

Gregory G. Oman DDS PC
1480 South Orchard Drive
Bountiful UT 84010



DOCTOR TALKER

New Technology, Old Fashioned Service

Then there is golf. I know, some of you were certain this topic was coming because you know me well. How many practice swings are enough on the tee? Nobody knows. My favorite number for practice swings is Zero. Get up there and hit it, that's my motto. I believe golf was invented in Scotland to get people out for a vigorous walk through the field with the intent of giving them something to do during the walk. Now we can ride in a golf cart and the game is played in more time than the Scotsman would taking walking in the wind along the shore. This last thing that is hard for some humans? Dental Care. I notice when I watch a program filmed in England that people sure have interesting looking teeth there. Teeth are crooked, terribly stained, missing with gaps in the smile. Our intention is trying to provide the best care that we can. Being human we know we cannot treat all conditions. There are dental specialists to help with those cases. Generally though we can take care of most treatment needs. Much depends on the human being though. Diet, the things they drink, the personal care of the teeth and a willingness to come and have periodic appointments to help with this issue. I know, it is hard being a human being.

It is hard being a human being. I think that is a statement that can be universally accepted by just about everyone. There is nothing political about it. There is nothing un-PC about it. Do you think anyone can be offended by such a statement? Almost everyday I see something that confirms the above theory. No hypothesizing here. For example. I have noticed, almost on a daily basis, when I am in a left turn lane at a stop light and the green turn arrow lights up to allow the left turn lane to advance that there is almost without exception some human being there staring at a phone and not paying attention. Hence, very few people make it through the light. That person does; barely, but the rest of us get to sit there. I bet that person doesn't floss either.

Here is another example. Have you ever gone into one of those sandwich shops you see around? This is not an advertisement but lets take Subway as an example. Some people can step up and within 2 seconds decide what kind of bread, what kind of sandwich, the type of cheese, any sauces or condiments and then can work quite ably through the rest of the area where the vegetables are. Others, well they have a different technique. They evaluate the bread types, with some anguish knowing they have to make a decision. Then comes the type of sandwich; maybe a minute on this one. Cheese type is 20 seconds. Vegetables are selected one at a time. Sauce. It becomes quite an emotional strain building it. So much to decide. (Continued on Page 4)

Dr. Oman's Christmas List
The Christmas Carol by Charles Dickens ♥♥♥♥

'Twas the Night Before Christmas by W. Clement Moore ♥♥♥♥

How the Grinch Stole Christmas by Dr. Seuss ♥♥♥♥

The Gift of the Magi by O. Henry ♥♥♥♥ 1/2

The Little Match Girl by Hans Christian Andersen ♥♥♥♥ 1/2

The Christmas Box by Richard Paul Evans ♥♥♥♥

Skipping Christmas by John Grisham ♥♥♥♥

A Christmas Memory by Truman Capote ♥♥♥♥

General Sherman's Christmas by Stanley Weintraub ♥♥♥♥

The Immortal Nicholas by Glenn Beck ♥♥♥♥

FAVORITE CHRISTMAS MOVIES

Holiday Inn (1942) **Home Alone** (1990) **The Santa Clause** (1994)

The Magic of Ordinary Days (2005) **A Charlie Brown Christmas** (1965)

The Nativity Story (2006) **The Christmas Shoes** (2006) **Miracle on 34th Street** (1994) **A Christmas Carol** (1994) **The Man Who Invented Christmas** (2017) **A Christmas Carol** (1951) **How the Grinch Stole Christmas** (1967) **It's A Wonderful Life** (1946)

If you are like me you probably look back through the years and see how things have changed. In the Profession of Dentistry we have had some incredible changes. It wasn't that long ago that the best type of crown you could have on your back teeth was a gold crown. Now we do ceramic crowns that bond to the tooth. We used to take an x-ray and run it through a machine to turn it into a picture. Now in 10 seconds we have your x-ray on the screen in front of you. If you had some kind of trauma in the mouth that damaged your gingiva, we would take a scalpel and try and cut it out. Now we can use a laser and do some simple procedures with little trauma. The hand pieces we used to clean out decay were driven by compressed air. Now they are electric, they are easier to use and believe it or not they are a lot quieter. It used to be dentists told people to just pull their teeth and have dentures. Now we can restore most teeth. We can get implants with a crown to replace a tooth or use them to anchor a denture. We are in a different world now with dental procedures. There are other things on the horizon that we will talk about in the future that may change everything about oral health care.

Important Client Information

There are some things that can help us provide the best service possible for you. Here is a list we would appreciate your help with.

1. Medications. If you are taking medications would you please bring a list of your current meds to place in your chart so we can make sure nothing administered to you in our office during your visit will cause complications.
2. Dental Insurance is almost always an administrative and bureaucratic nightmare. If you have dental insurance we will do all we can to help you have a claim filed properly. If you have two insurance policies please let us know. Also you need to contact your insurance carriers and let them know you have two dental insurances. We do not accept all insurances. Our webpage www.doctoroman.com lists the insurances we are providers for. BUT, you may have a dental insurance provider, let's say Aetna, and they may have several different kinds of dental insurance plans. We may not be able to file a claim for you if we are not a provider on those plans. Please call your insurance carrier and confirm that we are. They NEVER let us know when they have new plans, nor whether it covers you "out of network"
3. Let us know if your insurance has changed before your appointment. If you can do that at least a week ahead of your appointment it is very helpful.
4. If you have new dental coverage please bring your new insurance card with you. We have clients come for dental care, they have new insurance, they sometimes don't know they do. Treatment is provided, but they end up not having coverage. It is almost impossible for us to confirm coverage for a client quickly. We may be on the phone for over an hour waiting to communicate. Realistically, that is the client's responsibility, but we will do the best we can for you.
5. Yes, 2019 is coming to a close. There may be some of you who need dental care, you may have a broken tooth, a cavity that hasn't been filled yet, maybe you are due for your periodic exam and hygiene appointment. The end of the year can become quite busy. With the Holidays we are out of the office more than usual. Please take the time now and decide if you want to have any dental care this calendar year and schedule as quickly as possible.