

*One smile for the lessons of yesterday, one smile for the gift that is today, one smile for the wishes and promise of tomorrow.*

## Dr. Douglas Drewyer Begins Our Winter Newsletter

Greetings, and Salutations!

A simple enough phrase, eh? And while this time of year, ending and beginning, have attached a Happy or Merry phrase alongside, please know what I intend when I write this salaam is this: I acknowledge that you who have picked up the newsletter and invested your time to read it are precious to me. I wish to acknowledge the gift of our partnership, the needs fulfilled in as simple a gesture as reading our newsletter; as complex a motion as entrusting your care and support to all of us here at Drewyer Dentistry.

For the opportunities we share in walking this world together, you have given the rich gift of your trust in our tending. Our needs for being counted on, called upon, trusted are met and exceeded each and every time you are in contact with our office. When you phone in and appoint, Jean and Barb are gifted with the chance to be totally present to you and your needs in that very moment. The behind the scenes sleuthing so often a part of Deb’s efforts to insure your benefits are processed and received allow her the rich rewards of “going to bat” for you with the challenges of smacking those administrative curveballs out of the park with you on base. Robin and Stacey are fulfilled only when they have created the most comfortable and warm personal attentions in the treatment rooms, assuring you know you are the most important person in the world right at that moment. The shared response-abilities of our entire staff foster the energies behind our mission to be the best place to present for care while simultaneously be the best place to present for work. You complete the picture.

As for Dr. Austin and I, perhaps our gifts are best summed up when we are called upon for emergency care. So often an apology is expressed as if the patient is somehow inconveniencing us with their immediate need. It is a supreme pleasure in our life, especially during those times, to let you know that you have in fact given us the most valuable gift that any person can ever receive. That is the gift of being counted on, depended upon, there for you when you need us most. When all of the wrappings and ribbons and bows all fall away, the celebrations fade into calendar back pages, one phone call, one after hours trip to the office infuses both of us with a spirit and reward that is absolutely precious, and timeless. You knew to call, confident we would answer that call.

I’ve always smiled at the bumper sticker, “Without God, I can’t ---- Without Me, God won’t”. A sneaky challenge, I say. Yet, that mutuality, as expressed in our dentist/patient partnership, sums up very nicely the rewards inherent in all we accomplish, together. Meeting each other’s needs, fueled by the radical empathy of putting our own needs on the shelf to meet the needs of the other one first, informs a world where life becomes outstanding for all concerned. I am humbled by your trust, enriched through our partnership, and re-minded every single day how wonderful it is to be on vacation in paradise with you right alongside.

Merry, Happy... certainly... and moreover, Salutations!



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## **Drewyer Dentistry is now MEDICARE APPROVED**

We are so very pleased to announce that we have been awarded certification by Medicare as a DMPEOS Supplier for Oral Appliance Therapy for the treatment of Obstructive Sleep Apnea (OSA). Just exactly what does that mean? We can submit to Medicare for reimbursement for the delivery of the dental appliance we create for the treatment of Mild to Moderate Obstructive Sleep Apnea. For our patients with Medicare benefits, and a diagnosis and prescription for the treatment of Obstructive Sleep Apnea with Oral Appliance Therapy, we can now assist you with reimbursement for this life changing, life-saving therapy.

As is our protocol, simply appoint for a Sleep Breathing Consultation and Home Sleep Study screening. Depending on the data collected from our thorough history and state-of-the-art Home Sleep Study technology, should you be experiencing Obstructive Sleep Apnea, then you will be able to take advantage of your Medicare benefits to experience a powerfully successful therapy to abate the silently destructive condition that is OSA.

As the saying goes, you are now just a phone call away from the possibility of breathing better while sleeping, informing more energy in your day to day activities while reducing the dangerous effects OSA creates on our hearts, blood sugar and partners! Appoint today for your consultation and Home Sleep Study, and get Medicare to assist in seeking this wonderful care.

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## **Dr. Austin Explains Dry Mouth and Your Dental Wellness**

A key part of creating sustainable dental health for our patients involves creating an awareness of what causes dental disease and then educating on how we can prevent or heal disease. Many of our patients are aware they suffer from dry mouth and many times this can be related to certain medications, most notably diuretics (common blood pressure medications), decongestants, antihistamines, antidepressants and muscle relaxers. Any change in medication could be accompanied by this common side effect which may seem like a small deal, but a small deal like dry mouth can quickly wreak havoc on what was previously a healthy dental profile. Saliva is a key natural defense against dental decay. Healthy saliva production helps naturally rinse food debris from our teeth and even more important, saliva helps balance the pH of our oral environment.

Let me back up a second. Maybe I sound like a broken record, but if you have been in to see Dr. Doug or myself then you have most likely been taken through the cause of dental decay (a.k.a. cavities) at one point or another. Here is a quick breakdown in case you forgot: bacteria live in our mouths, more specifically bacteria live in dental plaque that builds on our teeth and when we eat sugar, so do they and the bacteria's byproduct after consuming sugar is acid. If this acid sits on our teeth long enough...Voila!, a cavity or an acidic erosion that causes a breakdown of tooth structure happens. Generally, a more acidic oral environment leads to more dental decay. So how does saliva help prevent this acidic damage to our teeth? Saliva in itself is basic, no not like Starbucks, UGGs and iPhone selfie's basic but basic as in the opposite of acidic. Saliva is a natural buffering system that helps keep our mouths oral pH in control, effectively helping to balance or cancel out acids that can damage the enamel of our teeth. Dry mouth can be very uncomfortable, so it is important to know safe ways to combat symptoms. Many times, individuals will seek out sour sugary candies and caramels in search of something to relieve their symptoms. Or someone with a chronic cough and congestion may look to lozenges to sooth their throat and cough all while on a decongestant that depresses salivary flow. This all can become very dangerous for our teeth. Think about it, we have now added extra sugar fuel for the acid producing bacteria in an already more acid prone (dry) environment. A recipe for rapid severe tooth decay.

Take a look at the list below for some safe alternatives for treating dry mouth:

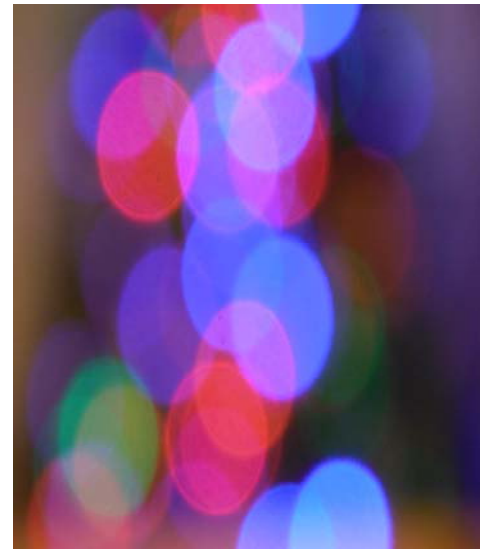
- Try out a line of products called Biotene, there are mouth rinses, gels, sprays and toothpastes to help treat symptoms of dry mouth.
- Always carry a bottle of water and sip throughout the day, avoid adding acidic flavorings or lemon which can cause damage
- **Only** use sugar free lozenges or gum.
- Limit caffeine intake which can make dry mouth worse.
- Avoid alcohol-based mouth rinses.
- Brush and floss before bed. Dry mouth can worsen at night when there is nothing to stimulate salivary flow while we sleep.
- Practice oral hygiene regularly between teeth as well as with toothbrush.
- Use a fluoridated toothpaste.
- Ask your physician if there are any alternative medications or treatments you can try.

Most importantly, regular dental visits can help keep dry mouth issues at bay. Please remember to let us know of any medication changes or dry mouth symptoms when you come in!

## Lovelight

there are upsetting things, stressors  
then there's our response to those things  
moment to moment to moment  
my wishes are for peace in you and for us  
I want to partner you  
I want to soften your world  
be the womb from the outer noise  
yet I can only lead the way and I can get lost too  
which may lessen my strength in leading the way  
I will humbly nod when I get lost  
and ask for room to grow  
and when you are wandering down a path I don't advise  
I will warn you  
I will watch you  
I will hold my light with the wish, should you turn around,  
that my light will guide you back safely home  
I have known the peace from the Light and yet, I will on occasion, turn my back on it  
my comfort comes from always finding it again  
even as a distant glimmer  
the closer I return, the warmer its glow  
my upset grows when you seem to stray from the Light, its warmth and radiant guidance  
I am frightened, and frustrated, and confused  
I say there is no denying the Light that brought us here,  
the Light that holds us together on our way,  
the Light that will eventually call us beyond  
when things get dark, it's because I've forgotten the Light  
my troubles begin when I have forgotten the Light  
its source allows my light to shine  
when I stray from the source, my reserves, my own light will begin to dim  
until I run out of fuel and know only darkness  
I do not want you to suffer in the darkness  
I want you to know and remember the Light

- Níocí Repose



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## Barb Shares a New Christmas Tradition

The Holidays are right around the corner and with that comes so many family traditions. Whether it is special foods that are prepared, trimming a tree, parties with friends and family, etc. A few years ago, my husband came up with a Christmas game while driving the grandkids home. It is called "The Christmas Tree Game", and it has become one of our grandson, Alex's, favorite traditions.

The way it is played is, if you see a Christmas tree on or in any vehicle, you say "Christmas tree". Whoever says it first gets a point, but if you say "Christmas tree" and it turns out to be something else, you lose a point. Sometimes car roof racks can look like trees, so be careful. Whoever has the most points at the end of the car ride wins the game. It seems like a silly little game but Alex loves it. He and his grandfather are very competitive. They have both been known to bring binoculars with them on car rides. My daughter called me one day to report that she and her husband were doing some errands and all of the sudden they both yell "Christmas tree" at the same time and then starting laughing. The game is now a family tradition and begins the day after Thanksgiving. I love the game because the grandkids are actually looking at the world outside and not at their phones.

Don't be surprised if you find yourself yelling "Christmas tree" on your next car ride! Merry Christmas!

## Dr. Douglas Asks What If

What if.....as you read these words, the moment you find yourself in a thought of judgement about right and wrong, or good and bad, you simply stop reading? This offering brings the challenge of suspending your analysis, your blaming, shaming, condemning and defending. I am inviting you to consider, from your personal empowerment, how you might speak, how you might act, and how you might find your inner being to inform a world where life is better for all concerned. I steadfastly believe that essence will only be achieved when we can suspend the thoughts above and replace them with a radical empathy for the other side, the other philosophy, the other values cherished by the ones we recognize we are in conflict with. That's right, I am asking you to suspend your own opinions in order to take the moments required to 'walk a mile in their shoes.'

Still with me? Recently, news in the world of sports revealed the depth of humanity cloaked beneath the uniforms when student-athlete Jordan McNair died from complications of heat stroke following a University of Maryland football practice. Breath ... Pause... Incidentally, I choose this incident and its aftermath as the lightning rod for my musings; it could have been countless other incidents of recent or long past history, public or privately experienced. Notice how your mind may have speedily traveled into story and opinion in analysis and judgement of right and wrong and good versus evil? The media certainly espoused these leanings. Widespread outrage and anger, with the underlying emotions of grief, confusion, despair and frustration were heard far and wide. Understandably, there was tremendous pain as the McNair family and our community mourned the untimely loss of a bright young spirit.

What doesn't seem to me to serve is the outcry for punishment as if there is a penalty assessed that will change the pain of the loss, or the past, or the future. I do, however, recognize the immediate need for changes in the University's program. Leading up to the tragedy, it has been noted that too many players feared speaking out. After the fact we learned of widespread bullying and misaligned punishment masquerading as motivational tools. Sadly, some may still believe that in this case, the culture of college football, perhaps even the sport itself, bore these behaviors as a masculine norm, necessary to fulfill the promise of success or to satisfy the reward of accomplishment or establish the hierarchy of leader and charge. In the wake of the tragedy and subsequent discoveries, the focus was about the botched effort to address the death of Jordan McNair. After several weeks during which I know I wished for contemplation of the healing steps ahead, directed by the Board of Regents, the Head Coach and Athletic Director were retained, and the President of the University was directed to retire at the end of the academic year. Within 24 hours, public outcry and outrage from elected officials, the university population, and football players caused a complete about face. The coach and AD were fired, easing the immediate criticism. Subsequently, two athletic trainers have also been fired. The head of the Board of Regents resigned his post. Yet, the fallout remains. Funding of the UMCP immediately decreased, with indications that that is the start of the tsunami of loss of donors. A loss of confidence in the academic freedoms of the faculty and staff has resulted following what has been perceived as an overstepping of authority by the Board of Regents into campus governance. Future damage is forecast to the recruitment of faculty and students beyond simply football recruits. Football players scuffled during practice. Student protests were held. UMCP effectively bore the label of exactly how NOT to handle a crisis.

What if the Head Coach and Athletic Director had returned? (again, pause and choose to suspend right/wrong, good/bad...or, simply stop reading) I am left to wonder, now, of course. And, what if the two people now held most accountable for the deficits in the program, the two people who were front and center responsible for directing the processes of leading their student-athletes, returned with announced, heartfelt grief and acknowledgement for what did not serve, what values were not established, what controls and vigilance were not in place. After all, they are the ones most intimately aware of these now-public infractions, and any others not brought into the public eye. These men may be the ones the university is seeking to establish new values, new goals, new processes for the shared success of the program and the university as a whole. The microscope of public vigilance would be very focused, indeed. The motivation for these men, informed by the pain they also feel for the tragic loss of a man under their supervision and the need to re-establish their personal and professional reputations would be powerful, indeed. The example to the student body could have been: mistakes are made, some with tragic results, and, the lessons learned in tragedy are best taught by the ones whose feet were in that fire. We do not need to forget the circumstances. Only to forgive the mistakes.

Another intimately related student-athlete issue is waiting in the darkness while this one sees the light. There is a class action suit (NCAA Grant-in-Aid Cap Antitrust Litigation vs. NCAA) addressing the issue of paying student-athletes for their services. This suit points directly to the idea not of some students being illegally compensated, but of most athletes not being fairly compensated at all. This will show as a values-based conflict at the core of imbalance of focus between universities and the education of their students. Will punishment solve this conflict? No sir. Only a determination of a values-based process that turns out to improve the situation for all parties will prevail.

If the only response to poor choices is punitive, the crises will continue. The UMCP needs to right itself, starting immediately, in honor of the legacy in the wake of Jordan McNair's tragic death. The road that points in the direction of the restoration of trust and credibility may be anticipated as long and difficult. I offer that the trip along that journey has the potential for a smoother ride and a timely arrival if the map is adorned with a spirited, committed drive fueled by a values-based guidance system. I am not inclined to board the bus of a long and difficult passage. I will punch my ticket when I hear of a commitment fueled by values and goals established through the toughest lesson learned. Someone has to step up to drive the bus defining the program with a mutuality between the university, the students and the community. What if they mis-stepped along their journey beforehand? I say that's called learning.

## Holiday Treats from Barb and Robin

### **Munching Microwave Peanut Brittle Shared by Barb**

I would like to pass on this amazing “microwave peanut brittle” recipe that was shared with me by one of our patients. It is a great Christmas treat and gift!

#### **Ingredients:**

1 cup sugar      ½ cup white corn syrup      1 cup roasted, salted peanuts      1 teaspoon butter  
 1 teaspoon vanilla extract      1 teaspoon baking soda

- In 1 ½ quart microwaveable bowl, stir together sugar and corn syrup, microwave on high for 3 ½ minutes.
- Then stir in peanuts and microwave on high for 3 to 4 minutes until light brown.
- Then add butter and vanilla to bowl, blending well. Microwave on high 1 to 2 minutes – peanuts will be lightly browned and syrup will be **very** hot.
- Then add baking soda to bowl and gently stir until light and foamy.
- Pour mixture onto lightly greased cookie sheet or unbuttered non-stick coated cookie sheet. Spread **quickly** as thin as you can get it. I spray the bottom of a large spoon with vegetable cooking spray and use that to spread the mixture out – I have found it spreads much easier that way.

Let brittle cool 30 minutes. Once cool, break into small pieces and store in airtight container. Enjoy!

### **Robin’s Cranberry Sour Cream Pound Cake**

A tired and true recipe that I found in a magazine. Great for the holidays or any time of year! For the lightest, fluffiest cake, start with eggs at room temperature. To quickly get eggs to room temp, cover eggs with warm water and let stand for 10 minutes.

#### **Ingredients:**

3 cups all purpose flour      ½ teaspoon baking soda      ½ teaspoon salt  
 1 cup butter or margarine (softened)      2 cups of sugar, divided      6 large eggs, separated  
 1 tablespoon grated orange peel (2 oranges)      1 cup sour cream      1 ½ teaspoons vanilla extract  
 2 ¼ cups fresh or frozen cranberries, coarsely chopped  
 Glaze: 1/3 cup sugar, 1/3 cup orange juice

- 1- Heat oven to 350. Grease and flour a 10 inch bundt pan.
- 2-Combine flour, baking soda and salt in a bowl, set aside. Beat butter in large mixer bowl at med-high speed until creamy. Gradually beat in 1 ¾ cups of sugar until light and fluffy. Beat in orange peel. Add egg yolks one at a time. Beat in sour cream and vanilla. At low speed, gradually beat in flour mixture, just until combined, set bowl aside.
- 3-Beat egg whites at medium speed in clean mixer bowl until foamy. Slowly add remaining ¼ cup of sugar; continue beating until soft peaks form. Fold half of whites into batter, then fold in remaining (batter will be very thick). Fold in cranberries. Spoon into prepared bundt pan. Bake 70 minutes until toothpick inserted in center comes out clean. Cool in pan on rack for 15 minutes.
- 4- Meanwhile make glaze. Combine sugar and orange juice in small saucepan and bring to a simmer, stirring until sugar dissolves. Unmold cake onto rack set over wax paper and brush warm glaze all over warm cake. Cool completely. Enjoy!

This cake can be made ahead, just wrap well and store at room temperature up to 2 days.



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* Editor's Note.....
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* Thank you for spending time with us and reading our
* newsletter! I very much appreciate all who contribute and all who
* read our offering. Wow...2019 is just days away! I am ready for the
* hope and promise of a new year. I hope you end 2018 with peace,
* joy and love in your heart. Until next time...
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**Deb**