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One other traffic story. As one drives south on I-15 to the 500 South Bountiful exit heading east bound on 500 South there is a stop light just before the underpass. If one looks at the lights there are two signs. They must be confusing because a lot of people do not seem to understand what they mean. One says it is okay to turn left on a red light if there is no cross traffic. That means in my mind that when you arrive there in your car and the light is red you stop. You then look over your right shoulder to see if any traffic is coming through the intersection from the west. If it is clear you can go. At times it is advantageous to go through the red light because you will be able to continue through a green light on the other side of the overpass.

The reason I bring these things up is my wondering if we should use our horns more than we do. If someone is looking at their phone and the light changes should we really lean on it? Same thing in a left turn lane. It would cacophonous to hear all these horns going off and maybe in a short time people would get the idea and we wouldn't have to be waiting on folks who just aren't paying attention. It is hard being human.



## **DOCTOR TALKER**

I have been noticing lately how cell phones affect driving. No, I am not claiming that I am the only one who has made these kinds of observations. Let's stipulate that we have all experienced some of the things I am going to describe.

This morning I was in Salt Lake at an intersection. Imagine a line of cars waiting for the red light to turn green. This is a long line mind you in two lanes. Fortunately my lane started moving. As I looked back though, the car next to me when we were stopped was still sitting there, then all of a sudden that realization hit the driver that the light was green, there were 15 or 20 people waiting on that driver to quit looking at the cell phone and drive.

Another favorite is the left turn lane. You know the situation. We are all waiting for the green turn arrow. It happens; but nothing else does. After 8 to 10 seconds suddenly the humanoid realizes what has happened. It slowly advances through the intersection. As it makes it halfway through the intersection the light turns yellow and maybe one more car makes it through.

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Dr. Oman's Reading List

**Tales of the South Pacific** by

James A. Michener ♥♥♥♥

**The Vanishing American Adult** by

Ben Sasse ♥♥♥

**Ty Cobb: A Terrible Beauty** by

Charles Leerhsen ♥♥♥♥♥

**The Lonesome Gods** by Louis

L'Amour ♥♥♥ 1/2

**Flint** by Louis L'Amour ♥♥♥

**Our Kids: the American Dream in Crisis** by Robert D. Putnam ♥♥♥

**The Strange Death of Europe** by

Douglas Murray ♥♥♥

**The Tragedy of the Korosko** by Sir

Arthur Conan Doyle ♥♥1/2

**Wild** by Cheryl Strayed ♥♥

**Massacre at Mountain Meadows** by

Ronald W. Walker, Richard E. Turley

& Glen M. Leonard ♥♥♥

**Two Years Before the Mast** by

Richard Henry Dana ♥♥♥♥

**Dereliction of Duty: Johnson, McNamara and the Joint Chiefs of Staff** by H. R. McMaster ♥♥♥

**Coming Up for Air** by George

Orwell ♥♥♥

**Crusade in Europe** by Dwight D.

Eisenhower ♥♥♥

**Bowling Alone: The Collapse and Revival of American Community**

by Robert D. Putnam ♥♥ 1/2

## Does It Really Matter What We Drink?

How much pop do you drink in an average week? Soft drinks are no longer an occasional treat. They've become a daily habit, especially for kids, teens and young adults.

Power drinks are also included in this.

Sugar can damage teeth of course. But the acid in some soft drinks whether they have sugar or not is the primary cause of weakening tooth enamel. Each acid attack lasts about 20 minutes. Every sip is an attack on your teeth. Small, but an attack. If you have receding gums it does more damage there.

Suggestions? Drink moderately. Use a straw. Swish with water after you drink. Do not drink pop or juice just before bedtime, it pools in your mouth and attacks longer. Diet soda is usually higher in acids even though there are no calories. In the '50s a bottle of pop was 6.5 ounces. Now 20 ounces is common and refillable mugs can be over 100 ounces. It is your mouth remember.

Don't forget our website:

[www.doctoroman.com](http://www.doctoroman.com) and our Facebook page Gregory G. Oman DDS PC

## The Half-Life of Dental Services

I have been asked many times over the years how long (you name it) will last. One answer that isn't wrong is "I don't know." Another answer will be based on my observation of many different people with many different restorations over some years. The job of the dental practitioner is to provide a restoration that has no leakage on the edges and it fits the bite of the patient. It is amazing how the same type of restoration acts in different mouths. A crown may last 20 or more years in some people. In others 2 years may be the life span. Why? Well there are many variables. Personal oral hygiene is the most important. Diet plays a key role. Periodic examinations in our office can also head off future problems. Right now the bonded restorations that are popular and are the standard of care for many are showing life spans of 5 years or so in patients all over the United States. We then see old silver fillings that are 30 years old and still serviceable. It makes one wonder. We could do more porcelain inlays if patients prefer to try something stronger and with a greater life span potential for just a little increase in fee. You decide.

## Doc, That Tooth is Sensitive That You Filled

It doesn't seem fair. You come in to have a cavity in a tooth taken care of. You go through the local anesthesia, the preparation of the filling, placing the restoration and you leave. Then the tooth is sensitive. Why? Well, the answer is sort of simple. The tooth has nerve tissue and blood supply that is surrounded by hard tooth structure. When decay is cleaned out and it is deep, sort of close to where the nerve lives then the whole process could bother the nerve tissue. It can go through an inflammation with increased pressure inside the tooth. This usually manifests itself in cold sensitivity. Also, the decay can be so close that it in essence infects the nerve. Placing a filling can cause increased sensitivity. While cleaning the decay out if I do not disturb the nerve tissue I usually place the filling rather than do a root canal. It usually calms down. If it doesn't then my philosophy is we can always do the root canal, but we can't undo it if it really wasn't needed. So what I am trying to do is avoid doing a root canal and giving the tooth a chance to heal. I can always do the root canal if the nerve tissue degenerates.