

Service Awards

Five Years

Sherry Addis
Frank Aspria
Cherity Bloom-Miller
Jamie Bokuro
Randy Christensen
Bobbi Foley
Tracy Lancaster
Jeremy Mason
Marlene Owen
John Pfeifer
Debra Taylor

10 Years

Bonnie Crawford
Alfred Lane III
Alissa Lane
Bonnie McAlpine
Willard Metcalf
Robert Smith
Cathern Tufts

15 Years

Kelley Ellis
Valerie Hibdon
Pamela Lane
Chuvonne Metcalf

20 Years

Brenda Bremner
DeAnn Brown

25 Years

Selene Rilatos

30 Years

Cheryl Lane

35 Years

Karen Bell



35 years: Karen Bell (above)

30 years: Cheryl Lane (below)

15 years: Kelley Ellis and 25 years: Selene Rilatos (right)



Five years: Cherity Bloom-Miller, Frank Aspria, Marlene Owen, Randy Christensen, Tracy Lancaster, John Pfeifer, Bobbi Foley, Jeremy Mason, Jamie Bokuro and Sherry Addis.



Photos by Diane Rodriguez

10 years: Robert Smith, Bonnie McAlpine, Cathern Tufts and Alfred Lane III (above)

15 years: Valerie Hibdon, Chuvonne Metcalf and Pamela Lane (below)

Tooth Talk: New Year's resolutions and probiotics to help care for teeth

By Mary Ellen Volansky, EPDH, MS

Might your 2014 New Year's resolution be to increase your level of oral health? Are you going to floss more days of the week? Or brush more thoroughly, stretching to reach all the surfaces of all your teeth and do it twice a day?

One aspect of good oral health and good body health is common to both, the presence of inflammation. Inflammation in our blood vessels is where clots form, where fat/plaque builds up. This build-up causes narrowing that can lead to blockage of a blood vessel in anyone's heart or brain.

Gum disease, also called periodontal disease or pyorea, has inflammation with it too. Inflammation of our gums is visible when gums are puffy, sore and red. This inflammation makes our gums bleed, makes them swell and become tender to brushing, flossing or eating.

Inflammation also causes bone loss, which makes teeth movable. Enough bone lost around a tooth and that tooth comes out.

Up to 47 percent of adults age 30 and older have either mild, moderate or severe periodontitis, according to the Center for Disease Control and Prevention. The rate of periodontal disease increases to 64 percent for those over age 65.

Men have periodontitis more than women (56 percent vs. 38 percent for women). Minorities, those with less than a high school education and those below 100 percent of the poverty level experience even greater rates of periodontal disease (65, 67 and 67 percent, respectively).

And according to the American Dental Association, periodontal disease can be treated and managed, which we do at the Siletz Dental Clinic for all our patients.

Now we're back to that New Year's resolution, the means to prevent periodontal disease, bone loss and tooth loss common with this disease. You say you are not all that into brushing and flossing, especially flossing daily? I've never heard of such ...

Early last December while checking for school closings on my iPhone, I saw an article from National Public Radio. (I can't believe I just told you I have an iPhone.) Anyway, this article was titled *Microbiome Candy: Could a Probiotic Mint Help Prevent Cavities?* Yes, there seriously are others who try to help us home care-challenged individuals avoid oral disease.

Good news for all of us – it seems that scientists are busy looking for ways to make home care easy and helpful. OK, home care that people are more likely to do than flossing. One such new effort by the science community is a probiotic

candy. Probiotics sound manageable when I consider that most of us eat yogurt.

This sugarless candy has a mint flavor and is made with "dead bacteria." After screening nearly 800 types of bacteria, researchers found one that might help prevent cavities. This one bacterium, *Lactobacilla paracasei*, either dead (in yogurt and kefir) or alive (inside our mouths) might be helpful.

Lactobacilla paracasei prevents streptococcus mutans from collecting or living on our teeth. Since streptococcus mutans is the major cause of tooth decay, this appears to be a good thing.

There might be a catch – we don't know if preventing streptococcus mutans from living on our teeth actually prevents decay. So give the researchers more time to test this idea out.

While I wait, I'll toast some kefir to a healthful New Year for us all.