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CAVITIES: NOT JUST A CHILDHOOD PROBLEM

by Goretti Allenbach, RDH

Many adults are developing cavities at or below their gum line. These cavities are often more difficult to restore. How does this happen, and what can be done to prevent it?

Adults get gum line recession exposing the root surfaces. The root surfaces are softer than the enamel and more difficult to clean.

Adults also develop dry mouth. This is often due to medication side effects and/or diabetes. Saliva is important in preventing cavities by reducing acid levels and by naturally flushing food debris off teeth.

Adults may use sweet foods or drinks to stimulate saliva. However, keep in mind, frequent snacking with food that stays around teeth also provides fuel for bacteria.

What can you do to prevent cavities?

- Learn more effective ways to clean plaque from your gum line, including daily flossing.
- Use a prescription fluoride toothpaste twice a day. Example: Fluoridex or Prevident 5000
- Have a fluoride varnish treatment following your teeth cleaning or periodontal maintenance appointment.
- Use Xylitol sweetened gums, mints or spray 3 to 5 times a day after meals. Xylitol is a sweetener that

bacteria cannot use as fuel. This also stimulates saliva to naturally flush food debris from teeth. We have Omni TheraGum, Mints and Spray available for purchase in our office.

- Use products for dry mouth. Example: Biotene Products

For further information, please call our office, or talk to Dr. Patricia, Gorretti, Donna or Marcos at your next appointment.

FIRST-YEAR STUDENTS LEARN LOCAL ANESTHESIA FROM "DR. PATRICIA"

Those of you who know Patricia Westerhout as a dentist may be interested to find she's a part-time teacher as well. For the past 15 years, Dr. Westerhout has spent "about 10 afternoons a year" teaching local anesthesia to first-year dental students at the University of the Pacific in San Francisco.

"This is the students' first experience doing an 'invasive' procedure," Dr. Westerhout says. They take turns being 'dentist' and 'patient', administering and receiving the anesthesia injections under her supervision and coaching.

"Having a safe, positive experience on a day that many looked forward to with great trepidation is most rewarding. For the students, it is usually one of the more memorable days in their dental school education."

Dr. Westerhout also enjoys the chance to develop and maintain relationships with colleagues and peers at the University, and the access to educational

resources. Dr. Westerhout graduated from UOP with her DDS degree in 1994.

DO YOU HAVE UNUSED INSURANCE BENEFITS?

Now is a great time to look at your remaining dental insurance benefits for 2006 and make an appointment before the end of the year. Call 510.886.6416 today if you're not sure and we'll help you find out.

PRACTICE NEWS

CARE ENOUGH TO SHARE Our New Patient Referral Program

Care Enough to Share



Patricia L. Westerhout, D.D.S.
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We're delighted to report on the growing success of our new "Care Enough To Share" Patient Referral Program.

Thank you to all of you who have taken advantage of this program to benefit friends and family members. For those of you are not familiar with the program, here's how it works:

Ask us for a Care Enough To Share card next time you're in our office, or call and we'll send one out to you. You can also go to our website at [www.westerhoutdds.com/Care to Share](http://www.westerhoutdds.com/Care%20to%20Share) and download

an online version of the card. Give this card to someone you would like to refer to us as a new patient.

The new patients you refer to our office will receive \$25 off their first office visit when they present their Care Enough to Share Certificate. You, too, will receive a \$25 credit on your account as our way of saying "thank you". For more information, please contact Dawn at 510.886.6416.

SPOTLIGHT ON MARCOS

Marcos Eisenberg, RDH, is a 1996 graduate of the Chabot College Dental Hygiene program.

He is a member of both the American Dental Hygienist Association and the California Dental Hygienist Association.

"I feel very fortunate to have worked for this office every Tuesday for the last ten years. It is a good feeling knowing you work for a practice that cares so much for their patients."

Born in San Mateo, Marcos is a third-generation native Californian. After graduating from UC Berkeley in 1976 with a degree in Botany he spent 2 years in Guatemala as a Peace Corp volunteer.

It was during this time he began learning Spanish, a skill he now is able to share with patients and other office staff.

He has lived in Castro Valley since 1996 with his wife Maxine and two children, Randy and Sally. In his spare time he enjoys cooking, gardening, bird watching and walking his dog, Ginger.

GOODBYE AND GOOD LUCK ROBIN!

We say goodbye to our front office administrator, Robin, in mid-November. Robin is leaving to return to the group practice where she started her career, in San Leandro. "Robin has been a highly valued and talented member of our team, and we will miss her. However we wish her all the best in her move and in this next stage of her career." Keep in touch, Robin!

UPDATE: DR. DALE'S PLANE

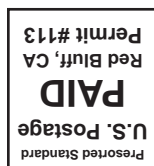


Dr. Dale reports: "The engine works and we await FAA approval for our first flight!"


MEET OUR STAFF

If at any time you have questions for any member of our staff, please call!

Patricia Westerhout, DDS
Dale Westerhout, DDS/Management
Paola Guglielmoni, DDS (Periodontist)
Goretti Allenbach, RDH
Donna Counts, RDH
Marcos Eisenberg, RDH
Dora Aranda, RDA
Carolyn Bruce, RDA
Dawn Gluck, Business Administration



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