

OMAN'S ALMANCE
SUMMER 2019
VOL. 17 NO. 2

DOCTOR TALKER

I don't know if you noticed but it rained a lot in April and May. Now June is here and we hope things dry out a little. Ideally it would rain every 3rd day at 11:00 PM, but it is impossible to hit the ideal in anything. We humans can oftentimes have the personal opinion that we know everything, except the things we don't know.

Let's take dentistry for example. There are a lot of things on the horizon that may seem kind of crazy right now. Equipment and instrumentation continues to change a little, mainly it becomes more expensive, but there are so many things that are helpful in accomplishing excellent results in different procedures. There is talk of robots doing dentistry down the pike. Frankly and honestly I can see how that would be possible but I doubt the robot could converse with you, determine how you are feeling if you are numb and maybe if you move a little bit it may have difficulty adjusting to your new position.

There is new research in stem cells and how they may benefit dentistry. It appears in animal tests that they can be placed over the nerve tissue in a tooth and new dentin can be generated. This may obviate some root canal procedures. What it will not do, at least at the present time is grow a brand new tooth. That seems to me to be kind

of a big hope, but who knows, maybe some day in the future we may be able to grow a new tooth right in the jaw. How long that could take is anybody's guess.

What I would like to see is a substance that could be placed on a cavity that would almost instantly kill all of the germs causing the decay without staining the tooth in any way. It would be like a weed killer but only a decay killer and while cleaning the decay it would go all the way to the point where healthy tooth structure started and the decay ended. Also it would help the tooth structure to be able to bond better and seal off the filling from future deterioration.

Bonding has been a wonderful thing. The tooth colored fillings certainly look better but they just cannot last as long as we would like. Typically if a bonded filling lasts 5 years that is considered about normal. Anything more than that is fortunate. In my career there have been about 7 different bonded filling materials and what we have now is much better than they were when I started. For this, at least we are appreciative.

Dr. Oman's Reading List

Survival in Auschwitz by Primo Levi ♥♥♥♥

Let Us Now Praise Famous Men by James Agee & Walker Evans ♥♥♥

Desert Solitaire by Edward Abbey ♥♥1/2

Moscow Rules by Daniel Silva ♥♥1/2

The Bogey Man by George Plimpton ♥♥♥

Pete Maravich by Wayne Federman & Marshall Terrill & Jackie Maravich ♥♥♥♥

The Human Comedy by William Saroyan ♥♥1/2

The English Girl by Daniel Silva ♥♥1/2

The Right Side of History: How Reason and Moral Purpose Made the West Great
by Ben Shapiro ♥♥♥1/2

The Decline and Fall of Practically Everybody by Will Cuppy ♥♥♥♥

Emma by Jane Austen ♥♥♥

Sense and Sensibility by Jane Austen ♥♥♥

Ammo Grrrrll Returns Fire by Susan Vass ♥♥♥♥

Undeniable: How Biology Confirms Our Intuition That Life is Designed by Douglas
Axe ♥♥♥

CEREC INLAYS

Many of you have had the experience of having a new crown fabricated in one appointment in our office with the CEREC technology we have. It is a computer and a mill that communicate to each other in 3D CAD/CAM language. With the computer, after preparing the tooth for the restoration, we take 3 series of pictures. 1 series is of the tooth we are restoring and the surrounding teeth. The next series is of the opposing teeth either above or below depending on which tooth we are restoring. Then a picture of your bite. It is designed and milled and cemented. We can do fillings this way out of extremely strong ceramic material. It will last much longer than bonded fillings. It does take about 20 minutes more time and it has a little higher fee, but the life span of the restoration will be much longer, reducing the possibility of having to be replaced like many bonded fillings.

Your Medications

Many of you are taking prescription medications to aid you in life's adversities. We understand that. We also need to know what medications you are taking. They affect how we administer anesthetics and when, how, and if we should perform certain procedures. Please bring an updated list of your medications so we can make sure they are in your patient record. Most importantly though is the fact we will be better informed about your health and able to serve your needs appropriately.

What Can We Believe From Different Studies

If you are like me you come across different things pertaining to health. We tend to believe what comes from a "Study" or from the Government. It is obvious that we are all different. We have different metabolisms, sensitivities and allergies plus we all like different amounts of different things. Does a glass of red wine help the heart? Some say yes and some say no. I read yesterday that 25 cups of coffee a day will not increase your heart rate or blood pressure. Is meat bad for you and the world? Much has been presented how proteins should be increased in our diet and carbohydrates

decreased. I remember about 50 years ago when we had the Diet Pyramid from the Departments of Health, Education and Welfare and Agriculture. There are many that suggest that pyramidal diet is the main cause of obesity.

What about teeth? Does fluoride do any good? Is it bad? This can be an emotional topic for some. You do not need fluoride at all IF YOU remove plaque from your teeth. IF YOU do not consume substances that can harm the enamel ie foods with sugar, acids and hard foods that can chip or fracture the enamel. BUT if you cannot do those things very well then this should be the topic of at least a little rational discussion.

Fluoride in the water and in pill form are with very few exceptions beneficial...until about age 12. Then it really doesn't do anything for adults. Topical fluoride, particularly around restorations can be very helpful. With that said, if you, individually do not want to have fluoride let us know. Of course we will advise you to follow directions in the preceding paragraph. I wish we would have had it when I was younger.