Johnnie's Journal

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

June 2017 Volume 2, Issue 13

Good day to you all!

Jody told me to write again, so here we go!

Each spring becomes my most favorite time of the year. We are finally having a rainy, cool, and colorful period of spring weather. Each load of wood I bring in must be my last, but it sure takes the damp out during the evening. My first random thought was Sara's fish and her sticker book. We are pecking at cleaning up the collections of life and distributing or throwing away what has become unimportant. I catch myself sitting down and reading, or touching and rebooting a memory of where I was, what was I like then, where did the time go, with the multiple treasures found way down in the storage box. I found Dr Sara's sticker book. I could see her concentrating and excitedly picking her favorites and placing "chust so". In the corner of a page she expressed her concern about tooth decay! Go figure.

Do you all have a scrapbook? Photographs? Stories to tell? I invite you to visit them. I found it gives a perspective of where I am now (besides getting older), what is really important, and clues of what we have become or will become. The spices of warmth, tears and embrace, flow with those stories told by all, corrected by the elders and the history of the past lived at the table.

Don't forget to feed my fish! We all hear that when Dr Sara leaves for education or a rest. The three gold amigos reside in the tank where we visit upon your first exposure to us. We use flakes for daily and a chunky thing for long term nutrition. It is kinda like how life comes at us with lessons or a recipe with spices layered into it instead of all at once. Feeding is an all-important life skill. Consistent, timely, and quality ingestion of both food and life lessons are imperative to fruitful living. Too many of us do not eat properly. Breakfast, lunch and dinner are critical. Life lessons, learned, are critical. We can sometimes feed on the surface with the flakes of input, other times we must wait for something to dissolve or break apart to be seen and valued. The fish are contained in that rectangle of water. Do they feel the walls or see thru them? I invite you all to "swim outside the box ". Place stickers in your albums. Look at your photos. Learn, Live and swim free.

Warmly, John

Does Google Rule the World? By Dr Sara

How in a small little area like Lancaster County with a small little office like ours can Google be so influential in helping us stay who we are? A lot of us have had discussions about how the world of medicine and dentistry is changing; right here in Lancaster County so many small dental practices (like us) are being bought out by large corporations that are strictly about business capital, not dental health. We are exactly the opposite, **dental health and personal relationships mean the world to us and we will stay that way.** How can we continue to ensure this? This is where Google comes in. We do not advertise or market in a large way, we see most of our new faces because of word of mouth or because someone "googles" "dentists in Lititz", sees our smiling faces and then picks us to be their dental home. Our Google "presence" is defined by the activity on our website and by Google reviews. If you believe in us and our values, like we believe in us and our values, then please take the time to write us a Google review! It would mean the "world" to us!

CONFIRMING APPOINTMENTS by Tia

It's been 8 months now since we started using our new system for confirming appointments and sending out other mailers to you, including our bi-yearly newsletter. We feel the new system is working well, but as always would love to hear your feedback, anytime. We have had a few of you call and tell us that you have received a text from us and that if you respond it will charge you. We want to let you know that the charge is NOT coming from our office; the charge would be coming from your cellular provider. If you get this message please call here and we will take you off of the texting for appointment reminders and if you have an email address we will be sure to get that from you and then the system will confirm your appointment that way. For those of you who take an antibiotic prior to your dental treatment, Jody & I will still be calling you the day before to remind you to take your premedication. We wouldn't want you to forget that important piece of the puzzle for your appointment.

CAVITIES by Melissa and Katie

The subject of "cavities" is not often a topic of conversation...until you have one and are sitting in the dentist's office! Here are the top five myths concerning cavities that will assist you in caring for your teeth.

1. CAVITIES ARE OBVIOUS WHEN YOU HAVE THEM.

Cavities are NOT obvious. There is not always pain or sensitivity associated with a cavity. Once a tooth is causing pain because of a cavity, it often means the tooth has decayed so much that it has affected the nerve(s). If a patient waits until there is discomfort, the tooth is often severely damaged.

2. DON'T WORRY ABOUT BABY TEETH GETTING CAVITIES. THEY FALL OUT ANYWAY.

Here's what we know. All of those baby teeth serve a very important purpose because they help the jaw maintain spaces for our permanent teeth. Bacteria can also collect in those empty spaces. It can lead to abscesses and pain.

3. ADULTS GET CAVITIES LESS OFTEN THAN KIDS DO.

Because children are now having sealant applied to their teeth and because they are, for the most part, drinking fluoridated water this is no longer true. Senior citizens now have a higher risk of cavities because of some medications. A side effect of some medicines is to cause a condition known as "dry mouth". When there is not sufficient saliva in the mouth teeth do not have as much protection against acids and bacteria. Food substances are more likely to stick to teeth.

4. IF YOU HAVE A TOOTHACHE, PLACE AN ASPIRIN NEXT TO THE TOOTH THAT IS HURTING.

PLEASE DO NOT DO THIS! Applying an aspirin directly on the gum or tooth can actually worsen the situation. Aspirin is formulated to be ingested, and that is exactly how aspirin can help diminish pain. Aspirin is extremely acidic. Pressing it against the tooth can eat away at the enamel as well as burn gum tissue. This, too, can lead to abscesses and additional pain.

5. YOU WILL ALWAYS END UP REPLACING EVERY FILLING.

This is not true for every filling. A filling will need to be replaced if a cavity forms around it; it becomes cracked; or if the filling or the tooth itself fractures. There are specific materials called amalgam and composite used in some fillings. If a filling was made using these materials it is more likely it may someday need to be replaced. Other than that, fillings can last a lifetime. Ask us about gold restorations! The perfect restoration for a lifetime!

What is true and important is brushing teeth at least twice a day with a fluoride toothpaste, flossing, and using a good mouthwash. Taking care of your teeth is the best way to keep your smile looking great!

WHAT IS A PANOREX X-RAY? By Char, Jo, Meg, and Ali

A Panorex is much like a panoramic picture; it provides a full view of the entire mouth. The Panorex is one x-ray that provides a picture of all of your teeth and the surrounding bones. It can detect potential problems other x-rays cannot.

A Panorex is an excellent way for your dentist to check for conditions such as:

Tumors and Cysts
Gum Disease and Bone Loss
Tooth and Jaw Development
Impacted Wisdom Teeth
Infections
Fractures
Orthodontic Evaluations
Assements for Implant Placement

Having a Panorex taken is very easy. While wearing a lead apron the patient stands in the center of the Panorex machine. The machine travels around the outside of the patients head for approximately 20 seconds. The image is then displayed digitally on a computer for the dentist to read. It is normally recommended to have a Panorex every 5 years or whenever necessary for your specific dental situation.

What's Happening With the Office Staff? - by Jody

Dr. John—John and Becky hosted a fun office dinner this winter for the team. A good time was had by all! This summer John and Becky will be vacationing in Nantucket and the Outer Banks. John will start working 3 days a week, Monday, Tuesday and Wednesday in June. He'll also be attending continuing education in Cincinnati with Dr Sara.

Dr. Sara— Sara is still on the lookout for a home in our area. She and Jason took a winter vacation to St Lucia and a spring vacation to Jamaica for a few days. She attended continuing education in Pittsburgh for 4 days and will be heading to Cincinnati with John for more education in June. She has inherited her dads love for learning and is always learning more about dentistry to better serve all of you!

Tia— Tia and Shawn had a winter vacation in St Lucia with Dr Sara and friends. This summer she and Shawn will be taking another motorcycle trip starting in Seattle and heading to Santa Barbara, a beautiful west coast ride! They also have lots of home projects going on this summer.

Char— Char and hubby Scott, along with some friends, attended a music festival in Ohio Memorial weekend and had a smoking hot time! In June they'll be heading to Deep Creek Lake for a family vacation. Nick is growing up way too fast and will be heading to 8th grade in the fall.

Jolene— Well what can we say about Jo? She continues to have lots of kitty stories and we're sure she would love to share them with you. As always she is busy with the boys, Gavin and Ross, and Mia who is heading to kindergarten. Jo, will you follow the bus this time? Some day trips and long weekend get a ways are on the schedule for summer.

Meg—In March Meg and family welcomed baby Cooper to the world, sold their home, moved into a new home, had everything set up and decorated within a week with a new baby in tow and celebrated Grants 3rd birthday! She'll be back in the office June 5th!

Melissa—Mel and family will be going to their family cottage in Michigan this summer. Kaleb will be heading to Senior high school in the fall, Alyce will be moving on to 5th grade and Tristan, Mel's stepson will be in 3rd grade. Mel and Todd announced their engagement in February and we are all very happy for the family! Don't forget to ask Mel about her "zoo".

Katie—Katie, Mark and Everleigh are excited to announce they will be having a baby in November. Katie and family will be heading to the beach for their yearly family vacation this summer. Everleigh just started daycare/preschool and is loving it!

Ali—We'd all like to welcome Ali to our office. She's a great addition to the hygiene team and comes with lots of experience. Ali is married to Mike who is retired, mom to Wes who graduated from Penn State this spring and mom to Ellie who is a nurse at Hershey Med. This winter she and Mike took a trip to Florida and they love spending time at their cabin. Please help us in welcoming Ali to the office!

Jody— In March we went to Mexico to spend time with our exchange students and their families. One of my bucket list items was to travel to Ireland and that happened in May! Zach is doing a comedy tour in the DC area and West Virginia the first weekend in June. Hannah is very involved in the Lancaster Junior League and will be taking some leadership classes in Pittsburgh this month. In August we'll be having a family vacation in the OBX, our 27th year there!

John T. Gotwalt, DDS
Sara J. Gotwalt, DMD

2320 Rothsville Rd.
Suite 300
Lititz, PA

Phone: 717-627-6980
E-mail: jody@drgotwalt.com

Office Hours
Monday—8:00am to 5:30pm
Tuesday—8:00am to 5:30pm
Wednesday—8:00am to 5:30pm
Thursday—11:00am to 7:00pm

Gratitude turns what we have into enough.

Special Announcement!

PLEASE WELCOME OUR NEWEST TEAM MEMBER

We are excited to announce we have added a new dental hygienist to our team, Alison Miller. Alison is a local gal and comes to us with over 30 year's of experience in the hygiene field. Alison fits in perfectly here, she is great at her job and loves to laugh!!! If you have not met her yet please ask to be introduced at your next visit.

Have a great summer - Tia

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

It's Movie Time!

Join us for our patient appreciation day!

When: July 21st at 9:00am ~ movie starts at 9:30am

Where: Penn Cinema ~ Lititz PA

Showing: Despicable Me 3



Please call the office or email us to reserve your tickets. We only have 200 tickets so call soon. You must have a ticket to enter! We'll be serving bagels and cream cheese, donuts and assorted drinks! (snack bar open for other items at your expense)

717-627-6980 or jody@drgotwalt.com