

Many of you have expressed congratulations for our new baby and also condolences for the death of my wife's father. These two major events occurred practically on top of one another and led to my being away from the office for several days so I also thank those of you who were affected by my absence for being understanding. Our family and friends have been an invaluable source of strength during the shock and awe we experienced recently. I truly believe that the good people around us double our joys and halve our sorrows.

My wife is heartbroken over the death of her father but the light of little Jack's presence consistently blazes through any darkness. He is healthy and has all his little fingers and toes. So far his accomplishments are mainly gastrointestinal in nature. He enjoys sleeping and breastfeeding and for a hobby he likes to squirt us with the automatic sprinkler when we least expect it. I am considering using a snorkel mask during changes now. My wife, God bless her, is taking care of the 12:03am, 1:13am, 3:02am, 4:49am and 5:19am feedings and changes so that I don't suddenly let out a big snore, lurch forward and doze off onto any patients. I do that on weekends now, while working outside with power tools or heavy machinery. My worst fear right now would be falling into a deep sleep on my mower, mowing a swath all the way down 79<sup>th</sup> street, coming to a stop against a tree in Keystone Park, waking up nine hours later with the mower run out of gas and a note taped to me thanking me for ruining someone's family reunion cookout. I think my wife's worst fear would be waking up in the aisle at Walgreen's on a bag of Huggies, clutching a Binky and the baby on the roof of the car in his car seat. Come to think of it, irrational fears seem to go hand in hand with parenthood! Fortunately, we have the whole rest of our lives to get used to it.

I've been fielding a lot of pediatric dentistry questions lately. Important facts: the baby's first teeth will come in usually around 6 months and the last around 18 months (6 month variance of either of these times is normal). "Baby bottle caries" are rampant cavities caused by the **sleep time** use of a bottle with juice or other sugary liquids (including added cereal). Decay is rapid and vast. Also, while babies don't have adult teeth yet, they're forming inside the jaws so intake of fluoridated water or fluoride supplementation is necessary for proper formation of the adult dentition.

**We love to see kids!** I'm not just tooting our horns when I say we're good at it. Normally, we'll see kids at age 3 or so and try not to overly challenge them. A fun first visit smoothes the road for future visits to be happy and productive for the rest of their lives. A recent topic of discussion is how we got the squirrel to pose with floss on our new fridge magnets. The positive attitude of a parent is essential. It helps set the stage for a child to be relaxed and have a fun and useful visit to the dentist.

Next dental topic (but soon to follow with more usual nonsense): For anyone on antibiotic premedication, the rules have changed (again). Any questions just give us a call. The guidelines say **patients who have taken prophylactic antibiotics routinely in the past but no longer need them** include people with:

- mitral valve prolapse

- rheumatic heart disease
- bicuspid valve disease
- calcified aortic stenosis
- congenital heart conditions such as ventricular septal defect, atrial septal defect and hypertrophic cardiomyopathy.

**Preventive antibiotics prior to a dental procedure are advised for patients with:**

1. artificial heart valves
2. a history of infective endocarditis
3. certain specific, serious congenital (present from birth) heart conditions, including
  - unrepaired or incompletely repaired cyanotic congenital heart disease, including those with palliative shunts and conduits
  - a completely repaired congenital heart defect with prosthetic material or device, whether placed by surgery or by catheter intervention, during the first six months after the procedure
  - any repaired congenital heart defect with residual defect at the site or adjacent to the site of a prosthetic patch or a prosthetic device
4. a cardiac transplant that develops a problem in a heart valve.
5. for at least 2 years after joint replacement surgery and sometimes longer

Anyone still reading? A patient brought this to my attention:

(AP) -- Here are some wince-inducing excerpts, characterized by tangential clauses, prosaic inanity and errant punctuation, from the 25th annual Bulwer-Lytton Fiction Contest, a literary parody competition sponsored by San Jose State University.

"As her quivering lips met his, and her eyelashes fluttered softly on his sweating cheek, Dr. Robbins reflected, 'I didn't realize she had upper dentures . . . in fact, her slippery plastic palate reminds me of going down a waterslide that hasn't been properly chlorinated, as evidenced by the distinct nitrous and sulfurous emanations, or could it be sinus trouble?'" -- Philip Bateman, Kenilworth, South Africa

"Danny, the little Grizzly cub, frolicked in the tall grass on this sunny Spring morning, his mother keeping a watchful eye as she chewed on a piece of a hiker they had encountered the day before." -- Dave McKenzie, Federal Way, Washington

"As the hippo's jaws clamped on Henry's body he noted the four huge teeth badly in need of a clean, preferably with one of those electric sonic toothbrushes, and he reflected that his name would be immortalized by his unusual death, since hippo killings are not a daily occurrence, at least not in the high street of Chipping Sodbury." -- Tim Lafferty, Woking, England

Have a wonderful fall, Go Big Red and try not to get too scared by the Halloween costumes coming up. Can't wait to dress up our little one! I look forward to seeing you again in the office...for a just a routine check up, hopefully, of course!!!