Johnnie's Journal

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

June 2012

Volume 2, Issue 3

A Note from Doc

Greetings Friends,

Spring was definitely here! The rains showed up and we have been summoned to provide an article for our communication to you all. I have a few thoughts to share as usual. For instance, isn't it remarkable how we are provided for even when things aren't going the way we think we want them to? My gold mentor tells me to master the game we must give up control for the sake of results. I am here to tell you, it ain't that easy to do that. However the results do speak for themselves in almost all situations of life. Managing and obsessing are two different items. I read an interesting book awhile back, its title was Flow. It approached how systems that work well, relationships that do well, people that relate well, exhibit a flow rate that seems natural, easy, effortless. I raised honey bees for a few years. They know a lot about flow. The sports pages are full of the results of flow, both positive and negative results.

I think there is a lot to learn about our expectations and their management plus the wise use of energy as we go along. The more efficient we become in being aware of how the engine of life is performing, the better we are equipped to use the throttle to get where we want to go. I just left another conversation by the chair. We seem to always get to; "how are things going with you?" The young person has the energy but not the wisdom (read experience). The older person is asked to step aside because they are running out of energy yet have the wisdom. Our flow is a composite result of our awareness of these ongoing dynamics. Personal flow affects the team flow and on it goes.

Task completion and results are a compilation of all the energy we use to get somewhere. I have found breaking down our weaknesses in to awareness and then working on making those issues our strengths helps in the long run. By breaking down the mechanics one becomes free to assemble the improved parts and add them together for a better result.

Kenosis is the giving up of self for the sake of self. Getting out of your own way usually frees the result to just happen in a better way. Joy compounds the process and with warnings disappointments and frustrations as well.

I hope your motion becomes wise and your results encouraging. I know you will be provided for. Relax and keep trying.

Blessings,

John

We appreciate YOU!

Some day's life gets crazy! Yours, ours and everyone else's. Striving to give you our full attention, the best treatment possible and doing all this in a timely manner can be stressful for you and for us all at the same time. Most days everything goes as planned but when it doesn't it can be a challenge. Together we will always find a solution and learn from the lesson being taught to us.

Most of all, thank you for your patience, kindness and for sharing your family stories with us. We appreciate you for giving us a job and for sharing your time with us. We all know how important family and time are to everyone. Also, thanks for having the same philosophies as us on patient care, it means a lot to all of us.

Thanks again,

Jody and Tia

Replacements for Missing Teeth

If you are faced with the dilemma of replacing a missing tooth, maybe several teeth, or trying to decide whether to restore a tooth or have it removed, it is important to know the pros and cons of your different options. With new technology we are able to offer you more options then a few years ago. Please feel free to ask us any questions you may have after reading this article. We would be more then happy to help you make the best choice for you and your individual situation.

So here you are in one of our chairs with an unhealthy tooth. You may be faced with terms like root canal, crown, implant, bridge or you might even hear denture. Now your brain hurts just as much as your tooth. And oh yeah, I'm sure you're seeing dollar signs too. What the heck does all that mean?

If your tooth is unhealthy your dentist may recommend a root canal. This process can help save a tooth allowing it to remain in your mouth and do its job. This process takes about an hour, usually at the endodontist's office, and has a strong success rate. A crown may also be recommended if you have a root canal because the tooth tends to become more brittle. When the chewing surface of your tooth is not adequate a crown may also be recommended. This is due to the amount of natural tooth structure not being able to support a typical restoration. You'll need to decide, with the doctor, if the risk vs cost merits restoring the tooth. Some things to consider are the following: What is the longevity of root canal treatment? What are the cost differences? Extraction and replacement versus retain and rehabilitate with possible loss in the future? What is your life like? What is your dental health goal?

Lets take a look at some options you have if you choose to extract and replace the tooth. In the past the main options for teeth replacement were fixed bridges and/or removable partials or full dentures. These methods are tried and true. They work and there is relatively low maintenance. The down fall with the removable replacements is appearance. There may be metal or clasps that may be hard to hide or you may need to use adhesives to gain maximum retainment. Some concerns with a fixed bridge may be the ease of oral hygiene surrounding the bridge, the chance of future decay impairing the strength of the bridge, and the unforeseen abscess that could occur in the future.

Over the past years and especially more recently, a very successful option patients have been considering and choosing are implants. Unlike the bridge and removable appliances implants are the closest thing to having a natural tooth. The bridges and removable appliances are attached via external structures in your mouth, such as neighboring teeth. Implants on the other hand are placed directly into your jaw bone. When you choose an implant you will be working with the doctor and the oral surgeon as a team. There are many aspects to be considered when thinking about an implant. The space available, the bone depth, and the cosmetic result are just a few.

So by now your head must be spinning with all these choices and questions must be filling your head. If you need a tooth replaced or have any questions on what's available to fill your dental needs, please feel free to ask and we'll do our best to make sure you have all your questions answered before you make the big step. We want to help you keep your beautiful smile, enjoy your meals, and live a long life. Remember, your mouth is the gateway to healthy living.

We look forward to seeing you in the office very soon.

Melissa and Katie

New patients are always welcome! We appreciate your kind referrals. If you know of someone who is looking for distinguished dental care, please send them our way. We promise to do our best to treat them with kindness and a smile. Thank you!

Images/X-Ray Update

Many of you have been asking questions about the recent news reports on dental images being linked to brain tumors called meningiomas. We are hoping to answer your questions and allay any concerns.

We have transitioned our equipment from x-rays to digital images. This lowers the amount of radiation exposure to you by 75-90%. We are exposed daily to radiation in our regular day to day living. For example, spending time outside on a sunny day absorbs a similar amount of radiation to a traditional full mouth series (18 individual x-rays). Our equipment is calibrated yearly by the Department of Environmental Protection and every employee is certified by the State of Pennsylvania to take images. We use lead shields WITH thyroid collars, and the staff continues to update their techniques and knowledge of these procedures.

Our philosophy regarding images is based on the patient history of decay and restorative treatment present. NOT taking images every six months as approved by the insurance companies and dental advisors, we only take images based on your individual needs. We will not recommend any unnecessary images.

Please remember the detection of early decay and or dental disease is very important and can save you from experiencing pain, preventing tooth loss, emergency dental care and spending more of your valued money in the long run.

Striving to do our best for you. Your dental hygiene professionals,

Char, Jolene, and Megan

What's Happening With the Office Staff? - Jody and Tia

Dr. John— Lancaster newspapers did a great article featuring Dr John and his interest in gold restorations. If you missed this article you'll be able to read it on the walls of the reception area. Family vacation will be spent in the OBX this summer. Dr John is working in his garden, cooking up a storm and enjoying the summer weather.

Dr. Sara— A family vacation in the OBX is on the agenda this summer . Then in October it's wedding time for Sara and Jason. We all wish her a great day and happiness. In the new year Sara will be joining the practice three days a week, Mondays, Tuesdays and Thursdays.

Tia— Heading back to the OBX this summer, Tia and Shawn will also be making a stop in Rehobeth for some family fun. They are enjoying their time at home by the pool hanging out with Hank and their friends. They had a great time a the Kenny Chesney concert in Philadelphia. Uncle Kirk and Aunt Ruthie with be arriving in August to do their annual canning and freezing visit.

Char—Nick will be going to third grade and is growing up fast. A summer vacation in Cape May for a week is on the schedule with Char's family. Shaggy and Scooby provide lots laughs with all their silly cat antics.

Megan— Megan spent spring break in Florida and enjoyed time with her girlfriends. This summer she is training for the Philadelphia breast cancer walk. She's been married to Dustin for 6 months and is enjoying life with hubby and pet cat Piper.

Jolene— Jo and her family are anxiously awaiting the arrival of their new baby girl. At press time the name is still being decided on. She'll be out of the office until October. We can't wait to meet the new bundle of joy! Also, her twin boys, Gavin and Ross will be heading to second grade at Adamstown Elementary.

Melissa—Alyce and Kaleb are doing great and growing up fast. Alyce had her dance recital this month and did a great job. Kaleb attended boy scout camp with his dad for a week at Camp Mack. Mel is enjoying running her little zoo at home and is looking forward to vacationing in Michigan and at the beach.

Katlin—Katie is busy being a new wife and taking care of Mark. She'll spend time at the beach this summer and hanging out with friends. Katie and Mark's puppy Brody is full of energy and keeps them on their toes.

Jody— Vacation this summer will be in Rehoboth. We spent the last 22 years in the OBX so we'll see how we like the change. This is the first summer vacation without either Zach or Hannah, it's sure going to be a different experience. This fall will be a girls weekend away, always a highlight of the year.

John T. Gotwalt, DDS, FAGD, PC

2320 Rothsville Rd.
Suite 300
Lititz, PA

Phone: 717-627-6980
Fax: 717-627-3038
E-mail: jodfun@ptd.net

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.

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 in your medications or health history at the beginning of your appointment. This is vital for us to be able to provide you with safe, comprehensive dental care. Also, updating changes to your contact information is important for us to reach you for confirmation of appointments, last minute changes to the schedule or office closings. Your cell number, land line, work number, email address and home address would be the items we would like to have current. If we can't reach you, you can't be informed of changes. Thanks!

Jody and Tia

A Progress Note from Dr. Sara

I just wanted to drop a little note to all of you and say "THANK YOU" for accepting me both old and new! I will have been here three years this August and let me tell you the time has flown by. Over the past few years I have really been trying to focus on continuing education and getting as much experience as possible. I am so fortunate to be in what I feel is the best office around. I am guided by one of the best dentists you could find anywhere, and the staff here is stellar, always there for me, giving me advice on dentistry and life. (sometimes I don't even have to ask for it…) Without all of you this would not have been possible. I truly appreciate your trust and support.

The great news is because of all your support I will be able to join the practice for another day a week beginning in January. I am so excited to see the benefits of all our hard work pay off. I feel I am really working my way "home". I will continue to need you to put the good word out there for me. Please refer patients our way since I am hoping to make a full transition into this practice someday soon.

Again, thank you so very much! With gratitude,

Dr Sara