

Dr. Drewyer's Five Points to Wellness Continues.....

Tolerance of the future "uncertainties" can be hugely important to some. Then and only when these factors are weighed, there are the considerations of potential prognoses: how predictably comfortable-in-function, esthetic and sustainable will the status of one's dental wellness be following a given plan for treatment?

It all starts with the establishment of an **Awareness** of the patient's current dental wellness status. I need to know how comfortable, how functional, how esthetic is their perception of their current profile? This pre-contemplative stage is significant for the simple fact that many folks have no idea whatsoever that there is an issue with their wellness to begin with. I often reflect that this is the 'damnable' aspect of Periodontitis, it does not often hurt, therefore a huge percentage of our population is walking about experiencing gum and bone disease without truly experiencing it. They haven't an Awareness of what to be on the lookout for. Moreover, a patient must summon a significant courage to pursue a dental wellness path when weighing the self-Awareness of their fears and wishes about their dental wellness in equal hands. There is nothing easy and often a clear-cut wisest choice is not readily apparent. Acknowledging what matters more, the fears or the wishes, must ultimately guide the courage to muster the strength to wisely choose one's own way. The next point-of-the-star can be **Education**. At this time, drawing out the knowledge a patient has about their dental wellness profile and how it relates to their overall wellness, and vice versa is a significant next step. There is emphatically no way to separate general wellness away from any of our specific systems, organs or tissues, of course. Yet, reminding a patient about these correspondences goes a long way towards emphasizing the crucial necessities inherent in attaining a sustainably preventive dental wellness profile in reflection of a total wellness profile. This can be transformational, as often I have experienced occasions of those AHA moments, the times when things clicked and the patient contemplates new perceptions of the connections determining the difference between wellness and, well, not so much (wellness).

Much as a delicious recipe calls for just the right amounts of this and that, so the formula of proper parts **Awareness** and proper parts **Education** makes for the potential catalyst of the next point-of-the-star, **Motivation**. This is the bread rising, so to speak. When a patient has reasons to act, behavior is induced rather than coerced. Coercion, Douglas speaking, is the root evil and impetus for the downfall of patient/provider partnerships. If a patient is making choices to please a provider, or a provider uses coercion to direct a patient towards a process that may be more self-serving than mutually inherently beneficial, the chance for suffering is ripe. Only when the appropriate mix of ingredients has had the chance to coalesce will the patient be motivated to plan for action informed by the value they place on their fears and wishes. Those fears and wishes can only be identified by establishing an increased Awareness of "what is?" and, an Education of "what about that?" Which brings us to the plans for treatment; in the throes of change, this is the "work" piece. I refer to this as the **Restoration** point of the star. A properly prioritized outline that serves as the guide for restoring our patient's dental wellness to a comfortably functional, sustainable, beautiful status is determined. The restoration is carried out in timely-enough fashion to assure the best chances of intervention from emergency needs. The pace is also dictated by our patient's comfortable tolerance of the extent of care, the best timing for involving the support of any referring specialists, and the economics that allow for fiscal accountability within the budgetary allowances the patient determines. Successful **Restoration**, realized when fit, form, comfort and beauty have been established and confirmed, may seem to be the zenith, the top of the mountain in patient care. This is not, however, the case.

Which brings me to the 5th star point, **Prevention**; the development of a continuum of care, an ongoing practice of at-home hygiene partnered with appropriate intervals of professional support becomes the topmost of the uppermost of our patient's dental wellness profile. **Five Points concludes on the next page.....**

Five Points to Wellness concludes...

I will always be heard extolling the necessity of a person-specific determination of appropriate continuing care, preventive visit intervals. The absurdity of a construct that could possibly apply to everyone, “see your dentist twice a year”, has the chance for abuse on both ends. First, we are establishing an ever increasing population of patients who have learned the skills necessary to sustain a preventive dental wellness profile, plaque and inflammation free, for considerably longer than 6 months. Once established, seeing these patients every 6 months could be considered unethical, based on need alone. On the other hand, many patients benefit from a more frequent interval of continuing care in order to sustain a preventive profile. Those folks are often confused when their contract with an insurer only allows benefits every 6 months and a day, while we advise a shorter interim. It is good to remember the complex relation between diet, hygiene, immune system and genetically determined response to gum disease that conspire to establish each patient's unique profile. Only when these factors have been assayed may an appropriate advisory be established for their continuing care interval.

My Dad used to say we are a business that is constantly attempting to put ourselves out of business through following the *5 Star Points*. We go to work every day with the goal of supporting folks along a path towards a time when they will need us less once a preventive profile has been established. What kind of business model is that? A particularly sound one, in fact, as long as the patients who attain that status under our guidance refer their family and friends and co-workers to the practice that guided them to wellness and the skills to stay in that zone. What a wonderful gift that is, sharing with another, “here’s where I went to get dentally well, and now I don’t need to go as often because the support of Drewyer Dentistry has guided me to achieve my wellness goals.”

And so, if when reading this article, you find yourself somewhere hung up on a particular point of the star, I suggest you determine first what your wishes are for attainable dental wellness in terms of your comfort, function and beauty. Next, it may help to write down your fears or concerns or roadblocks. From those considerations, decide what motivates you more, your wishes or your fears. We can support your progress very powerfully and tremendously bolster your courage and determination once we have mutually established your motivators. The future can be less uncertain and the end much less intimidating when summoning the courage to continue along the path to *Prevention*.

Barb “Digs” In

Well, we have been in our new space for 4 months and we finally have a place for everything and everything in its place. We are adapting to our new surroundings with ease!

We enjoy all the reactions as our patients enter our new home. Some notice our new logo first, others will see the illuminated rocks along the lower border of the walls, or comment on the flooring, but almost everyone will say “I like your new digs.” As that expression continued to be used, I knew I had to Google it for its origin. We all know that “digs” in this usage means a living area but, I found out from the website *World Wide Words* that it is short for “diggings”.

And to directly quote from www.worldwide-words.org, here is the rest of the origin story: “That derives — as you might guess — from a place where one digs, a word that goes back to the sixteenth century. Many books argue that the original diggings linked to the accommodation sense were the gold fields of California and Australia. We do know that the Australian nickname digger comes from this area of life and so it’s sometimes assumed that the word is likewise Australian, though all the early evidence is American and the term predates both these gold rushes anyway. But there is a gold fields connection.”



This was the note Dock sent out upon my graduation from dental school in 1982. I guess we can simply change the names, eh?

DOUGLAS G. DREWYER, D.D.S.
DARWIN R. DREWYER, JR., D.D.S.
11000 NEW HAMPSHIRE AVENUE
SILVER SPRING, MARYLAND 20901
893-1017

June 1982

Dear Patient,

After 35 years in Dentistry,
I am very proud and happy to
announce a new associate,
Dr. Douglas Drewyer, D.D.S.

Douglas' association will
allow us to see new patients,
to lengthen our day and week,
and to offer better emergency
coverage holidays and weekends.

After years of solo practice,
I look forward, through our
association, to learning some of the
newer concepts of dental care,
and I am sure that you, as
our patient, will benefit
from our blend of old and
new.

Sincerely,

Dr. Darwin Drewyer

There's a New Kid in Town

34 years ago my dad sent that letter to announce that there was to be a new kid in town. We subsequently had 8 years of side by side, day in and day out shared time in his home office setting on New Hampshire Avenue in White Oak. Special times, indeed.

As many of you have heard me recall and remember yourselves, growing up my brothers and sisters and I effectively went to the dentist every day, as we would check in after school to report on the day's events and get our chores list, or maybe just to see when Dock would be finished for dinner. At the dinner table, we would hear the stories of this patient and that, their work, their travels, even their struggles and celebrations. I recall thinking that my dad sure had a lot of friends he hung with every day, and that seemed pretty neat to me. The seeds of partnership were being sown in this fertile heart.

There were several other things that certainly attracted me to follow in Dock's path. One, it seemed to me that he really enjoyed going to work each day; I attest to this day that that is an imperative. Second, he was self-employed, and that lent a pull on me as well. I liked the idea of working when I wished, and taking off when I wished. I did not learn until much later that I could certainly choose my own schedule; however, I needed to remember that if I did not go to work then I did not get paid. I recall going to People's Drug Store, or J.C. Penneys in Silver Spring and the cashier would say "Thank you, Dr. Drewyer". I thought it was so cool that they knew my dad's name. It was not until years later that it dawned on me they were simply reading his charge card! Yet, there was a certain something about Dock's place in the community that was an attraction to me as well. Such was his commitment, with the support of my mom during the sixties, that Dock has just been named to the Springbrook High School Athletic Hall of Fame, the first non-coach/player/administrator so elected, for all of their work with the boosters club over those years. He coached, he developed, he directed, he sponsored throughout my formative years in the Hillandale and White Oak athletic arenas. It seemed to me that dentistry was somehow inextricably intertwined with all of that. I got to know that home office very intimately in those years; well, the floors anyhow. To this day the fragrance of Spic 'n Span followed up by the Vinegar rinse takes me right back to that Sunday night floor scrubbing of the operatories, when I would play 'hockey' with occasional loose bubbles of mercury that skidded in a thousand directions.

Oh yeah, I was a pretty stubborn youngster as I understand, so

when I declared I was going to be a dentist in the second grade, I reckon I figured I would not back down from that stance!

And then, voila, I discovered myself as a freshman in dental school, completely amazed, and thankfully transfixed, with the sheer volume of educational and artistic and intellectual and emotional challenges before me and for the first time in my life I realized I knew nothing about this dentistry gig and boy did I have a new-found appreciation for Dock. The rigors of dental school were faced with the peaceful mind that I knew where I was headed when I matriculated. So I put in my time and realized very early on that the work resonated very deeply with me, I was surely in the zone, and so very fortunate to discover that.

Me stepping out and into Dock's practice was a shocker for his patients I am sure. Imagine, and some of you most certainly remember, going from a stand-up - spit and rinse and follow the bunny (the cotton ball on the belt driven drill amused many of you as children) experience to a masked/be-goggled man throwing you on your back and sticking a vacuum in your mouth! Mandatory glove wear presented soon thereafter!

I have heard many of you recount over the years how excited Dock was for me to be coming aboard. I am so very grateful for your reception of me - the new kid, the immediate trust you gifted to me as a certain extension of the trust you built with Dock over the years. It is and shall continue to be, a patient-centered, patient-driven practice, with that established trust as the most sincere and powerful bond in our partnership. And now, I empathically know that same excitement as our son Austin has graduated from the University of Maryland School of Dentistry and will be joining our practice this summer. Austin did not grow up going to the dentist every day. Neither did he declare early on an intention to head in this direction. I firmly believe that the reflection of the partnerships between our patients and I was witnessed and experienced in such a way, in a certain perception, that Austin must think it, too, is pretty cool to be your dentist.

He claims he was looking for a way in life that mattered. Elaine and I have cheered Doug, Jr., Danielle and Austin to stay on "the path", that road that points to the intersection of their passion with the world's needs. They all are doing that in their own specific, fantastic ways. I am simply grateful that, as Austin traversed and accomplished the transformation in life that is the dental school experience, he did so with a graceful ease and aplomb and developed keen skills that indicated to me that this work truly resonates with him as well.

Resin bonding was brand new when I graduated dental school in 1982. The knowledge base about Periodontitis was in a new and burgeoning period of incredible discovery and therapy. Implants were still a European research project. Now Austin knows how to use video to create digital impressions and Cad-Cam to make crowns. He has already taught me about buffering anesthesia to make your numbing experience ever-more comfortable and secure. Time will tell how we share and discover together, you, our loyal patient base, Austin and I and all the folks yet to come through your referrals, who will enjoy ever-improved dental wellness into the future through the guidance of the new kid in town.

Fresh Breath with Becca

Hi, I'm the "new" Dental Hygienist, I officially started in January 2016. Although I did work a few days in the last few months of 2015. I started my career in dentistry when I was 18 years old, working as a chairside assistant. Fast forward to today and I have furthered my education and knowledge in the dental hygiene world. I'm very passionate about what I do and for me it's not "just a cleaning", it is an opportunity for an educational, loving experience for all the patients I see. My certification in Reiki Healing brings an added dimension to my skills in co-creating the ideal path to your sustainable dental wellness. Your wellbeing is what I care about most! In my spare time, I love to travel and enjoy the outdoors (like fishing and hiking). I am very blessed to have found such a wonderful fit in my career and am excited to share this journey with all of Dr. Drewyer's patients.

Are you one of the millions of people that struggle to find a cure for stinky breath? You are not alone, and this common nuisance is also referred to as halitosis. Here is some helpful information for this troubling condition from the website canada.com (www.bodyandhealth.canada.com/Condition/GetCondition/Halitosis):

The awkward irony of halitosis is that many people aren't aware that they have it. This is because the cells in the nose that are responsible for the sense of smell actually become unresponsive to the continuous stream of bad odor. If you have bad breath, you may need to be told, or you may notice the negative reaction of other people when you're just too close!

It's easy to self-diagnose bad breath. You can lick your wrist, let it dry for a few seconds and smell the area, or cup your hands over your mouth and sniff your own breath. If you need a second opinion, ask a friend, family member, or your physician or dentist.

The manufacturers of mints and mouthwashes have made an industry out of the public's desire for fresh breath. These products promise that your breath can be made sweet-smelling and "minty fresh." However, they're only temporarily helpful at best in controlling breath odors. In fact, many often contain sugar and alcohol, which may lead to tooth decay and may aggravate certain mouth conditions.

Proper care of the mouth and teeth and regular visits to the dentist are important, and are the most effective way to control bad breath. Regular brushing, flossing, rinsing, and tongue scraping can help prevent problems.

Sometimes, halitosis may be caused by illnesses such as lung disease, impaired emptying of the stomach, liver failure, or kidney failure. In this case, treating the underlying condition can improve the halitosis as well.

Here are some tips for getting rid of bad breath:

Brush your teeth 3 times a day and floss once daily.

Clean your tongue before bedtime by scraping with a plastic tongue cleaner or brushing gently.

Ask your dentist to recommend a specific cleaning system that can help clean your mouth more thoroughly than with just regular brushing.

Keep your nose and sinuses clean.

Stimulate saliva flow with acidic fruits such as oranges and lemons or sugarless citric gums and candy.

Eat more fibrous foods. Chew fibrous vegetables such as parsley and wintergreen to stimulate saliva flow.

Drink at least 8 glasses of water daily to keep your mouth moist and to help rinse away odor-forming bacteria.

Decrease alcohol and coffee intake.

Ask your doctor or pharmacist whether your medications are causing problems of dry mouth that may be leading to bad breath.

Welcome, Dr. Austin!

It is hard to believe that on May 20th my 4 years at the University of Maryland Dental School will have flown by and I will get to begin my dream career. Over those 4 years, the most common question I get is, "Do you like it?" Luckily, I don't have to think twice before responding that, "I couldn't have imagined how great of a profession it is, that I have entered." Maybe it is the family legacy passed on from "Dock" and "Doc" that I get to carry on, or the people that allow me into their lives on a daily basis but I am not sure there are many people out there as excited as I am to start a new job.

Most of you have watched me grow up on the walls of the office throughout the years and I am sure heard stories of my whereabouts and activities while tuning up your Dental Health. Currently, I am living in Southeastern Baltimore County with my fiancée Lauren. We love traveling, supporting the local sports teams and finding the best restaurants in town. I look forward to seeing everyone in our brand new office and am truly honored to be able to call myself a 3rd generation Drewyer Dentist!



Honoring a Mentor with Dr. Douglas

MENTOR: a friend of Odysseus entrusted with the education of Odysseus' son Telemachus.

As Father's day approaches, perhaps you, too, may think of your Dad as an epic hero. In the case of MENTOR, that would have been Dock's colleague, Herb Bricken. The world lost Dr. Bricken recently, and that counts as a huge loss to our community, indeed. Dr. Bricken recommended me to the Maryland Dental School for acceptance in 1977. This was certainly an overture to the trust and professional esteem shared by Dock and Dr. Bricken, colleagues and friends. Important to note, however, that it had great significance to me, the novice, as I immediately knew of a standard to which to aspire. What I learned following graduation was similarly significant.

As mentee, I learned from Dr. Bricken the joy of being a life-long learner. We shared many continuing education courses together, and many of those were in disciplines not-of-his specialty, Periodontics. Dr. Bricken was always seeking to know about all of his beloved dentistry, he did not know what blinders were. Even after he had long since slowed down his practice, even following retirement, there he would be, drinking from the well.

To know Dr. Bricken was to know an authentic personality. His gregarious style and jovial countenance were indistinguishable from professional to private life. So many of our patients remember his wit, humor and amazing storytelling abilities. His work in local community theater was at once inspired and hilarious. Talk about a fountain of energy!

I was always impressed by his comfort in his own skin, his genuine embrace of the passion of knowing he was doing the right thing, the service to his patients and support of his referring colleagues in the process. My dad always said, "you can't hide *caring*." So often I was on the listening end of Dr. Bricken's phone calls, really long phone calls, getting an earful of just exactly how the patient needed to be supported and the different directions the case could go without vigilant treatment. Nope, you can't hide *caring*!

Throughout a career that morphed from an, in retrospect, virtually benign sense of the treatment of gum disease to an avalanche of research fueled-myth-dispelling knowledge and transformation of techniques and technologies that allow us the opportunity to manage the disease and support our patient's sustainably preventive dental wellness on today's terms, Dr. Herbert Bricken pioneered, persevered, and carried our community on his back effortlessly. And mentored me, leaving the gift of compassionate care in his wake. I am ever so grateful for those gifts.



