

Dr. Kuchar's Soccer Team

One of the things that impressed us most about Dr. Kuchar when we first met was her determination. As I have mentioned in a past newsletter, Dr. Kuchar is determined to do whatever it takes to become the best dentist anywhere. I also mentioned that Dr. Kuchar is an amazing athlete who excelled at soccer during college and also plays rugby on a national level. To keep in shape during the offseason, Dr. Kuchar managed to coax enough of her co-workers to join her with our own Southcoast Smiles soccer team. I congratulate Dr. Kuchar on her powers of persuasion and wish our soccer team much success!



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NEW YEAR

Greetings





Happy New Year!

I'd like to take the opportunity to wish you a happy and healthy New Year, and share with you some of my goals for 2011.

Resolutions

If you are like me, some years are big years for resolutions and other years I have none (probably because I'm still working on last year's!). This year, I have a number of things I am resolved to do for you.

First, no matter how hard we try, we never seem to have enough space early in the day and later in the evening for cleaning appointments. I resolve to add more availability in these times for you. We are working on it and will make the necessary sacrifices to make it happen.

Second, our use of the same day crown technology has been wonderfully received. Patients rave about not having to come back for a second appointment, not needing a temporary, and not needing another shot. But we want to take this a step further. In 2011, I resolve to reduce the time for your one appointment and adding computers to each office for your use during these appointments so you can work, learn, or shop while your crown is fabricated.

Last, but not least, it is said that smiles are infectious. If so, I want to spread them to every corner of our office so that each and every visit is as enjoyable as possible. I am making this promise as a result of a rather unpleasant event that I survived in 2009. Last year, as you may know, I was assaulted after leaving a lecture in Atlanta and, as a result, had the unexpected opportunity to visit (too many) doctors' offices. What I saw all too often was a lack of joy in the workplace. Great work, perhaps, but not great joy.

I am extremely lucky and thrilled to have fully recovered. I am also lucky and thrilled to be your dentist, and I resolve to personally make sure that everyone else here with whom you interact feels exactly the same way. I realize that the day to day running of a medical facility is hard work and that this is a tall order, but I feel strongly that we can live up to the challenge.

A note about tooth decay prevention

Sometimes I think that tooth decay is more of a mystery than it needs to be. Why do some children get decay, while their siblings get none? Why do adults suddenly develop decay when they've previously had none?

Obviously, we're dentists. We think about these things all the time, but this probably bores you. So for now, let me give you the Cliff Notes version of this and then perhaps in later newsletters we'll elaborate further to help patients with specific concerns.

Tooth decay is confusing because product advertising makes decay seem to be only about sugar. The good news is that decay is not a mystery. Decay is not simply about sugar, nor is it about bad genetics. It is rather complicated, but here are the basics:

1. Decay doesn't happen overnight. It's a process. By the time we detect it on an x-ray, it has been growing for some time.
2. Early decay can be "healed", if we can detect the causes early enough. We can actually "re-grow" enamel.
3. Saliva is important in the prevention process.
4. It is not the amount of sugar consumed that results in decay, but rather the amount of time sugar remains on the tooth that results in decay
5. Acids from your systems or from what you consume can be as important as sugars.

Decay happens when either sugar spends too much time on teeth, acids dissolve teeth, or when saliva is inadequate to re-mineralize teeth. When we diagnose that decay is a problem or a potential problem, you will see us working on one or more of these areas—less exposure, improved regeneration, or treatment of weakness. There's no mystery, nor is there a miracle cure.

Wishing you and yours a happy prosperous New Year.

Sincerely,

David J. Ahearn DDS

Nisha's Back From India

We recently welcomed Nisha Patel back to our office, after she spent a month in India preparing for her upcoming wedding. Of the experience, Nisha says, "It was amazing, to say the least! Although often looked upon as an overpopulated, polluted country, India has so much to offer. The country has a strong awareness of its history and rich culture while, at the same time, modernizing itself to keep up with the global market. Nowhere else are you able to see an ancient Hindu temple built centuries ago next to a new skyscraper. What I enjoyed most about the trip, besides the gorgeous weather, was seeing first hand people's generosity and willingness to help those in need. I hope to keep those characteristics in my life."

