

Happy Summer 2006



Xylitol

What is it? A naturally occurring 5-carbon sugar produced by the reduction of xylose found in fruits, berries, birch trees, corn cobs and stalks and is produced by the human body during metabolism. Although Xylitol is a carbohydrate it is considered suitable for patients with diabetes as it does not require insulin for its initial utilization.

What are its benefits?

- Xylitol reduces dental caries because it suppresses the growth of the bacteria *Streptococcus mutans* that cause cavities.
- To maintain breath freshness by increasing salivary flow. Saliva aids in keeping the mouth cleaner and moister all of which contributes to fresher breath.
- To manage xerostomia or dry mouth

Use only products that are 100% Xylitol sweetened. We recommend Theramints for people who like to use mints either as way to freshen breath or for dry mouth. Trident chewing gum (which we dispense at the office) is one of several brands of chewing gum sweetened with xylitol. For a copy of the a list of products that contain xylitol, please ask at your next visit.

The Surgical Team with Angelica, our translator



Honduras

On May 20, Dr. Bates and his wife and mother-in-law, Arlene, Kathy McK and Terrie-Ann and her daughter left for a week to do dentistry in the rural community of Balfate at the Loma de Luz Hospital-Clinic. We saw about 200 patients in the five days we were there. We were able to improve their health by doing lots of fillings and cleanings and some extractions that were absolutely necessary. The people were warm and gracious and the country beautiful. Especially loved the fruit – mangoes, watermelon, bananas and pineapples everywhere!

Have a safe and wonderful summer!!!!We're looking forward to seeing you at your next dental visit.

Dr. Bates, Arlene, Sue, Kathy, Terrie-Ann, Kathy and Cara