



NEWS

From *Dr. Gustav Gates*  
PRESERVING AND RESTORING ORAL HEALTH  
*...Beautifully*

Produced to improve your dental health and awareness

Summer 2010

## fromthedentist

TGIF! It's an old acronym familiar to most of us. But something I read recently suggested that in today's world, TGIF could have a whole new meaning... Twitter, Google, Internet, and FaceBook.

Certainly, we now have many new ways to communicate that help us stay in touch with people we care about ... people like you. And that brings me to the good news I want to share with you today:

***We are now on FaceBook!***

Being part of the FaceBook phenomenon will allow all of our team members to share the latest photos and news about our activities and families. It will be more up-to-date than our newsletter and will also be more interactive. So, not only will you get to know us better, you will have an opportunity to help us learn more about you by sharing your news and photos with us.



You can find us in FaceBook pages at **G Gates, DDS**. We hope you will enjoy keeping in touch.

Yours in Good Health,

*Dr. Gus Gates*

PS - Celestia, our part-time hygienist for many years, has recently increased her hours with our practice. Thanks, Celestia! We know our patients will be happy to see you!

## A Moment with Eileen

*"We do not remember days, we remember moments." Cesare Pavese*

Eileen Scott says she's always been told she has the "gift of gab." But it only takes a few moments with Eileen to realize she also has the gifts of caring, sharing, and serving.

At work, Eileen is our Treatment Coordinator. She joined Dr. Gates' Dental Team earlier this year. She says, "I love working with people, having that day-to-day interaction, and being a part of this awesome team."

At home, Eileen loves "family times." She and her husband, Robert, have been married for 25 years. They have two sons, Jeff, 21, and Justin, 18.



Eileen with her family.  
*"I love family times, when we are all in the same place at the same time."*

*Justin, (L.) graduated from Academy High School in May and will attend Temple College this fall. Jeff is a Senior at TAMU.*



*Eileen enjoys sewing.*

*She has made 4 quilts so far, including this one.*



Many of Eileen's memorable "moments" are those shared with her sons -- watching Justin play high school football, and visiting Jeff at A&M.

Eileen also enjoys serving her community. As a member of the East Bell County Aggie Mom's Club, she co-chaired the "Goodie Box" distribution for two years. The boxes, with snack foods, drink, and a gift, are distributed to their students during finals. Eileen says, "it's great to see the looks on their faces when they open them."

The quotation above, Eileen's favorite, fits her well. Her gifts of caring, sharing, and serving create many memorable moments for her. But through those gifts, she gives even more special "moments" to others.

***Be sure to visit our website: [www.ggatesdds.com](http://www.ggatesdds.com)***

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

**And it's getting more complicated...**

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

**How's that?**

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

**How will you know?**

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

**Is there any good news?**

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



## Oral Cancer Bites

**Start early & win!**

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

# Reality Checks

## We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

## CPR Safety

Dr. Gates and all the team members recently renewed their certification to perform CPR. Although this is only required by the state every two years, Dr. Gates says, "We do it every year. Plus we have practice drills just to be extra safe." He adds, "we also have a defibrillator that is not required by law, but we have it ... just in case."



## officeinformation

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### Office Hours

Mon-Thu 8:00 am – 5:00 pm  
Friday 8:00 am – 12:00 pm

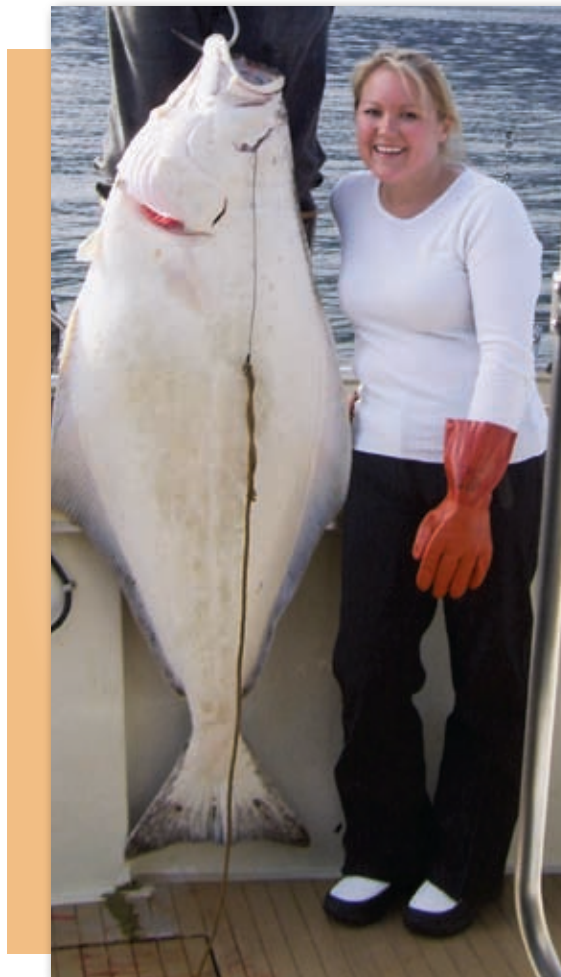
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### Office Staff

Pamela ..... Office Manager  
Eileen ..... Treatment Coordinator  
Cathy ..... Front Office  
Sherri, Celestia .....  
..... Registered Dental Hygienists  
Debbie, Kristin ..... Assistants

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## Graduation Cruise!

This 76-pound Halibut was a smile-winning highlight of the Alaskan Cruise Debbie took with her daughter, Lyndsey.

Debbie says, "it was our first cruise and it was beautiful."

Lyndsey caught the 5-foot long Halibut on a fishing trip in Icy Strait Point.

The cruise was a graduation gift from Debbie to Lyndsey, who recently finished medical school.

Lyndsey left for Little Rock, Arkansas in mid-June to begin her Residency in Psychiatry.