

## Dentistry at Wyntre Brooke

### FORE!!!!

I've been playing golf since I was ten years old, and I know many of you don't play, but you still watch Tiger Woods become history in the making. What can we learn from golf? I thought of the many lessons for life I have gleaned from the game. First, get the right stuff. That means clothes (golf is fashion demanding), equipment, shoes. All jobs are performed better with the right "stuff", they are easier and more efficient (CEREC). Be on time and be polite to those you are playing with. A really important tip, PRACTICE! It improves our game, and what better way to improve our lives, practice your philosophy, your desires, your ethics, your skills, nothing comes that easy. When playing have good posture and keep your chin up, everything is easier to see and your effort is reduced. Take the club back slowly, in life think before you act, prepare for the moment of impact, once committed strike with authority and determination, keeping your head down and on task, and always follow through. Even if the shot is less than you hoped for, a good follow through corrects many mistakes, in other words, say thank you, sorry, how are you doing, etc. During play always be silent while others are playing (working) and don't stand in their way, and don't let your shadow fall over them. When finished your round, congratulate others, thank them for their friendship, relax and enjoy their company and recount your highs and lows of the day, accompanied by laughter.

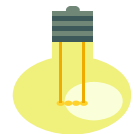
None of us are Tiger Woods and golf isn't an easy sport, but then again neither is LIFE! Follow the rules and enjoy the game.

jsj

### Vizilite

During the examination portion of your visits, the hygienists and doctor are looking for decay, cracks, and faulty restorations. We are also checking the condition of your gums through measurement probing to show areas of possible infection. Xrays are checked for abnormalities and your medical history is reviewed and updated. When you are getting that mini facial and neck massage, we are checking for enlarged lymph nodes, observing possible cancerous spots, looking for lesions in the mouth and potential harmful habits (chewing tobacco, etc.).

Newer technologies allow the examiner to see suspicious lesions long before they can be seen visually. Vizilite uses a special light source after a 30 second rinse that will illuminate the area of possible cancerous lesions. When found early these lesions can be treated more simply and with a 90% success rate. Mammograms, Prostate tests, and Pap smears have made huge gains in the interception of more potentially damaging cancers, we feel it is our responsibility to include a visual cancer evaluation during annual exams. We will offer this test to all adult patients, with the highest risk being to those who smoke, use alcohol and are over 40 years old. It is also important to note that 25% of oral cancers occur in people who don't smoke or have other risk factors. Please take advantage of the Vizilite to have the peace of mind this technology can provide.



**MI Paste** is a new product that we have been recommending for a few months to those individuals with sensitivity, increased areas of decay, orthodontic patients and those individuals with dry mouth caused by certain medications or chemotherapy. MI Paste works by strengthening your teeth with tooth-replenishing calcium and phosphate. It is a dairy based protein and completely safe even if you are lactose intolerant. MI Paste is easy to use—it can be applied with your finger, a cotton swab or a custom tray. MI Paste should be left on for 3 minutes with no rinsing afterwards. It is safe to swallow or you may spit it out. That's all there is to it! Ask us if you are a candidate for MI Paste!

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### And the survey says.....

Many of you had the opportunity to participate in our survey a couple months ago. During this time we polled patients for a month, or over 500 patients. Thank you for your thoughtfulness and candor, we learned a great deal from your input. Thank you for being overwhelmingly happy with our practice. Customer service is something we strive for and you acknowledged us for that. Most of the time we are on time, we answer your questions, we educate you about your needs, finances and insurance are handled cheerfully and you enjoy the surroundings, especially noted was the cleanliness, snack area and the fish tank! We pride ourselves on trying to be current and innovative in dental care and are proud of our technology, as were you. But there is one area that was mentioned on 95% of the returned forms. That is the friendliness of the staff! What a wonderful compliment! Thank you to you all! If we can continue to serve your dental health, educate you about your needs, service your accounts and insurance, respond to emergencies, improve your smiles, and do it all with a smile and the friendliness we all covet so much we will consider that day a success. We appreciate your feedback, you have given us high marks, and a reminder of what we must do each day. Thank you!

***“we will make a difference in the lives of our patients, ourselves, and our community.”***

This is a quote from our philosophy of practice, and one we do take seriously. In March our staff and families participated in York Helping Hands for the Homeless Food Run. What an empowering day for us all! We had the opportunity to provide meals with over 200 of York’s hungry citizens. We prepared lunches, and a hot evening meal and distributed them at three locations in downtown York. The need is striking, yet we were surrounded by smiles. Thank you also to the many stores and businesses in the area that contributed goods toward this effort, and thank you to my staff for embracing with such fervor a very worthwhile and needed service! Kelly, in particular, really decided to make this happen and took on alot of the organizational responsibility. Not just another pretty face, thank you Kelly and all!

Many of you know our oldest granddaughter, Maya, has Cornelia de Lang Syndrome, and every year our kids have organized a 5K Walk/Run to benefit CDLS. Barb and I were able to attend and this was once again a huge success, over \$20,000 was raised for the Foundation. We are continually grateful for all the love and support for our family and Maya, who, by the way turned 5 in April, loves life, is energetic, musical, and a handful. Along with her sister, Hannah, they live in Atlanta with their “Mom and Dad.”



### Our Team

J. S. Johnessee, DDS

Lisa Grothouse, CDPMA

Barbara Johnessee

Holly Ballou

Melanie Harrold, EFDA

Karen Fritz

Kelly Jo Gotwalt

Michele Lash, RDH

Nicolle Weekly, RDH

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“You and your strengths don't exist for your own enjoyment. You are here to contribute; to serve; to make an impact. You are meant to use your strengths and live your purpose and let your purpose live through you.”

Jon Gordon

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