

Dentistry at Wyntre Brooke

www.jstooth.com

717-747-0115

Jet Plane Ride

My grandparents lived into their nineties in a small town in Illinois. Their early transportation was by horse and wagon, but they eventually had the convenience and power of the internal combustion engine and could operate machinery with greater efficiency. They were fortunate enough to be able to live to see and fly on a commercial jet. I'm sure when they were kids the thought of flying through the sky to get somewhere would have never entered their mind!

This dramatic change in thinking is called a paradigm shift, when your boundaries of thought must be expanded. When I began dental school if I had been asked to tell a researcher what I would like to see developed I would not have thought about what has been developed in dentistry today. Our offices are full of computers, lasers, and other digital products. In April my staff and I experienced one of those paradigm shifts. That is when we brought **CEREC 3D** into our office.

CEREC 3D is a powerful CAD/CAM computer and milling unit which allows us to complete crowns and inlay/onlays in tooth colored ceramic during the same visit! **CEREC** utilizes an infrared digital camera to record the preparation of the tooth, there is no impression taken. After the image is captured the crown or onlay can be designed and modified on the computer, as you watch. When the proper shade is selected the milling unit produces the crown with exceptional accuracy and fit in about 15 minutes. The crown is then cemented in place and polished and you are done. Same day, same visit! No messy

impression, no temporary, beautiful esthetics, strong functional restorations. To me this is the jet airplane ride! This is nothing I could have imagined years ago!

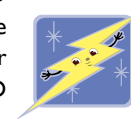
When you are in the office, please ask about CEREC technology and if it is applicable to your treatment. We are all very excited to be able to bring this advancement to you and are eager to share its advantages. Presently, only about 5 % of dental offices in the United States have **CEREC** available to their patients and we are very proud to be one of them.

For more information about **CEREC** go to our website, jstooth.com or also to cereconline.com.

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AED

On another technology update, but this one is one we hope we never use, we have recently installed and trained on the use of an AED (Automatic Electronic Defibrillator). Although we are all CPR certified, the greatest chance for survival in case of a heart attack occurs if an AED can be used within the first five minutes.



We want to be as current in our treatment options as possible, and we also want you to know how important your health is to us.

New Arrival!!

In April we were blessed with the addition of our second grandchild, Hannah Quinn Pomfret. Hannah is now six months old and a beautiful, happy, energetic baby. Now Maya has a sister to play with and antagonize! Although they live in Atlanta, we try to be doting grandparents as much as possible.

Maya continues to do very well and has had a great year, she is still quite small, but has enormous ingenuity in finding ways to overcome her obstacles. She is a joy to behold and never

ceases to put a smile on your face.

Hannah was 8lb 3oz at birth and is pleasantly solid! She will continue to grow and challenge her sister, She was born with a perpetual smile on her face, much like her mother and father, laid back, happy and taking life in stride.

Thank you to all of you who continue to ask about Maya and Hannah. Your thoughts are always so appreciated by us all.

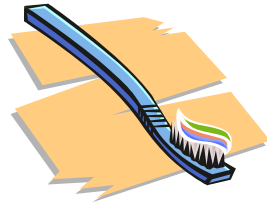


Welcome Tammy!

We are pleased to introduce Tammy Schott as our new Administrative Assistant. She joins Lisa at the front desk to assist you with scheduling and other administrative needs.

Tammy brings with her a professional demeanor and comforting manner which has been developed through eight years of experience in the dental profession. She has always had a strong interest in dentistry and especially in helping people obtain a beautiful, healthy smile through the technological advances available today. Tammy loves to spend time outside of the office with her husband of 23 years, and with her son and daughter. Her other interests are reading, cooking and taking walks with her dog.

Please welcome Tammy at your next opportunity.



Toothbrush shortage ?

When Katrina hit the south we immediately sent funds to the Red Cross, but on day two decided to also send all of our brushes, floss, paste, water bottles and anything else we could find! So until our next shipment arrived many of you did not receive brushes, etc. Thank you for your patience and understanding. When we all do our part, no matter how small, disasters such as this will be overcome.

We would all like to take this opportunity to wish you and your families a very enjoyable holiday season. Soon life will become so hectic it is important to step back and be thankful for the many blessings we have. It certainly has not been hard this year to look around and see those with so much greater problems than our own.

I have said so many times how blessed we are to be able to work with such great patients. You make our days through your kindnesses, your humor, and sharing our office with others. If we have ever been remiss in thanking you for being "you" let me thank you now! Thanks for being great friends, supporters, and the best patients ever!!

Have a wonderful holiday season!

j. s. j.

Our Team

J. S. Johnessee, DDS

Lisa Grothouse, CDPMA

Tammy Schott

Barbara Johnessee

Melanie Harrold, EFDA

Karen Fritz

Mindy Smith

Yvonne Combs, RDH

Anita Messner, RDH

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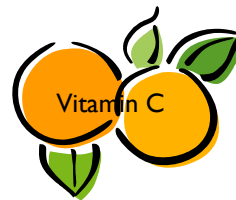
Vitamin Alert!!

Tooth sensitivity and erosion

Did you know that colas contain about 10-15% phosphoric acid? This is enough acid to destroy the enamel of teeth and cause wear and sensitivity. Other agents that cause excessive wear are lemon sucking, citrus drinks, reflux problems, tartar control and whitening toothpaste, and a new problem has now become known. With an increase in health consciousness

and the use of vitamins it has been shown that chewable vitamin C can cause rapid destruction of tooth structure by the release of the acid and the abrasion of chewing the tablet. If you take vitamin C it is best to take a swallowable tablet and one that is timed release to provide better absorption. We have already seen this severe destruction on patients and in questioning others have been alarmed by the number of people using

these supplements. Please exercise caution in taking all over the counter medications, including herbal products.



All life is an experiment. The more experiments you make the better.

Ralph Waldo Emerson

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