

## 2008 is Almost History!

### Going Green

Yes, that describes what we're in the process of doing. Our goal is to be paperless within a year and to have available to our patients digital dental films by early 2009. The transition has been a learning experience and we thank all of you for your patience as everything is put into place.

### Cracked Tooth Syndrome

A syndrome is a group of signs or symptoms that occur together and characterize a particular abnormality or condition. A crack in the tooth can be caused in many ways and is often not visible to the naked eye and may or may not show up on a dental film. The most common symptom of a cracked tooth is when you're biting into your favorite piece of See's chocolate this holiday season you experience a sharp pain that quickly disappears. If you find that you avoid certain foods or avoid chewing on a particular tooth you **MAY** have a cracked tooth. The best course of action is to have the tooth diagnosed and treated *before* it breaks.

*American Dental Association*

### Annual ADA Meeting

The 149th Annual Session of the American Dental Association was held in San Antonio, Texas on October 16 – 19. Our team attended the educational seminars and had the opportunity to check in with supplier exhibits for information on new and updated products. Continuing education is a top priority in assuring our patients receive continuous quality dental care.

### Vitamin D

Our bodies produce vitamin D from sunlight. Warnings of the danger of excessive exposure to the sun and living in certain parts of the country have led to an increased incidence of vitamin D deficiency. Don't be surprised if your physician checks your vitamin D level at your next physical. In the past vitamin D has been associated with healthier bones, but research is showing it can play a key role in other systems of the body too. The best way to get vitamins is through your diet. The best natural food sources for vitamin D are salmon, herring, eggs and shitake mushrooms. Fortified food sources such as milk, orange juice and cereal are other options to reach the daily maximum recommended 800-1000 IU of Vitamin D,

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### Welcome Sue!

When you walk in our front door the first smiling face that greets you is Sue. Sue is the latest addition to our team and is happily four months pregnant. She's a great Accounts Manager and even a greater mother, so we are all very happy for her!

**A voice in Washington, D.C.**

This past May 12-14, Dr. and wife Carol attended the American Dental Association National Leadership Conference in Washington D.C. The purpose of the conference was to review legislative issues of importance to dentistry specifically, and to health care in general. They met with Congressmen Rick Larsen and Jay Insley. Some of the issues they discussed included 1) renewed funding for pediatric and general dental residents programs at the University of Washington, 2) initiate funding for methamphetamine prevention programs, and 3) the future of national health care and how dentistry might be incorporated. Both congressmen were highly receptive and interested in the recommendations Dr. Bates presented.

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2008 is coming to a rapid close. If you would like to be seen before the end of the year please call our office at your soonest convenience. We will be in the office through December 23<sup>rd</sup> and then back in the office Jan. 5<sup>th</sup>.

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All of us wish you and yours the merriest Christmas ever and a happy and healthy 2009!

Dr. Bates and Team,

Arlene, Sue, Kathy, Terrie-Ann, Kathy and Cara