



NEWS

From *Dr. Gustav Gates*
PRESERVING AND RESTORING ORAL HEALTH
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Produced to improve your dental health and awareness

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fromthedentist

Back to school is a ritual of fall for kids everywhere. And many will be asked, "what did you do during summer vacation"? But for me, there is no vacation from "school."

Why? Because in dentistry there's always something to learn - new technologies, new techniques, new products!

At the seminars I attended in Orlando, I learned about some new products - Xylitol and *Recaldent*[®] - to help prevent and manage tooth decay. We are now testing these products and the results are exciting!

Some patients who smoke even said the Xylitol lozenges helped them cut down on their smoking.

So if you ask me what I did during summer vacation, I'd have to confess I went to "school." And I'm very excited about what I learned!

I go back to school in November and again in February when I travel to Seattle for some advanced hands-on learning about esthetics and function. So stay tuned when I return for more good news!

Yours in good dental health,
Dr. Gus Gates

Dr. Gates Honored Nationally for Lifelong Learning and Service in General Dentistry

Dr. Gustav E. Gates was recognized by the *Academy of General Dentistry* (AGD) at their annual meeting in Orlando, Florida, in July for earning their highest honor -- the 2007 AGD *Lifelong Learning and Service Recognition* (LLSR) Award.

Only seven general dentists from across the nation were recognized for this achievement. Dr. Gates is the only dentist from Texas to ever receive the LLSR award.

Dr. Gates earned the AGD *Mastership Award* (MAGD) in 1993. The MAGD award requires over 750 hours of hands-on participation in specialized areas of dentistry.

The LLSR requires an *additional* 1,600 hours of CE in all disciplines of dentistry, including 550 hours of hands-on skills and techniques. *Plus* -- more than 100 hours of service to the community.

In recognizing Dr. Gates, the AGD president said, "He has demonstrated a commitment to remain current in his profession and to give back to the community and the profession. He creates an example that reminds each member of the dental profession to never lose sight of this obligation."

Dr. Gates has practiced in Temple for over 30 years and was named a *Texas Super Dentist* by *Texas Monthly* in 2006 and 2007.



Dr. Gates is congratulated for his Lifelong Learning and Service Recognition Award from the Academy of General Dentistry.

Want to know more?

For more information about recent research that shows how decay-causing bacteria is transmitted -- and how Xylitol, a sugar substitute in gum and mints, can actually prevent tooth decay, see "No More Kissing Booth at the Fair" on back page. And then read "Sweeten Your Smile With Xylitol."

Be sure to visit our website: www.ggatesdds.com

No More Kissing Booth at the Fair!

(An infectious disease dialogue between Dr. Gates and the newsletter's investigative reporter, Virginia)

V: Clever title Dr. Gates. But, assuming you're not fundamentally opposed to kissing, what's this article really about?

Dr. G: Bacterial infection! A bacteria is what causes tooth decay which can lead to bad breath and other serious diseases like tooth abscess. And unfortunately, it's contagious – so it can be spread from one person to another by contact ... like kissing! That is how our children get cavities. We pass the bacteria on to them when they are young.

V: But I thought poor hygiene causes cavities. So if I brush, floss, and get regular checkups, I don't have to worry. Right?

Dr. G: Not necessarily. You can have good hygiene habits and still have or catch this bacterial



infection. Good hygiene can help keep the bacteria in check so it doesn't cause cavities.

V: So, how do I know if I have this infection, and how do I prevent it?

Dr. G: There are new tests that check for the patient's susceptibility with the pH of the saliva. And they are developing tests to check for the bacteria. They have developed a sugar substitute that inhibits the bacteria from sticking to our teeth. This can then prevent cavities. They are putting this sugar substitute in gum, mints, and lozenges.

V: That's good news, Dr. Gates. I can forget about brushing, flossing, and check-ups from now on and just chew gum to prevent cavities and the other problems caused by bacteria. Right?

Dr. G: Absolutely not! Good hygiene and checkups are still the first line of defense in maintaining

your oral health. But for those patients when all that is not enough – this is a great way to shore up those defenses.

V: Do you recommend this bacterial infection test for all your patients?

Dr. G: We treat every patient as an individual in our practice. We need to review what has happened in the past and consider if they do or do not have current problems. Then the patient and I can decide the best way to attack this problem.

V: And you also recommend staying away from the kissing booth at the fair.

Dr. G: Yes. But kissing your spouse is still okay, as long as they don't have a mouth full of cavities.

V: Just one last thing, Dr. Gates. Do you remember that really important question I asked you earlier?

Dr. G: I do. And the answer is, "Yes, Virginia, there is a Santa Clause!"

officeinformation

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*Communication is important
to us – don't be
afraid to ask questions!*



Sweeten Your Smile... With Xylitol!

Imagine a sweetener that is manufactured from natural sources and can reduce instances of tooth decay by up to 80%! Fantasy? Not at all! It's Xylitol.

Xylitol was FDA approved as a sweetener in 1986. But in recent research it has been proven to reduce plaque, reduce the secretion of plaque acids, fight the development of cavities, facilitate the remineralization of tooth enamel, and even reverse existing cavities. It allows fluoride to penetrate teeth more easily, and has been recommended as a natural replacement for fluoride.

Xylitol is readily available and can be found in chewing gum, tablets, or even candy. Because it has little effect on blood sugar levels, it is safe for use by diabetics and by people who are hypoglycemic.