Johnnie's Journal

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

July 2013

Volume 2, Issue 5

A Note From John

Hello folks and happy summer days to you all. Time for my summer missive and I must admit this is my second draft. I was kicked out by my editors (Jody and Tia) for being too repetitive with my thoughts. I shall choose another venue of thought and please let them know if you get anywhere with the patterns.

Sara and I speak a lot about what else we should learn to do and provide for you. I am sure you see all the ads which tout a dental office that offers everything from Botox to orthodontics to implants to wart removal. We all graduate with a general knowledge of all of the specialties within dentistry, from tooth pulling to root canals to crowns and fillings. We spend, you hope, our careers getting better at those skills and applying new knowledge. The dental specialties require years more education and then the same application of time to skill accrual. Folks, it takes a lifetime to get really good at one thing. I recall being frustrated with this early on in my discovery. I approached the teaching doctor after the lecture and delivered my positions. Norman looked at me and said "son you cannot become great at all things, pick one and become excellent." A few weekend courses start the ball rolling, however anyone would need to focus most of their efforts in that direction during their practice hours and study hours to become average at best and a lifetime to pursue excellence.

We have chosen to be your restorative dentists. We have surrounded ourselves with specialists who have dedicated their lives to becoming excellent in their path, be it orthodontics, endodontics, oral surgery and implants and the rest. We learn about their procedures by actually taking courses designed to let us do it, but still refer to them for their excellence.

We have chosen to become the best operative dentists who use the best dentists to support our efforts. Our position is you cannot become excellent in multiple disciplines of dentistry without sacrificing results. Offering more services is the pursuit of market share which pursues monetary reward as a priority. More is not better. More is distracting, divisive and lessens value. The amount of time anyone must invest to learn a new skill teaches respect for its discipline. Computer skills, check. Cooking skills, check. Placing implants, check. Anything, check.

Keep learning, it provides joy. Be careful what you serve up and strive for excellence.

Best to you all,
John

Sports Drinks and Tooth Decay

It's summer time and that means it's time to hydrate and keep your energy up. How many of you reach for a sports drink to hydrate and energize?

We've been seeing a lot more decay in young people and patients consuming sports drinks. This type of drink is full of sugar and acid and is showing to be as harmful or more harmful than soda or iced tea. Certainly, sports drinks should not be considered a healthier alternative to soda. Sipping on sports drinks is even more of a problem as this action is bathing your teeth in sugar and acid. If you feel you just can't do without these drinks, please drink your favorite flavor, don't sip it, then immediately drink water. Swish the water around and swallow. Then finish drinking the water for better overall health and hydration. Water! Your body and teeth will love it!

Jody

What's Happening With the Office Staff ?

Dr. John ~ John and his wife Becky will be spending a week in Nantucket and a week in the Outer Banks this summer with family and friends. Lots of cooking on the Green Egg, working in the garden and relaxing at home are on the summer agenda for John.

Dr. Sara ~ Married life is proving to be wonderful for Sara and Jason. This summer they'll be vacationing in the Outer Banks. Weekends are busy visiting friends and family. The Kenny Chesney concert was a great time for fun and music.

Tia ~ Tia and Shawn are enjoying the joys of motorcycle riding once again. Attending the Kenny Chesney concert on Tia's birthday was a blast and Kenny wasn't too bad either. Outer Banks will be the vacation spot this summer as will be a motorcycle trip to the mountains.

Char ~ Summer is a busy time for Char and her family. Between bike riding, camping and hiking, there is always something going on. Vacation week was spent in Cape May enjoying all the usual spots for great food and summer fun with family. Nick will be going to 4th grade this fall.

Megan ~ It's a busy summer with vacation to the beach and a special trip to Alaska to visit family. Willow is doing great and has been a fun addition to the family. Willow is a rescued pup who has become a great friend to Piper, the house cat. Cookouts, motorcycle riding and trips to the mountains are on the schedule too.

Jolene ~ Mia had her first birthday in June and is keeping everyone on their toes. Baseball games, family bicycle rides, and good old summer fun is keeping this family busy! A week at the beach is on the calendar for the summer and lots of play dates. Gavin and Ross are heading to 3rd grade this fall at Adamstown Elementary.

Melissa ~ Melissa and her family will be vacationing in Michigan again this summer. Swimming, taking hikes and hanging out with extended family means lots of fun and shenanigans. Kaleb will be going to 4th grade and Alyce will be heading to 1st grade in the fall. Ask Mel about all of her pet adventures.

Katie ~ This summer Katie is playing nurse to husband Mark as he needed shoulder surgery in June. Beach time, family picnics and hanging out with friends will complete Katie's summer.

Jody ~ A family vacation to the Outer Banks is on the schedule for summer. Jody and crew will attend Funk family day at the Phillies when approximately 40 of us tail gate and see a great baseball game. Hopefully a weekend in Pittsburgh will happen too!

Toothbrush ~ "Sometimes I feel like I have the worst job in the world" Toilet paper ~ "Yeah right"

Answering for Dr Gotwalt's Office

How long have you heard this phrase when calling our office after business hours? You will no longer! We have a new phone system in place allowing you the choice of how to proceed with your call. Here are the options you will hear:

1. General mailbox—leave us a message about cancellations, questions, insurance information or if you need to schedule an appointment. Any general message is fine. Please remember to leave your call back information in order for us to reach you in a timely manner.
2. Emergencies—this option will connect you to the answering service who will then contact Dr John or Dr Sara with your information. You'll receive a call back from one of the doctors personally as soon as possible.
3. Office hours—listen to this message if you want to know when we'll be in the office.

We'll make updates to the messages as needed. Examples may be vacation, snow days, sick days, etc. So far so good! The system is working great and we have not experienced any problems. If you have any feedback for us or have encountered an issue, we'd like to hear from you. Thanks.

Have a great summer y'all!
Tia

Oral Cancer Screening

Did you know you receive an oral cancer exam at each hygiene visit? This exam is included in your periodic oral exam and is an important part of your appointment. We perform the exam, visually and by touch, checking the mucosa, lip, vestibule, anterior and posterior gingival tissues, hard palate, tonsil area, soft palate, floor of the mouth, all areas of the tongue and glands. By doing this procedure we are able to locate any suspicious areas of cancer or abnormal tissue. If we refer you to the oral surgeon for a biopsy, it is to determine if any treatment/follow up is necessary.

Over the past years we have referred patients to the oral surgeon and cancer has been found while the majority of patients had no major problems. If cancer is found you and the oral surgeon will decide together which realm of treatment is appropriate. Remember, early detection is the best!

Ask your friends if their dentist is doing this exam and if not ask them to make sure they receive an oral cancer exam. The increase in oral cancer is on the rise and we want to do our part for preventing this disease. If you have any questions at your next visit concerning your exam, please ask and we'll do our very best to answer them. See you at your next hygiene visit.

Char, Jolene, and Meg

ALWAYS ACCEPTING NEW PATIENTS WITH GRATITUDE!

Who wants white teeth?

So many people today would love to have that bright, white smile! There are many different products and procedures you can use to improve the color of your teeth and we'll discuss them in this article.

When you decide you would like to whiten your teeth you should first consult your dentist. He or she can inform you of how effective whitening will be for you. Not all teeth will achieve the same results. For instance, if you have yellowish teeth, they should whiten very well. If your teeth have more of a brownish hue, they will not whiten as well. Grayish hued teeth are the most difficult to whiten and may show little improvement with most whitening products. Also, if you have white restorations in any of your teeth they will not whiten and will standout from the natural surfaces of your teeth.

In our office we do a whitening procedure requiring two office visits. You will have impressions taken at the first appointment and then return for the delivery of the whitening kit a few days later. This procedure requires you to use the custom trays and whitening material for 5-7 days to achieve the best results. This procedure is very safe with very little to no sensitivity. The material has a higher percentage of whitening material then you will be able to purchase over the counter.

One over the counter option is whitening strips. These strips have varying strengths of hydrogen peroxide, which is the chemical that whitens the tooth by disrupting stain molecules. They are usually preformed and will whiten the tooth itself, but will not get you the speed or strength of results you would get by the at home whitening treatment provided by the dentist.

Another over the counter option is whitening toothpastes. Containing a special chemical or polishing agent to help remove stain, you use these products just as you would regular toothpaste. They do not change the color of your teeth, they only remove surface stains. If you would decide to use this option, make sure you use a product that is ADA approved.

These are the three options discussed by our office for whitening procedures. Just ask us any questions you might have and we'll be glad to help you. Are you ready?

Mel & Katie

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

2320 Rothsville Rd.
Suite 300
Lititz, PA

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

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

A smile is worth a thousand words.

Candy Buy Back Program

This year instead of collecting Halloween candy and eating it all, (yes we know you do!) why not collect it and bring it to us? Why would you do this you ask?

Well, this year we are going to be a part of Operation Gratitude and host a Candy Buy Back Program here at the office. On Monday November 4th between 4:30pm and 6:30pm, you may bring your Halloween candy you collected trick or treating to the office. We'll "buy it back" from you at the rate of $1 per pound of candy (limit 10 lbs per person), sort it, box it, and send it to U.S. Military deployed and in harm's way. For every pound of candy collected we will also donate a toothbrush and toothpaste.

If you are an active patient at the office of Dr John and Dr Sara you'll also receive a ticket to enter a drawing for a $100.00 cash bonus. You must be 14 years of age and younger to participate and you must be present to enter and or to receive cash for your candy.

Please help us deliver a sweet treat to those who serve our country and let them have a taste of Halloween! Mark your calendars NOW! Join in the fun and support our troops.

Dr Sara

PLEASE REMEMBER TO UPDATE YOUR CONTACT INFORMATION, CHANGES IN YOUR HEALTH AND MEDICATIONS, AND INSURANCE INFORMATION AT EACH APPOINTMENT. WE APPRECIATE YOUR HELP!