Johnnie's Journal

November, 2011

John T. Gotwalt, DDS, FAGD Sara J. Gotwalt, DMD
2320 Rothsville Rd., Suite 300, Lititz, PA 17543
717-627-6980

Volume 2, Issue 2

A Note from Doc

Greetings to All,

I am so very glad to be back writing you all a note. It has been too long since we have caught up and shared what is and isn't going on. We have been developing this paperless connectivity for well over a year now and we are getting closer to sharing thoughts in almost real time. Somehow this does not, as I suspected, fill the void of receiving a parcel in the mail. You may trust that we will have that new forum running shortly, with our new pictures and up to the date reports and thoughts considering your dental issues and more of course! However, I need to satisfy my contrarian self and publish this deal.

What's going on? Well we are here to tell you our continuing integration of Dr. Sara is going very well. The senior partner, me, has been actively involved in her development. We have attended to studying communication skills, business acumen, dental technique, and constantly challenged ourselves to understand who we are and who you all are and why we have our relationships. This is imperative to our personal well being and health.

Every single day we are asked why we stay so happy and remain friendly. Look around folks; you know it is not the status quo. When we step back and listen it is almost like watching a fish ladder. We are all trying to move against the currents, forward to somewhere we must go. If the fish could talk we would hear how tiring and difficult the journey has been, and where the bears of life are waiting to hinder our motion, our lives, and our progress. How refreshing the still pools along the way can be at times and how I want to be there. This is one of those times where there is no time to rest. I believe some of this cloud that lingers over us is our being overwhelmed by the current. The currents of employment, of our nation's purposes, relationships, responsibilities all are in the eddy's of this journey. Our parents and their parents would nod and say they understand. They made it thru way tougher times, much stronger currents. Perhaps they protected us from stress a little too much, provided too much. To the point where ease is expected or entitled so to speak. We are the result of the greatest generation yet have lost what they knew and did to get there. I wash plastic bags to re-use again. That is a lesson generations old. A lot of the answers can be found in history. The iphone doesn't make you understand, rather tell you the answers.

This is our deployment. Time to change. Change can be very stressful and productive as well. Remember the farmer and his lines, the geese in their V's, and now those fish. We can do this people and be better for it. We are so grateful to know you all. We are so grateful to be able to do what we strive to do well. Most of all we are grateful to be swimming alongside of you. If I slow down give me a push.

Blessings,
John

Please make a note:

Dr. John will be having hand surgery on November 17 and will be out of the office through the 28th of November. He'll be back in the 29th and start to use his hands again by checking hygiene patients. The week of December 5 he'll be back at his seat and using his skills again. During his time away from the office, Dr. Sara Gotwalt will be on call and be in the office seeing patients in the hygiene schedule and in her restorative schedule. The only day at this time the office will be closed is November 22. All other hours will remain the same with the exception of the Thanksgiving holiday.

Thanks for working with us through these schedule changes. We appreciate your care and concern and strive to keep you informed of office updates.

As a side note, our new website will be up and running soon so please remember to check it out and invite your friends to visit us online too. You can also "like" and visit us on Facebook at Dr. John T. Gotwalt. For all you twitters out there we also have a twitter page—GotBrightSmiles.

Tia &Jody

What to expect at each hygiene appointment:

- Medical History Review: Please bring an updated list of medications to each appointment. This is to help prevent complications during any dental treatment and to prevent drug to drug interactions when prescribing any necessary medications.

- Blood Pressure Screening: This will be completed at each dental visit for your information, as a precaution to anesthesia use, and to prevent medical emergencies in the dental office.

- Preventative Images:
  Bitewing (cavity checking) images: These will be taken on a patient to patient basis every 6 months to 2 years. We determine the need based on decay history and dietary habits to determine current decay that we aren't able to detect on our clinical exam.

  Full Mouth Series/Panorex: These will be evaluated every 2 to 5 years based on history of dental treatment. This is a more thorough series then bitewings that shows root abnormalities, bone loss, bone cyst/tumors, and abscesses that are not able to be detected on the clinical exam.

- Periodontal Exam: We will perform this exam yearly to detect bone loss (periodontal disease) or soft tissue disease (gingivitis) and other "foundational" concerns.

- Fluoride: This isn't just for kids anymore! Fluoride treatments have proven useful for those of you who've had a lot of crown and bridge work, dry mouth, sensitivity and a high decay rate.

Thank you for your support and trust. Char, Sharon, Jolene—Hygiene Department

The Discussion Surrounding Silver vs. White Restorations

Have you ever taken the time to think about what is being placed in your tooth when you have a cavity? Some patients do not realize there are two basic options, silver (amalgam) or white (composite/resin). The third choice, a gold inlay/onlay is discussed in another article in this newsletter. We'll give you some facts about both options below and hope the facts help us to decide, with you, the best restoration for your tooth.

Silver (amalgam):

Pro- Have been in use since the 1800's with great success.
Consist of many metals, silver being predominant.
Has great durability. Commonly placed in premolars and molars where the brunt of the pressure is from chewing.
Generally used in areas that are small to moderate in size.
Less costly than white restorations due to the cost of the material and steps involved in placing the restoration.

Con- Patients do not like the color or "look" of a silver filling.
Will wear over a period of many years.
The fact that mercury is used as an ingredient is a deterrent for some patients.

White (composite/resin):

Pro- Used for esthetic qualities, primarily in anterior (front) teeth.
Bonded to tooth structure.
Preparation may be kept smaller due to the material being retained by bonding not mechanical technique.
Material comes in different shades of enamel and it blends very well with your natural teeth.

Con- Cost is higher due to materials and time involved.
Some insurance companies deny white restorations for posterior teeth.
Not as strong as a silver restoration and need replaced much more frequently.
Have a tendency to be more sensitive to temperatures and chewing.

The next time you come in to see us to have a tooth restored, please feel free to discuss the options with us. Which one will you choose? And remember there is also the choice of a gold restoration for posterior teeth.

See you soon, Melissa and Katie—Assistants

Gold, Gold, Gold…..

Please consider asking about using gold to restore your posterior teeth. I predicted when cosmetic dentistry gave birth to all the white fillings we would see more failures early on and not nearly the wearablility that amalgam restorations provided for so many years. I am ok with someone's argument to use resin based fillings in lieu of amalgam if that is their priority. If you really want to get on board the A train, gold must be considered as the ultimate restorative material. Those looking for quicker, cheaper, faster need not apply. We are hard pressed to find a lab that can sill provide quality castings as well as finding education concerning the technique. I have been pursuing this since dental school and more intensely the last 5 years. Please take advantage of this technique while we still have this wonderful art form. Gold is without a doubt the best, longest lasting, and historically tested restoration time can afford. Please ask us about gold.

Thank you for your consideration and thoughts,
Dr. John

Join in the FUN and WIN!!!

To celebrate the holidays and winter this year we will be having a "make a card" contest! We'll have two categories, age 0-12 and age 13 to 100! Here's what to do ~ make an ORIGINAL card and bring it to the office by December 15. The judging will be by an experienced teacher, and you just might be the winner of a $50.00 gift certificate to Toy's R Us for the 0-12 age group and for the 13-100 age group a $50.00 gift certificate to Target. Help celebrate and decorate the office with your own card! We can't wait to see what you create! We know we have a lot of creative patients out there. **Remember to join in the fun and win!!!**

Dr. Sara

What's Happening With the Office Staff? - Jody

Dr. John— Family vacation was spent in the OBX this summer. John is a silent partner in the purchase of 3 little pigs and he is looking forward to learning how scrapple is made. Thanksgiving dinner will be held at he and his wife's home and is enjoyed by 40 or so family and friends.

Dr. Sara— Sara will be working extra hours to help the practice while her dad is not able to be here. She's looking forward to a warm winter vacation with friends this winter.

Tia—Will be spending Thanksgiving in Vieques again, and then returning in the winter for a much needed warm weather vacation. Hank is doing great and continues to give she and Shawn lots of happiness. Uncle Kirk and Aunt Ruthie will be back in town for holiday fun.

Char—Nick is in second grade and is doing great. The cats have made themselves at home and give the family a lot of laughs. In October Char participated in the NYC breast cancer walk! She raised over $1800 and felt honored to be part of this great event. Please congratulate her when you see her in the office.

Sharon—The twins, Kelsey and Kirstin, are doing great in school and with their activities. Sharon has been busy running the girls around and working. Once again Sharon enjoyed the Manheim fair chowing down on her favorites, milk shakes and hot fudge brownie sundaes.

Jolene— Gavin and Ross are in first grade at Adamstown Elementary School. Jo and her family really enjoy celebrating Halloween and participating in the neighborhood fun. The boys are looking forward to the upcoming holidays and keep Jo and Dave very busy.

Melissa—Alyce and Kaleb are doing great and growing up fast. Mel is so proud of her mom who just had her first book published. The title is "A Special Pocket in My Heart" by Shirley Renaud. It's a great book for small children who lost a parent and was written in honor of Mel's brother and Shirley's son who passed away five years ago.

Katlin—Katie moved to Reamstown and got married to her best friend Mark Martin on October 29th. She'll now be Katie Martin! They spent their honeymoon in Boston enjoying the sites and sounds of the city and surrounding towns.

Jody—Zach is living in Pittsburgh and started doing stand up comedy. In May, Hannah graduated from Elizabethtown College with a BS in Math. This summer we spent a week in the OBX and both my kids were there. Sure makes a mom happy! The end of January will bring another vacation cruising the Caribbean with friends.

John T. Gotwalt, DDS, FAGD, PC

2320 Rothsville Rd.
Suite 300
Lititz, PA

Phone: 717-627-6980
Fax: 717-627-3038
E-mail: jodfun@dejazzd.com

Office Hours
Monday—9:00am to 5:30pm
Tuesday—9:00am to 4:00pm
Wednesday—9:00am to 5:30pm
Thursday—7:30am to 7:00pm

A smile is worth a thousand words.

Visit us on the web at—
www.drgotwalt.com

Office Updates

Using the Correct Office Number

When calling the office please be sure to use the main office number **717-627-6980**. We have 3 lines at the office with the above number being the primary incoming line. If you call us after hours and wish to reach our answering service you must call the main phone line. Calling any of the other numbers will NOT connect you to the answering service and you will not be able to leave a message or have emergency care. Please enter our office number in your phone as **717-627-6980** to avoid any problems.

Updating Personal Information

Please continue to update any changes to your home address, phone numbers (land line, work, or cell phone), and email address. The correct information allows us to contact you for confirmation of appointments, schedule changes, office closings, and any other incidence that may arise. Also any change in your medication or health history is very important for you to inform us of in order to provide comprehensive and safe dental care.

5% Discount

We are offering a *5% discount* on appointment fees when *paid in full at time of service* with *cash or check*. If you would like to take advantage of the discount please remember to bring along cash or a check to your next appointment. There are not any discounts with any charge, debit, or health savings cards as we are charged fees each time we swipe any type of card. Remember the balance must be paid at the appointment time to receive the discount.

Thanks for your help! We appreciate all of you. Tia