ANTIBIOTICS BEFORE DENTAL TREATMENT

The American Heart, the American Dental and the American Medical Associations all recommend that CERTAIN dental patients should take antibiotics before some dental procedures. It is best if these antibiotics are prescribed before the appointment and picked up at the pharmacy. In this way you will be able to take the pills at the right time. If you forget to take your pills then we will supply them to you for a flat rate of $10.

Who needs to take these pills before treatment? Anyone having a prosthetic heart valve, non-functional heart murmur, artificial joint or blood vessel. There are other conditions that may require premedication. Please keep us informed of any change in your health status.

B•E•Y•O•N•D VITAMINS

Just a few years ago, scientists did not know phytochemicals existed. But today they are the new frontier in cancer prevention research. Exactly what these chemicals are is pretty complicated and making them would be tough. The good news is that they are present in common veggies and fruit. These fruits and vegetables may be very important in preventing cancer: Broccoli, citrus fruits and berries, tomatoes, garlic and onions, hot chili peppers, carrots and actually most edible plants. These chemicals are not damaged by cooking. So eating a well balanced diet like your mother told you is a great idea. Don’t count on this solving all your health problems, because even vegetarians get cancer. Eating a balanced diet will, however, make you feel better and be healthier.

For more information please see Newsweek, April 25, 1994.

HOW TO DEAL WITH MUSCLE, JOINT AND TENDON PAIN

Muscle spasm and inflamed tissues hurt. Here are five ways to help: Ice, aspirin, ibuprofen, heat and finger pressure. For specific instructions on how to use these modalities please ask one of the Doctors for information.

TAKE THESE MOLES TO THE DOCTOR

Moles are colored spots on the skin that can be either flat or raised. The vast majority of these spots are normal, a very small number are cancerous. If you have any of the following characteristics, see your doctor:

A. ASYMMETRY
   One half of your “mole” does not look like the other half.

B. BORDER: IRREGULAR
   The border of your “mole” is scalloped or poorly defined.

C. COLOR: VARIED
   The colors within your “mole” vary. There may be shades of tan and brown; black, and sometimes red, white, or blue.

D. DIAMETER
   Your “mole” is larger than the diameter of a pencil eraser (6 millimeters).
TOOTHBRUSH GERMS

Some people think you can re-infect yourself with cold or flu germs by re-using the same brush after you get better. Is it true? It is very hard to prove either way. A dry toothbrush is not a very good place for bacteria or viruses to live.

If you want to be super safe then don’t buy a new brush, just disinfect the old one. After brushing, rinse your brush very well in hot water and then immerse it in a jar of 30 minutes. Rinse again and let dry in a clean place.

HOME TREATMENT

Aspirin, ibuprofen, and acetaminophen are very effective in relieving headaches. (The first two should be taken with milk or food to prevent stomach irritation.)

Do not use aspirin with children under 18, because its use in that age group is associated with Reye’s syndrome.

Heat applied to the back of the neck, a hot shower, and/or a cold cloth or ice pack placed on the forehead can bring relief. Lying down in a dark, quiet room can help.

If home treatment does not work or if headaches are a frequent problem, ask the doctor.

SHOULD BABIES HAVE BABY BOTTLES?

If babies are not breast fed and weaned directly to a cup, then there are precautions you should take for bottle feeding. Preferably, only water or formula should be used in the bottle, never Kool-Aid, apple juice, or other sweetened drinks. Even formula or milk is very bad for teeth if the child is left with the bottle at night where they can suck whenever they want.

Sweeten liquids and milk can cause massive decay of the baby teeth. This results in pain, unsightly teeth and large dental costs.

SAVE THE EARTH OR AT LEAST SOME WATER

A running tap uses about a gallon of water a minute. If you leave the faucet running while you brush your teeth, you could waste as much as 6 gallons of water every day. Even if you only brushed for 2 or 3 minutes (tsk, tsk.) That starts adding up.

If we assume that only half the people leave the water running, then that is 500 million gallons wasted every day in the USA or about 200 billion gallons every year.

When we stop running water when brushing and they stop growing rice in California, we will really save some water.

WORDS OF WISDOM

There are nine requisites for contented living: Health enough to make work a pleasure; wealth enough to support your needs; strength enough to battle with difficulties and forsake them; grace enough to confess your sins and overcome them; patience enough to toil until some good is accomplished; charity enough to see some good in your neighbor; love enough to make you useful and helpful to others; faith enough to make real the things of God; hope enough to remove all anxious fears of the future.

Goethe