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New Technology, Old Fashioned Service

Things have popped up like Keto. Fascinating word. The Keto Diet. It appears one eats all the meat one can. That sounds great to me but I know there are others that don't like that idea. The Atkins Diet has been around. The Body for Life diet is nice. You eat 6 smaller meals a day and work out alternating work outs for those days. For 6 days you avoid all the things you really like and on the 7th day you can have your ice cream and cookies. On the Seventh Day he Carbohydrated; Like Crazy.

I wonder why it seems so difficult to control our mass and our weight? It should not be that hard should it? For most of my life I just played, went to school, ate, watched TV and pretty much kept the same mass and weight, allowing of course for normal growth until I topped out. Then something happened. I hit age 36. I no longer could touch the rim playing basketball. My weight was still pretty good but the disappointment of reaching that point in my life caused me to quit playing basketball. I had to find other things to do. I had a difficult time finding them. Eventually, through great friends, some temptation and overcoming some fear I found it. I still try to put a ball somewhere. Golf.

DOCTOR TALKER

Mass. The definition of the word is varied depending on the context. It could be a Catholic meeting. It can be a large number of people. That is a mass of people. In physics it is the quantity of matter in a body regardless of its volume or of any forces acting on it. The term should not be confused with weight, which is the measure of the force of gravity acting on a body. So weight is different than mass.

Weight is a fascinating and rather difficult topic. For example, you might see someone coming at you. They appear to have a rather significant mass. Your mind may wonder what the person weighs. It is tempting to ask, but good manners suggest and dictate that we leave that question alone. Can you imagine where we would be if we could just ask simple questions like that and get simple answers? The answer may not be accurate though.

Dealing with this topic of mass and weight it is fascinating to see all of the different dietary suggestions out there to help us control our weight. Of course if we could just reduce gravity then our weight would go down. That of course is much more difficult than reducing carbohydrates, delicacies, confections and the like. Impossible! (Continued on Page 4)

Dr. Oman's Reading List
Land of Hope by Wilfred M. McClay
♥♥♥♥♥
Planet of the Umps by Ken Kaiser
and David Fisher ♥♥1/2
Among the Living are the Dead by
John Harmer ♥♥1/2
The Deep State by Jason Chaffetz
♥♥♥
Pigs Have Wings by P. G.
Wodehouse ♥♥♥♥
A Very Private Plot by William F.
Buckley, Jr. ♥♥1/2
**The Ideological Origins of the
American Revolution** by Bernard
Bailyn ♥♥♥♥
**The Man Who Mistook His Wife
for a Hat** by Oliver Sacks ♥♥♥
Fort Laramie and the Sioux by
Remi Nadeau ♥♥♥1/2
The Fallen Angel by Daniel Silva
♥♥1/2
Golf for Enlightenment by Deepak
Chopra ♥♥♥
Aunts Aren't Gentlemen by P. G.
Wodehouse ♥♥♥♥
Ball of Collusion by Andrew
McCarthy ♥♥♥♥
The Men in a Boat by Jerome K.
Jerome ♥♥1/2
**Heaven on Earth: The Rise, Fall,
and Afterlife of Socialism** by
Joshua Muravchik ♥♥♥♥

BLEACHING

There are many advertisements around talking about teeth bleaching. There are some things that need to be understood. Teeth can be lightened through bleaching. But they may not get as light as you would like them to. Teeth bleach differently depending on the person. The older one is the more difficult it is to get as light as one desires. The teeth just won't get lighter. There are different ways to bleach. The most common has been to make custom fitting bleaching trays and you wear them at your leisure to bleach your teeth. We have an in office bleaching system that uses a light while applying 2 different bleaching compounds during a one hour bleaching appointment. There are also over the counter bleaching strips that can be purchased at most markets and can be tried before trying the above methods.

Don't forget our website:
www.doctoroman.com You can register and use it for enhanced communication with our office.

Do You Have Medications You Are Taking?

This is a friendly and important reminder of how important it is that we have an understanding of any medications you are taking for any condition. Generally there are not many problems with dental care and most medications. BUT there are instances where some medications can limit over even forbid us to do some procedures until we either consult with your physician and have you desist taking something for a time or refer you to a dental specialist. So please help us and bring a listing of your medications, the dosage and how often you take them. We will place that in your chart for future reference. Also we will ask you if there have been any changes in any medications you are taking from your last visit.

HAPPY HOLIDAYS

In just a few days we will hit the first day of Fall. Where did the Summer go? You may be one of our clients that may benefit from having some dental care performed before the end of the year. This is particularly important for some clients with dental insurance. To take advantage of your dental coverage you may receive benefit before the end of the year and the yearly limit starts over again.

Also, this can become a very busy time of year, not just for you and your family, but in the dental office. We do take some days off for Thanksgiving and Christmas and New Years, so if you have something you think needs to be taken care of please make your appointment as soon as you can and we will do our very best to accommodate you.

THE FIRE ON THE HILL

I woke up Friday Aug 30 ignorant of what had been going on all night. Like you I hate seeing things like this happen. They think a campfire started it. Is it too hard to put it out and drench it with water and stir it around and drench it some more? Sounds like inebriated carelessness. I wonder if those responsible know what they did and will have the courage and fortitude to come forward in the near future?