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We deeply appreciate all of you who refer family and friends to our practice. The relationships we develop with our clients is valued more than you can imagine. So thank you very much. We do not advertise like many practices do these days. A study by the American Dental Association reveals that the State of Utah is above the average level of dentists per population. That really is not a surprise. With that in mind, we provide dental care in an environment that is not rushed; care that is personal, caring and desirous to do our very best in everything we do. We truly work on our ability to communicate in a friendly, efficient manner that serves and helps you. We hope that whenever, perchance, the topic of dentistry comes up with friends and family that you will be willing to recommend us to them.

This time of year it is important to wish you all a Merry Christmas Season and Happy Holidays all through the next few weeks. Thank you for your friendship and loyalty.



DOCTOR TALKER

Thanksgiving is over. I ate too much. December is here and I am not at all embarrassed to say it is my favorite month of the year. Christmas songs are great and they lift my spirits. Being kind of an astronomy buff I also know the Winter Solstice is upon us and within the month the daytime starts increasing in length. If you are like me you may have difficulty finding that Christmas gift that you think would be just right for the person who is going to receive it. This is a struggle. Should the gift be a rational gift or a gift totally based on emotion and fun? Tough question isn't it? And there comes a time in life where a gift is just one more 3 dimensional object that has to occupy some space within your home. I have received a lot of fun gifts over the years. I remember an electric train, an 8 track stereo system, clothing, books and the like. But I have finally reached that stage in life where the gifts are not important. My relationship with my loved ones and my friends is the Greatest Gift. Now, I will accept gifts, of course, who wouldn't? I will not make suggestions though because it is only fair that those who desire to give me a gift struggle as I do figuring out what gift to give. Merry Xmas!

Dr. Oman's Reading List

The Ruling Class by Angelo

Codeville ♥♥♥♥

Exceptional Americans: 50 People You Need to Know by Donald

Surber ♥♥♥

Busting 'em: And Other Big

League Stories by Ty Cobb ♥♥

The Intimidation Game by Kimberly

Strassel ♥♥♥♥

White Gold by Giles Milton ♥♥♥♥♥

And Be A Villain by Rex Stout ♥♥♥

Mythbusters by Keith and Kent

Zimmerman ♥♥

Monument Rock by Louis L'Amour

♥♥♥

The Generosity Factor by Ken

Blanchard ♥♥♥♥

How We Got Here: The 70's by

David Frum ♥♥♥

In the Beginning by Alister McGrath

♥♥♥

Thinking Fast and Slow by Daniel

Kahneman ♥♥♥

A Patriot's History of the United

States by Larry Schweikart and

Michael Allen ♥♥♥♥

Winter Tales by Jonathan Winters ♥

Fools, Frauds and Firebrands by

Roger Scruton ♥♥♥

Before Midnight by Rex Stout ♥♥♥

This and That

First. We are in the month of December and there may be some of you who have insurance coverage that is based on a yearly calendar. That means if you have had work prescribed but not had it accomplished yet, this is the month to do it. We do become fairly busy most days so try and schedule any appointments you desire as early as possible.

Second. We understand that it is getting colder and there is the risk and probability of catching colds, flu and the like. We truly appreciate it if you need to reschedule an appointment because of illness that you give us 48 hours notice. This helps us make that appointment time available to someone else who may desire it. If you are extremely ill, please get well and we will make another appointment for you.

Third. Halloween and Christmas are the two Holidays where crowns seem to get pulled off of the teeth. Sticky candy and the like can press down on a crown and pop the cement, thus necessitating recementation. Please be careful.

E-Cigarettes: What's Up With That?

16% of high school and 5.3% of middle school students were current users of e-cigarettes in 2015, making e-cigarettes the most commonly used tobacco product among youth for the 2nd year in a row according to the Centers for Disease Control. It is well known that tobacco use is addictive and there is indication that adolescent use of tobacco can harm the brain. According to new data about 4.7 million middle and high school students admit to using tobacco products and about 50% of those use as least 2 different tobacco product types. This can be murder on the oral health of a person, let alone any lung problems that can develop. Dr. Corinne Graffunder, director of the CDC's office on Smoking and Health said, "We know about 90% of all adult smokers first try cigarettes as teens." It is like most things, once a person decides to do something, they do it. In our office we try to be frank and honest with clients who use tobacco. It is not helpful in keeping strong teeth and maintaining the bone around teeth.

From the Hard to Believe File

Yoshihiko Koga, a professor at the Kyorin University in Tokyo has presented results on clinical trials on test subjects. The test was simple. Each subject was required to eat ice cream immediately after waking up in the morning. Now another group did not eat ice cream. Those who did eat ice cream showed faster reaction times and better information-processing abilities. Their brain waves were analyzed and high-frequency alpha waves had increased activity. These alpha waves are associated with alertness and lowered mental irritation. He repeated the test using cold water instead of ice cream. These subjects had increases in alertness and mental capacity but the levels measured were markedly less than eating ice cream. Professor Koga's expertise is psychophysiology. As of yet he has not found a solid connection between eating ice cream upon waking and alertness and mental increases. It may be that ice cream triggers positive emotions and added energy. Who knew?