

OMAN'S ALMANAC
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DOCTOR TALKER

My wife and I recently took a couple of long airline rides going to and coming back from Hawai'i. I hope I spelled that correctly. That is how I saw it spelled on the Big Island where we were visiting our son and daughter-in-law, but mostly visiting our two grandchildren there. If you are not a grandparent yet you will not understand this point of view. If you are a grandparent you know exactly what I am talking about. I know there are many who have visited the Islands of Hawai'i. It is a tropical place. What is most fascinating to me is how different the islands are from one another. There are tremendous differences from one side of one island to the other side. One side of an island may receive over 200 inches of rain in a year, and the other side may get 20 inches. We had a great time playing with our grandson and granddaughter. We visited playgrounds, played games, talked and told stories; it was delightful. Their parents are working hard providing for them.

One day we drove up to the top of Mauna Kea. It is a couple of yards short of 14,000 feet in elevation. Looking in all directions it is amazing how far one can see. All around the summit are observatories built to explore the galaxies and the Universe. It is incredible to see how they have constructed these edifices. I was trying to imagine the astronomy equipment that was inside. I couldn't do it.

As hard as it can be to leave after an extended visit, we all know we have to get back to Real Life. For all of us it is the pleasure we have in serving our clients, trying to provide the very best dental care we can for every individual. We appreciate that opportunity. Even better is the occasion from time to time where we see you in a store, an eating establishment or another business. I try not to but sometimes I meet a client somewhere and I want to ask them about the crown we provided, or some other thing that comes to mind. It is especially rewarding to learn and hear of the great things happening in your life. It could be Work, Family or Service of some kind, but we love to hear about it. It is remarkable to see all the things going on around us with our clients. We see heart breaking challenges and spirit lifting accomplishments that enrich us and help us to be even better. Of course with everything going on in our lives we need to remember a couple of things. Eat Healthily, Be As Active as you can and Brush...twice a day at least. We look forward to seeing you soon.

DR. OMAN'S READING LIST

New England Frontier. Puritans and Indians 1620-1675 by Alden T. Vaughn ♥♥♥♥

Educated by Tara Westover ♥♥

Ammo Grrl Returns Fire by Susan Vass ♥♥♥

To Build a Fire by Jack London ♥♥

Intellectuals: From Marx and Tolstoy to Sartre and Chomsky by Paul Johnson
♥♥♥♥

To Hell and Back: The Classic Memoir of WWII by America's

Most Decorated Soldier by Audie Murphy ♥♥♥1/2

This Kind of War: The Classic Military History of the Korean War by T. R.
Fehrenbach ♥♥♥

Dirty, Lazy, Keto: Getting Started: How I Lost 140 bs by William and Stephanie
Laska ♥♥♥

The Other Woman: A Novel by Daniel Silva ♥♥♥

George Washington Founding Father by Richard Brookhiser ♥♥♥♥

Amusing Ourselves to Death by Neil Postman ♥♥♥1/2

Our Lord of the Gospels by J. Reuben Clark ♥♥♥

The Politically Incorrect Guide to Socialism by Kevin D. Williamson ♥♥♥

The Empty Cradle by Phillip Longman ♥♥♥

Spring is Springing We Hope

It is a Saturday as I am writing this and looking out the window I do not see any snow. I see yard work out there staring me in the face. I am sure there are others that have the same feeling. Should I go try and start the lawnmower, the edger, the trimmer, the tiller? It is a daunting prospect after having a few months of absolutely no reason to go out and perform those kinds of labors. The good news though is there is tremendous hope for warmer weather and funner outdoor events than with all the work that goes with a yard and a home. I am looking forward to many great hours of recreation, exercise and fun. Which brings up Daylight Saving Time. I know this can be an interesting topic to debate and I understand both sides of the issue and it won't be earth shattering to me one way or the other. But, I seem to do and feel better while under Daylight Saving Time. I know there are others who are Standard Time people. I get it, but truly from April to October I really enjoy the Sun being up later after work so I can get more things done, I enjoy the outdoors a little more and maybe even hit a few golf balls later in the evening. Evening walks in the summer before hitting the hay are also a pleasure as the Sun sets in the West. Surely it will be a question settled in the future; The Time I mean.

Random Stuff

We are currently revising and updating our web page. It can be found at

www.doctoroman.com The redesigning and revisions will take a couple of weeks. We are hoping to have everything done by April 15. One feature will be the ability to make online payments securely and safely. We have had several clients asking how they could pay on their accounts via an online payment method. That will be available soon. There will also be videos available if one would like to view a dental procedure. I admit that watching drilling, filling, crowning, cleaning, extracting and the like may not be one's cup of tea per se, but it can be enlightening to visualize a dental procedure before it is provided for you. We are working diligently on ways to continue to provide access and care to all of our clients.

No doubt you have heard via different forms of media some reference to the Opioid Crisis in the United States. There is no question that this has been a critical concern for many years, but just the last while has come more to the forefront of all healthcare delivery in the U.S. Years ago it was common for a dentist to prescribe an antibiotic and an opioid pain pill for extractions and root canals. It was taught in dental school and just accepted as the best course of treatment. Like many things in life it is necessary to change. I recall years ago getting many phone calls from people telling me how much pain they were in but they couldn't get to the office for a few days and could I prescribe some pain pills for them. It did not take long to figure out that it was a scam. Interestingly enough, when some of these folks would come in they would have multiple teeth with temporary fillings in them. What that meant was they had seen other practitioners and were able to coax Tylenol 3 or Percocet from them for relief of pain. It is now considered the standard of care to avoid opioids and use anti-inflammatory medications to relieve dental pain. Consistent studies have shown that most oral pain is inflammatory and the quicker we can reduce the inflammatory response, the quicker the pain goes away. Opioids do not do anything to reduce the inflammatory response. They do have a significant risk of causing dependence on the drug over time. If you have dental pain, even before you can get into our office, an anti-inflammatory medication should help. We suggest ibuprofen. You can take 600 to 800 milligrams 3 to 4 times a day and it should help decrease the inflammation causing the pain. If that doesn't work, call us, we will do all we can to get you immediate help.