85. Reg. retail value of \$175.

August — 10% off all Oxyfresh products

September — the opalescence special went over so well that we decided to bring it back. 4.7 oz. tube \$6.00 (Reg. \$8.00)

We hope you can take advantage of these specials!



(Late 1989, Australia)

A rather impressionable student of kung fu listened with rapt attention when his instructor dramatically informed the class, "Now that you have reached this level in your training, you can kill wild animals with your bare hands!"

The martial arts trainee took the statement as gospel, and headed to the Mel-

bourne Zoo to test his mettle with the wildest animal of all: the lion. In the dead of night, he slipped into the zoo, leapt into the lion enclosure, and engaged a suitable king of the jungle in combat.

He would probably have lost a one-on-one fight, but he never got to try. His naive fight plan didn't account for the enthusiasm of the lion's

pride for a tender intruder; nor did it give sufficient weight to the possibility that his instructor didn't know what the hell he was talking about.

Zoo employees found his remains -- two arms and hands -- the following morning, with shreds of red fur grasped tightly in his fingers.

I learned law so well, the day I graduated I sued the college, won the case, and got my tuition back. ~Fred Allen



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IMPORTANT DATES

We want to remind you that we will be closed on the following dates. We will have a staff member available from 9:00 am to 1:00 pm answering the phone .

- ◇ May 28th & 31st (Memorial Day, **No staff member at office both days**)
 - ◇ June 3rd—11th (Dr. Schuster's family vacation)
 - ◇ July 2nd (4th of July)
 - ◇ July 16th
 - ◇ August 6th
 - ◇ August 20th
 - ◇ September 3rd & 6th (Labor Day)
 - ◇ September 17th
 - ◇ October 1st