



Patricia L. Westerhout, D.D.S.
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CAVITIES: NOT JUST A CHILDHOOD PROBLEM

Many adults are developing cavities at or below their gum line. These cavities are often more difficult to restore. How does this happen, and what can be done to prevent it?

Adults get gum line recession exposing the root surfaces. The root surfaces are softer than the enamel and more difficult to clean.

Adults also develop dry mouth. This is often due to medication side effects and/or diabetes. Saliva is important in preventing cavities by reducing acid levels and by naturally flushing food debris off teeth.

Adults may use sweet foods or drinks to stimulate saliva. However, keep in mind, frequent snacking with food that stays around teeth also provides fuel for bacteria.

What can you do to prevent cavities?

- Learn more effective ways to clean plaque from your gum line, including daily flossing.
- Use a prescription fluoride toothpaste twice a day. Example: Flouridex or Prevident 5000
- Have a fluoride varnish treatment following your teeth cleaning or periodontal maintenance appointment.
- Use Xylitol sweetened gums, mints or spray 3 to 5 times a day after

meals. Xylitol is a sweetener that bacteria cannot use as fuel. This also stimulates saliva to naturally flush food debris from teeth. We have Omni TheraGum, Mints and Spray available for purchase in our office.

- Use products for dry mouth. Example: Biotene Products

For further information, please call our office.

FIRST-YEAR STUDENTS LEARN LOCAL ANESTHESIA FROM "DR. PATTY"



Those of you who know Dr. Patricia Westerhout as a kind and caring dentist may be interested to find she's a part-time teacher as well. For the past 15 years, Dr. Westerhout has spent "about 10 afternoons a year" teaching local anesthesia to first-year dental students at the University of the Pacific in San Francisco.

"This is the students' first experience with local anesthesia," Dr. Westerhout says, "and for some it may also be the first time they have actually used a

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syringe on a patient.” The students take turns being the ‘dentist’ and the ‘patient’, administering and receiving the anesthesia injections under Dr. Westerhout’s watchful and helpful eye.

“I feel fortunate to be involved with these students at this early stage in their education,” Dr. Westerhout says, “because understanding how many patients feel about fear and discomfort during dental procedures – and how to deal with this anxiety in a calm and professional manner – is an extremely important skill for them to learn.”

Dr. Westerhout also enjoys the chance to develop and maintain relationships with colleagues and peers at the University, and the access to educational resources. Dr. Westerhout graduated from UOP with her DDS degree in 1994.

PRACTICE NEWS

SPOTLIGHT ON: Marcos Eisenberg, RDH, is a 1996 graduate of the Chabot College Dental Hygiene program.

He is a member of both the American Dental Hygienist Association and the California Dental Hygienist Association.

“I feel very fortunate to have worked for this office every Tuesday for the last ten years. It is a good feeling knowing you work for a practice that cares so much for their patients.”

Born in San Mateo, Marcos is a third-generation native Californian. After graduating from UC Berkeley in 1976 with a degree in Botany he spent 2 years in

Guatemala as a Peace Corp volunteer. It was during this time he began learning Spanish, a skill he now is able to share with patients and other office staff.

He has lived in Castro Valley since 1996 with his wife Maxine and two children, Randy and Sally. In his spare time he enjoys cooking, gardening, bird watching and walking his dog, Ginger.

CARE ENOUGH TO SHARE Our New Patient Referral Program

Care Enough to Share



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We’re delighted to report on the growing success of our new “Care Enough To Share” Patient Referral Program.

Thank you to all of you who have taken advantage of this program to benefit friends and family members. For those of you are not familiar with the program, here’s how it works:

Ask us for a Care Enough To Share card next time you’re in our office, or call and we’ll send one out to you. You can also go to our website at [www.westerhoutdds.com/Care to Share](http://www.westerhoutdds.com/Care%20to%20Share) and download an online version of the card. Give this card to someone you would like to refer to us as a new patient.

The new patients you refer to our office will receive \$25 off their first office visit when they present their Care Enough to Share Certificate. You, too, will receive a \$25 credit on your account as our way of saying “thank you”. For more information, please contact Dawn at 510.886.6416.

GOODBYE, AND ALL THE BEST, ROBIN

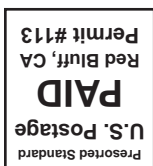
We say goodbye to our front office administrator, Robin, in mid-November. Robin is leaving to return to the group practice where she started her career, in San Leandro.

“Robin has been a highly valued and talented member of our team, and we will miss her. However we wish her all the best in her move and in this next stage of her career. Keep in touch, Robin!”


UPDATE: DR. DALE’S PLANE



Dr. Dale reports: “The engine works and we now await FAA approval for our first flight!”



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