



Fall 2010

A computer once beat me at chess, but it was no match for me at kick boxing.
~ Emo Philips

He knows nothing; and he thinks he knows everything. That clearly points to a political career.
~ George Bernard Shaw

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The Doctor's Note

Hello again! I can't believe the summer has come to an end and that it is time for our fall newsletter.

I hope you all had a great summer and got to spend quality time with friends and family. We had a great summer at the Schuster house and are looking forward to the school year with all the boys playing football. We also added airsofting as a new family activity so we are keeping busy.

One thing I would like to talk to you about is parents bringing their kids to appointments. I know with both parents working, it is tough to get time off work but here's why it's important for you to accompany your child ages 0-16 to the office. First, if you have dental insurance, you are the only ones that can OK the services to be done. Secondly, if a medical emergency were to occur, we would still need to get a

hold of you to OK treatment, even if there's a "friend" present. It makes it much easier if you are here at the office. When your child is above the age of 16 and has taken halcyon or valium, I would ask that you be present as well and not friends. You are the only one's who can sign the consent forms we may need. It is much better for both parties with the parent present. If you have any questions, please call and one of my staff members would be happy to answer them.

Well, I need to wrap it up but I would like to wish you all a Happy Halloween, Happy Thanksgiving and have a Merry Christmas.

Yours in dentistry,

Dan

What Can A New Zealand Reptile Tell Us About False Teeth?

Using a moving 3D computer model based on the skull and teeth of a New Zealand reptile called tuatara, a BBSRC-funded team from the University of Hull, University College London and the Hull York Medical School has revealed how damage to dental implants and jaw joints may be prevented by sophisticated interplay between our jaws, muscles and brain. This research will appear in a future edition of the *Journal of Biomechanics*.

The tuatara is a lizard-like reptile that has iconic status in its homeland of New Zealand because its ancestors were widespread at the time of the dinosaurs. Unlike mammals and crocodiles which have teeth held in sockets by a flexible ligament, tuatara have teeth that are fused to their jaw bone - they have no ligament, much like modern dental implants.

BBSRC postdoctoral fellow Dr Neil Curtis from the University of Hull said "Humans and many other animals prevent damage to their teeth and jaws when eating because the ligament that holds each tooth in place also feeds back to the brain to warn against biting too hard."

Dr Marc Jones from UCL, also a BBSRC postdoctoral fellow, added "In the sugar-rich western world many people end up losing their teeth and have to live with dentures or dental implants instead. They've also lost the periodontal ligament that would attach their teeth so we wanted to know how their brains can tell what's going on when they are eating."

The team has created a 3-D computer model of the skull of the tuatara to investigate the feedback that occurs between the jaw joints and muscles in a creature that lacks periodontal ligaments.

"Tuataras live happily for over 60 years in the wild without replacing their teeth because they have the ability to unconsciously measure the forces in their jaw joint and adjust the strength of the jaw muscle contractions accordingly", said Dr Curtis.

Although this explains why tuatara and people with false teeth manage not to break their teeth and don't end up with jaw joint disorders, it is still clear that having a periodontal ligament is very useful, in particular for fine tuning chewing

movements. This may explain why it has evolved independently in the ancestors of mammals, crocodiles, dinosaurs, and even some fish.

There is anecdotal evidence to suggest that people with implants and dentures may make food choices related to their lack of periodontal ligament. However, the tuatara pursues a broad diet on the islands where they live including beetles, spiders, snails, frogs and occasionally young seabirds.

Professor Douglas Kell, BBSRC Chief Executive said "To support the extension of health and wellbeing into old age, it is vital that we appreciate how we as human beings have developed our extraordinary ability to adapt to adverse situations. This work allows us to understand some of the complexities of the feedback and responses occurring in healthy human bodies and brains. It is impossible in evolution to predict future innovations such as dental implants and yet this research indicates a level of redundancy in our biology that opens opportunities to support long term health and wellbeing."



Fluoride Facts

- Fluoride is a mineral found in varying amounts in all soils, plants, and water supplies.
- Fluoride is a nutrient that prevents tooth decay. Like other minerals in the diet, fluoride helps the body to resist disease, in this case, tooth decay.
- Fluoride is a natural part of tooth enamel and bone.
- There are two types of fluoride, systemic and topical. Systemic fluorides are swallowed and benefit the teeth before and after they erupt in the mouth. Topical fluorides are applied directly to teeth. Topical fluorides benefit teeth that have already erupted into the mouth.
- In the earliest stages of tooth decay, fluoride helps repair small areas of decay before they become large cavities.
- The presence of fluoride on the tooth surface makes plaque (germs) less able to cause decay. During tooth development, fluoride unites with the tooth surfaces, making them more resistant to decay.
- Water fluoridation is beneficial with a reduction in pain, missing teeth, need for dentures and bridges, and less time lost from school and work.
- Fluoridation reduces tooth decay by 20 to 40 percent so your dental bills are less.
- In Vermont, the cost of providing fluoridated water is a little over one dollar per person per year. For every dollar spent on fluoridation, \$38 is saved in dental bills. About \$85 for an 85 year lifetime. Less than the cost of one average filling.

<http://healthvermont.gov/family/dental/fluoride/index.aspx>

What does the dentist of the year get?

A man and wife entered a dentist's office. The wife said, "I want a tooth pulled. I don't want gas or Novocain because I am in a terrible hurry. Just pull the tooth as quickly as possible." "You're a brave woman," said the dentist. "Now show me which tooth it is." The wife turns to her husband and says, "Open your mouth and show the dentist which tooth it is, dear."

A little plaque

A little boy was taken to the dentist. It was discovered that he had a cavity that would have to be filled. "Now, young man," asked the dentist, "what kind of filling would you like for that tooth?" "Chocolate, please," replied the youngster.

Sheri's Oven Fried Chicken

4-6 servings

- 3/4 c. Kellogg's Cornflake crumbs
- 3/4 c. Cheddar French fried onions
- 1 tsp. Morton coarse sea salt
- 1/2 tsp. ground black pepper
- 1 c. whole milk
- 1 (3 lb) package chicken pieces

Preheat oven to 350°. Line a rimmed baking sheet with aluminum foil. Place a wire rack in prepared pan. Spray rack with non-stick cooking spray.

In a large zip-top plastic bag, combine cornflake crumbs, onions, salt, and pepper. Using hands or a rolling pin, crush cornflake mixture. In a shallow bowl, pour milk.

Dip 1 piece of chicken at a time in milk, and place in plastic bag; seal and shake to coat. Place chicken, skin side up, in a single layer on prepared wire rack in pan.

Bake for 1 hour or until chicken is done. (Do not cover or turn chicken while baking.) Let stand on rack for 10 min. before serving.

Autumn is a second spring when every leaf is a flower. ~Albert Camus

N S H S U R B H T O O T B R
 S O I S L A N A C T O O R U
 M T E T A L E M A N E L G C
 I Y O G I W M O L A R A U A
 L R S O R V H C H E W T M V
 E I G K T U I T H T W N L I
 R A N N C H S G U F O O I T
 O F I B I I P L N O L D N I
 S H L T R N P A A I M O E E
 I T L I M E E H S T G I S S
 O O I P U C A T T T N R E S
 N O F H T E E T I O E E S M
 A T S I T N E D H H O P D U
 D A F L U O R I D E W T Y G

**Always do right -
 this will gratify
 some and astonish
 the rest.
 ~ Mark Twain**

- | | | | |
|----------------|-----------|-------------|------------|
| Breath | Floss | Smile | Cavities |
| Fluoride | Teeth | Chew | Gingivitis |
| Tooth Fairy | Cup | Gum line | Toothbrush |
| Dental surgeon | Gums | Toothpaste | Dentist |
| Molar | Toothpick | Enamel | Mouthwash |
| Whitening | Erosion | Periodontal | Filling |
| Root canal | | | |

**When they asked
 George Washington
 for his ID, he just
 took out a quarter.**

- Stephen Wright.

Pop Quiz

The last newsletter quiz was : If a fire hydrant has H2O inside, what does it have on the outside?
 Answer: K9P Congratulations to Frances A. for answering it correctly!

Here's the new quiz — *what country is hidden in the following statement? As defendants, we deny all involvement in the unscrupulous dealings which have come to light in the recent government investigation.*



Call or email your answer in by Nov. 1st

Fall 2010

Fall Fruit Trivia



Gourds

There are two theories about how gourds arrived in the Americas from their place of origin. Gourds used for floats by early Africans drifted across the ocean and took root in South America by accident. Or, another theory promotes the idea of seafaring Africans visiting the eastern coast of South America thousands of years ago bringing gourds with them. Then as now, gourds were used for storage, decoration and ritual.

Indian Corn

The multi-colored corn used for decoration purposes today was originally part of the diet of Native American people. Many more varieties of corn existed, particularly edible shades of red, white, blue and yellow. Corn was also dried and used during the winter months.

Native Americans used all parts of the corn plant. Husks were braided and woven to make Masks, moccasins, sleeping mats, baskets, and dolls. And corncobs

were used for fuel.

Pumpkins

Native Americans made mats from dried, woven strips of pumpkin. They ate long strips of roasted pumpkin, cooked over an open fire.

Pumpkin pies were first baked by early North American colonists by slicing off the pumpkin top, removing the seeds, and filling the insides with milk, spices and honey and burying the stuffed pumpkin in hot ashes.

<http://www.frugalvillage.com/forums/thanksgiving/9438-fall-fruit-trivia.html>

Three towns in the U.S. take their name from the traditional Thanksgiving bird, including Turkey, Texas (pop. 465); Turkey Creek, Louisiana (pop. 363); and Turkey, North Carolina (pop. 270).

DID YOU KNOW.....

- ⇒ President Franklin Pierce was the first President to decorate the White House Christmas tree.
- ⇒ President Abraham Lincoln proclaimed the first national Thanksgiving Day in 1863.
- ⇒ Since the 1970's, the Kennedy Space Center has made their shuttle landing

Holiday Facts

facility available for emergency landing by Santa Claus should problems develop during his annual visit to children around the world!

- ⇒ More than one million lights decorate the landmark Fort Myers winter estates of Thomas Edison and Henry Ford during the holiday season.

- ⇒ Halloween is second only to Christmas in spending. Consumers will spend over \$2.5 Billion during Halloween. That's a whole lot of candy, costumes, decorations, and party goods.
- ⇒ Tootsie Rolls were the first wrapped penny candy in America.

Fall Specials

October

We all know that the parents eat as much candy as the kids this time of year. So parents, we are offering you **50% off on adult sealants.** Make your appointment today!

November — a season of thanksgiving. We are thankful for you our loyal patients. We are offering you Triple Dental Rewards on out of pocket expenses. There is no cost to this program. Sign up today!

DECEMBER

NEED A CHRISTMAS GIFT IDEA? HOW ABOUT AN **ORAL B TRICUMPH ELECTRIC TOOTH-BRUSH!!** ONLY **\$85** FOR THE GIFT THAT PROTECTS THE SMILE OF YOUR LOVED ONES.



October's poplars are flaming torches lighting the way to winter. ~Nova Bair

Sheri's Turtle Sundae

Makes 4 servings

4 - 3 1/2 in. waffle bowls 5 c. Blue Bunny Turtle Sundae Ice Cream

16 chocolate Turtle candies Assorted candy for facial features

1 - 1.5 oz. package chocolate covered crisp wafer stick candy, such as Pepperidge Farms Pirouettes

Form four scoops of ice cream and set aside. Fill each waffle bowl with remaining ice cream. Place each waffle bowl ice cream side down on an individual dessert plate. Place each of the four ice cream scoops that were set aside against each waffle bowl for the turtles' heads. Arrange four turtle candy pieces partially under the bottom of each waffle bowl to form the turtles' legs. Press assorted candy pieces into ice scoops for eyes and mouth. Place one chocolate wafer stick partially under waffle bowl for tail. Serve immediately.



Dental Amalgam Fillings Facts

The word "amalgam" when referring to dental fillings means a mixture of two or more metals in which mercury is a component. Dental amalgam is a mix of approximately 43% to 54% mercury with other metals, including silver, copper, and tin. Dental amalgams have commonly been called "silver fillings" because of their silver color when they are first placed. Today, amalgam is used most commonly in the back teeth. It is one of the oldest filling materials and has been used (and improved) for more than

150 years. Dental amalgam is the most thoroughly researched and tested filling material.

Advantages:

- Strong, durable and stands up to biting force;
- Can be placed in one visit;
- Normally the least expensive filling material;
- Resistance to decay is high;

- Frequency of repair & replacement is low.

Disadvantages:

- Amalgam can darken over time as it corrodes. This does not affect the function of the filling, but many people find it less attractive than tooth colored materials;
- Placement of amalgam requires removal of some healthy tooth.

http://www.ada.org/sections/publicResources/pdfs/dental_fillings_facts_full.pdf

Amalgam is self sealing with minimal to no shrinkage and it resists leakage. Leakage occurs when a filling does not completely seal, permitting food and bacteria to "leak in" and promote new decay behind or beneath the filling.

Gum Disease Links to Heart Disease and Stroke

Heart Disease

Several theories exist to explain the link between periodontal disease and heart disease. One theory is that oral bacteria can affect the heart when they enter the blood stream, attaching to fatty plaques in the coronary arteries (heart blood vessels) and contributing to clot formation. Coronary artery disease is characterized by a thickening of the walls of the coronary arteries due to the buildup of fatty proteins. Blood clots can obstruct normal blood flow, restricting the amount of nutrients and oxygen required for the heart to function properly. This may lead to heart attacks.

Another possibility is that the inflammation caused by periodontal disease increases plaque build up, which may contribute to swelling of the arteries.

Researchers have found that people with periodontal disease are almost twice as likely to suffer from coronary artery disease as those without periodontal disease.

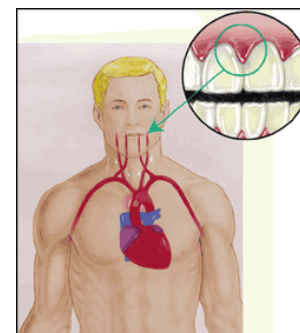
Periodontal disease can also exacerbate existing heart conditions. Patients at risk for infective endocarditis may require antibiotics prior to dental procedures. Your periodontist and cardiologist will be able to determine if

your heart condition requires use of antibiotics prior to dental procedures.

Stroke

Additional studies have pointed to a relationship between periodontal disease and stroke. In one study that looked at the causal relationship of oral infection as a risk factor for stroke, people diagnosed with acute cerebrovascular ischemia were found more likely to have an oral infection when compared to those in the control group.

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





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www.oskydental.com

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IMPORTANT DATES

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

⇒ *Friday, Oct. 1st*

⇒ *Friday, Oct. 22nd*

⇒ *Friday, Nov. 5th (IMOM in Cedar Rapids, No staff member)*

⇒ *Thursday, Nov. 23rd & Friday, Nov. 24th (Thanksgiving, No staff member both days)*

⇒ *Friday, Dec. 10th*

⇒ *Thursday, Dec. 23rd*

⇒ *Friday, Dec. 24th (Christmas Eve, No staff member)*

⇒ *December 27th - 30th*

⇒ *December 31st (New Year's Eve, No staff member)*