



from the office of

GATOR DENTAL ASSOCIATES, PA

Gatorales NEWSLETTER

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GATOR DENTAL ASSOCIATES, PA ■ 352/481-2741
www.gatordental.com ■ E-mail: smile@gatordental.com

Did you know Gator Tales is Web-enhanced? Green, underlined words indicate a more extensive article at our Web site, www.gatordental.com

SIP ALL DAY...AND RISK DECAY

Do you have a teaspoon or two of sugar in cup of coffee? How many are in a can of soda?

If you drink soda, you must have a real sweet tooth! There are roughly ten teaspoons of sugar in an average can of soda. The USDA nutritional guidelines recommend just over 1 teaspoon of refined sugar per day. When bacteria (plaque) come into contact with sugar or starch in the mouth, acid is produced, which attacks the teeth for 20 minutes or more. This can eventually result in tooth decay. Soda also contains a lot of acid which loves to erode your teeth. Decay and erosion don't sound like a good combination, do they?

Can you imagine how much sugar is in a sugar-sweetened cereals, fruit juice, and all the quick and easy foods designed to make life simple and sweet? The foods we choose generally affect our overall health, including our teeth and gums...and what is available to chose from may be a source of problems. Eating patterns and food choices are important factors affecting how quickly you develop tooth decay.

If you are going to drink soda or fruit juice, do so with your meals. Give those teeth an acid-free break between meals! The best bet is to drink water between meals and avoid unhealthy snacks. We are unfortunately bombarded with all sorts of junk food in grocery store aisles, on TV, and in res-

taurants. The best snack foods are natural foods, like fruit and nuts, that can give you energy and will not stick to your teeth and promote the formation of plaque (foods like crackers and chips stick to your teeth and promote tooth decay). If you snack or drink on sugar-laced products, be sure to brush your teeth an extra time afterwards.

Great dental home care is extremely important to good physical health. Many studies now show a link between oral bacteria from gum disease and heart disease. As the bacteria enter the bloodstream, they accumulate and grow in the plaques that cause heart vessels to be clogged...which can lead to heart attack. Our patients know how much effort we place in preventing these issues as we invest a great amount of care, time, and office resources in keeping you as free as possible of gum disease!

The Harvard School of Public Health website has a section on nutrition (<http://www.hsph.harvard.edu/nutritionsource/>), which is very helpful. www.dietitian.com is another good nutrition website. The American Dental Association website (www.ada.org) is also an important tool for learning about your oral health in general.

Kicking the sugar habit and eating smart goes hand-in-hand with proper oral hygiene and regular check-ups in keeping your teeth and gums healthy for life!

MEET CAESY, OUR NEW "DIGITAL EMPLOYEE"

Who is CAESY? He is like Hal of *2001: A Space Odyssey*, but *much* smarter! Caesy is our newest talkative and talented digital employee who tirelessly works to educate our patients about oral health. He also explains dental procedures to meet our office goals of assisting you in obtaining the best health. CAESY sits in a room all day and fulfills these requests all over the office and for you, at home, via the Internet. This Clinically Advanced Education System is a computer dedicated to three tasks in our office. First

is to provide over 200 educational videos to any office computer. Second is to provide the interesting presentations that you see on the waiting room television. Third is to make CD-ROM presentations for you to take home to view. CAESY also supplies material for our Web site, www.gatordental.com. Ask for CAESY in the office, visit him on our Web site, or learn more about him at www.caesy.com. We hope you like him as much as we do as he really helps make our office a special place to receive dental care.

NEWS BITES

■ We are pleased to announce the addition to our team of Ms. Leah Bogue of Cross Creek. Some of you may have met Leah while she was interning from the Santa Fe Community College Dental Assisting Program, from which she graduated in December 2003. We are very happy to have her here to further help us deliver the best dental treatment for our patients!

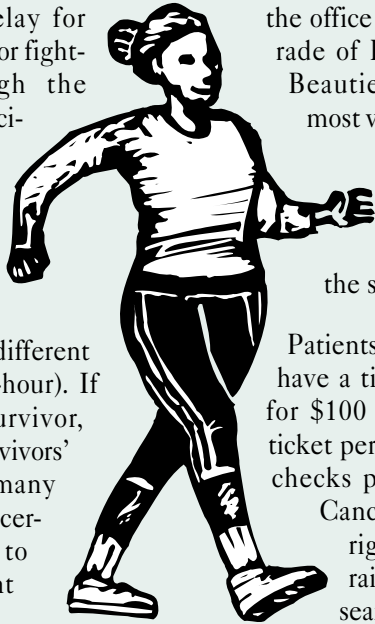
■ Dustin Garlitz has released his first Jazz CD titled "Spirits Within." Most of the tracks were recorded in NYC, where Dustin attended and graduated from college. He performed regularly at the famous Knitting Factory, NY. You can view detailed information about the CD, songs (sample clips) and Dustin online at www.jazzable.com. The CD is also for sale on that Web site.

■ Dr. Simon is a very talented musician as well. Look for some of his recordings online in the near future. Ask him to play some of his recordings next time you are in the office.

■ Dr. Garlitz is teaching an elective course called "The Paperless Dental Office" to seniors at the UF College of Dentistry. As part of the course, students have been in the office throughout this semester learning the advantages of incorporating technology into a dental practice. Our patients already know of these advantages when they get the benefit of seeing x-rays and incredibly detailed photos of their teeth on the monitor right in front of them.

YOUR CHANCES TO HELP FIGHT CANCER

Hawthorne is holding its second annual “Relay for Life” to raise funds for fighting cancer through the American Cancer Society. Come join us on Friday, April 16, at 6 pm, at the HHS track for the kickoff of the event (which continues all night as a camp-out with different activities every half-hour). If you are a cancer survivor, walk in the cancer survivors’ lap — one of the many events planned. You certainly do not want to miss the main event described below.



Our office is a sponsor of the event and has a team entered. Our goal is to raise at least \$1,000, and it is not a drag, as drag is a solution to our fundraising. Doctors Jay and Simon are vying for the right to enter the “Miss Hawthorne” contest (as Jaye or Simone), and you can decide who wins the honor of competing. (See ballot at right.) Mail in your vote (and

donation) for which doctor should be the office queen entered in the parade of Hawthorne Hairy-legged Beauties. The doctor with the most votes and donations gets to don the dress, make-up, and female alter-ego, and we want all our patients to come and see the sight!

Patients who make donations will have a ticket placed in a drawing for \$100 of dental services (one ticket per \$5 donation). Make your checks payable to the American Cancer Society (see ballot at right). Having your dentist raising funds for cancer research is worthwhile, but seeing him in a dress and all made up by the staff as a beauty queen is priceless!

Come by and see us on Friday evening, April 16th, at the HHS track. We plan to have an evening of fun with the music of Dr. Simon(e), Dustin Garlitz, and a video arcade. Even Caesy may make an appearance!

WHICH FELLOW WILL BE CROWNED “MISS HAWTHORNE”?

OFFICIAL BALLOT

Clip along dotted line and drop off at Gator Dental Associates Office.

I vote for

Dr. Jay

Dr. Simon

to be the Gator Dental entrant in the “Miss Hawthorne” beauty contest, benefiting the American Cancer Society. I am enclosing a donation in the amount of \$ _____ in support of my vote.

Please make check payable to American Cancer Society.

Vote with your donations as well. The doctor with the highest total will get the office honor.

Come by and drop yours off, or mail c/o Gator Dental, PO Box 10, Hawthorne, FL 32640. Every \$5 donated gets an entry ticket to a drawing for \$100 of Gator Dental Office Services!

We look forward to your coming by and joining the festivities Friday, April 16, 6 pm, on at the HHS track. No need to crossdress, as your favorite doctor will be in drag!



GATOR DENTAL ASSOCIATES, PA

COSMETIC, FAMILY & RESTORATIVE DENTISTRY

JAY H. GARLITZ, DMD and ASSOCIATES
6605 SE 221st St. ■ Hawthorne, FL 32640-0010

Bulk Rate
U.S. Postage
PAID
Permit No. 10
Hawthorne, FL

Dentistry for the Lake Areas of Alachua, Bradford, Clay, Marion, and Putnam Counties.

THANK YOU FOR MAKING US A POPULAR AND BUSY OFFICE

Thank you for all your referrals. Your confidence and support in sending your friends and family are a big compliment. Because of your dedication, we are a busy and popular office.

Appointments are a valuable commodity in our office, as we are often booked up to a month ahead of time. New patients are being accepted (most are seeing Dr. Simon), and we are finding creative ways to serve their needs with a timely appointment. This is true for patients who are having dental emergencies as well, but we need your help. It is im-

portant to honor your appointment, and if you need to change or cancel, call at least 24 hours ahead, Monday to Thursday, during office hours so that we may fit another patient that is on our waiting list into your spot. (We cannot accept cancellations or request for changes on the answering machine or by e-mail.)

Nationwide, it has been reported that approximately 4,000 students are graduating dental school per year while 6,000 are retiring, and the difficulty in finding a dentist is increasing. The high cost of a dental education

and running a dental office are part of the reason. We work hard to provide the quality dental services and patient service that you and your family deserve. Please help us assist our family of patients by making your appointed times a reservation for care, and by not changing your appointment unless it is an emergency.

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