

HOLIDAY NEWSLETTER

2016 YEAR IN REVIEW



Wow! Another year has come and gone! It has been another busy year! We had many great times mixed with a couple of surprises. The biggest surprise was Susanna's departure.

Susanna has been part of my practice since I finished my residency in 1999. She has been an integral part of our success. In the winter she learned that both of her daughters were pregnant and that her oldest, Heather, and her family were moving to North Carolina, just an hour or so from Susanna's other daughter Shannon. After much prayer, Susanna and her husband, Tom, realized they were being called to move to North Carolina as well. Susanna physically left the office at the end of August after training Carmen and Angie but her spirit is still in the office and she actually still works remotely from North Carolina. So if you get a call from her it is not a ghost! It's her doing her best to remain a part of the team and help us manage hygiene appointments.

Things kicked off in January (as you might expect) when my duties as Atlantic Coast District Dental Association (ACDDA) President-elect took me to Tampa for the semi-annual House of Delegates meeting. This is the governing body of the Florida Dental Association. We spent two days discussing policy for the Florida Dental Association. In February the whole family went on our annual ski trip. This year we went to Beaver Creek, Colorado once again with the Western Society of Periodontology and the Southern California Academy of General Dentistry. There

were actually several families from our area on the trip including a few of Austin's classmates. I gave a lecture to the dental group on dental implant maintenance. This is an often mis-understood topic. Unfortunately, I took a pretty hard spill two days into the trip. After a trip to the Vail Valley medical center to make sure nothing was broken and a day off the slopes I hobbled through the rest of the trip and tried to keep up with Austin and Annabel who are becoming very good skiers.

March brought a visit from some of our friends from Canada. We spent several days in the Orlando area having fun at the parks followed by more time at the beach at our new residence in L'Hermitage. We took the kids surfing and waterskiing and we all enjoyed the beautiful Fort Lauderdale Spring weather. We also got another surprise. The fantastic news that Penny, our Hygienist, was expecting! We are very excited for Penny as she and her husband, Mark, have been trying to conceive for a couple of years. She is due in January and will be taking some time off. Fortunately we have Martha and Melissa to fill in and service our patient's hygiene needs. We are all looking forward to meeting little Zander! In April we visited Amelia Island for the Florida Academy of Dental Practice Administration. The weather was a bit cooler and we spent several days with the kids playing mini golf and exploring Fernandina Beach. The highlight was a fishing trip with my brother and the kids. It started off a little slow but we ended up catching enough sea trout to all have dinner!

The summer was as busy as ever with a trip to Chicago for my nephew's graduation from the University of Chicago, followed by another trip back to Orlando for the Florida Dental Association meeting where I was inducted as the President of the ACDDA. We spent Fourth of July in Stuart and enjoyed the

celebration on Sewall's Point during the day and the fireworks over the St. Lucie River in the evening from Dr. Erik Tallbaka's office. We then went to Canada for Connie's family reunion and a trip to the southern Ontario Lake country. It is a very beautiful area, but man is that water cold, especially for a guy from South Florida!

Summer wrapped up with yet another trip to Orlando for the Florida Association of Periodontics meeting and then a trip to the Los Angeles area for the Pin-hole gingival grafting course. I had a chance to learn to apply some traditional surgical techniques in a new manner to help patients suffering from gingival recession. In addition to the education I was able to spend some time with my cousins and some friends I hadn't seen for a while.

I returned to yet another surprise. My associate of two years, Dr. Mathews, had plans to branch out on her own. She found a practice in the Delray area which was closer to her parent's home. This was an area in which she hoped to eventually practice. We appreciate the time she was with us and wish her well in her new endeavor. I am currently looking for a new partner to help me service the offices and have several excellent candidates to choose from.

Fall has been very busy trying to service the three offices on my own but we still managed to find some time to have some fun. We took the offices to New Orleans for the American Academy of Implant Dentistry meeting. It has been a few years since I have been to New Orleans. It was great to see some of my friends from dental school at the meeting and one of my best friends from my days at Tulane. We had some wonderful meals and spent time walking the city and enjoying the atmosphere of New Orleans. It was a busy weekend in town with Halloween, the Voodoo



STUART CENTER
FOR
LASER PERIODONTICS AND IMPLANTS

901 EAST OCEAN BOULEVARD
STUART, FLORIDA 34994
OFFICE: (772) 283-1400
FAX: (772) 283-1488
www.stuartperiodontics.com

festival, Tulane's homecoming and a Saint's home game. We came home to yet another surprise. The Cubs coming back from a 3 to 1 deficit to win the World Series. This made Austin very happy as he is a huge Cubbies fan!

Fall wrapped up with one last trip to Orlando so we could take the kids to Mickey's Very Merry Christmas Party and then to my parents place on Upper Captiva with my brother for Thanksgiving.

We look forward to a festive Holiday season and a prosperous New Year. We have a couple new faces in the office, but rest assured we are all here for you when you need us. I am eternally grateful that I have such an amazing team, family of patients, and referring colleagues. Your confidence in us as a team is humbling and we will continue to work hard to meet your needs and strive to exceed your expectations. Thank you for your patronage and support this year.

God Bless you all!

My Family

My parents had a busy year. They continue to split their time between Upper Captiva and Creede, Colorado. They spent the summer in Creede working on some unexpected home repair projects. Unfortunately, it took most of the summer to complete the repairs as Creede is isolated and it's a challenge to get workers out to the house. As usual they accompanied us on our ski trip to Beaver Creek, but this year my brother joined us to celebrate his 50th birthday. He continues to work at the Mayo Clinic in Jacksonville doing Alzheimer's research. Fortunately, he did not have any damage from Hurricane Matthew. He was able to spend more time with my parents over the summer as he visited my parents at their place in Creede.

We all met in Chicago at the beginning of the summer for Skylar's graduation

from the University of Chicago. He is now in Austin, Texas at the University of Texas doing a PhD in Accounting. He really likes Austin and has already had visits from my parents and brother. Austin is a great town and we are looking for an excuse to go visit him there. His Sister, Haley, was the big winner this summer. Her husband received his orders from the Navy. They were deployed to Pearl Harbour. After spending a couple weeks in Colorado with my parents and her dad, she and her husband made the move to Hawaii! They are living on the base at Pearl Harbour and she is enrolling at the University of Hawaii. We are hoping to make it to Hawaii this year to visit her. Hopefully she can get to the mainland for the Holidays as her cousins really miss her.

Austin is now in fifth grade. He's one of the BIG MEN on CAMPUS as their school only goes to fifth grade. He is an awesome kid who loves sports. He was one of only three fourth graders to make his school basketball team last year. This year he has decided to focus on baseball and did not try out for the basketball team so he could work on his hitting and pitching. I enjoyed helping coach his team in fall ball and look forward to him moving up to the "majors" this spring. His summer highlight was visiting Wrigley Field when we were in Chicago. He hopes to play there one day!

Annabel is now in third grade, but is working at a 12th grade level! She's a delight who loves to dance. She had a wonderful performance this spring with her dance company at the Broward center for the performing arts. She is in Dance again this fall and really enjoys ballet. She is my Prima Ballerina! Hot off our tour of Wrigley field she decided she wanted to try baseball as well. She played fall ball this year and I got to help coach her team as well. She has really improved and is wanting to play spring ball as well. She is a huge help to Connie with

Amelia. She helps entertain her little sister in the afternoon so Connie can get some work done.

Amelia is now 3 and she runs the show. The saying may be "If Mama's not happy No one is Happy" but in our house it's "If Amelia's not Happy, No one is Happy!" She started going to school this year two half days a week. She is one of the older kids in her class. She loves it and I think she thinks she runs the show there too. Connie was a little panicked when she started but is now happy to have a couple extra hours a week to keep up on the office book keeping. Connie is a huge support for me and has been busy this year as she has taken point on organizing the remodeling project of our home in Stuart. She spent much of the Spring and Summer reviewing plans and working with our contractor, Kathy Cox, to find a workable plan. We are all very excited now that the project has finally started. We look forward to moving to Stuart in June when the kids finish the school year. My parents are now also looking for a place in Stuart so we can be closer.

Highlights from all our CE this year!

We are now licensed to say we Do PINHOLE. We have done variations of this technique for years and the new variations of the technique have made it possible to help more people without having to harvest donor tissue. While still not for everyone, it is a significant improvement for some patients. Please ask us if you have recession or know someone who has receding gums or tooth sensitivity as this may help.

Conversely, if you feel like you show too much gum, ask us about lip lowering. Using this technique with or without the removal of excess gum tissue can often improve the appearance of your smile.

Regarding bone metabolism and healing, it looks like the word is finally

spreading to the medical field about the potential side effects of osteopenia treatment using drugs such as Fosamax, Reclast, and Prolia. If your physician suggests you start one of these medications please call us for our paper on the risks of Bisphosphonates.

Additionally, it appears drugs such as Paxil or other selective serotonin reuptake inhibitors (SSRI'S include Celexa, Lexapro, Prozac, Pexeva, Zoloft, and Viibryd) can stimulate osteoclast activity (the cells that remove bone) and inhibit osteoblasts (the cells that form new bone). The net result is that these drugs can decrease bone density and mass at a rate of 0.6 to 0.93% a year and therefore increase your risk of developing osteoporosis.

On the plus side it looks like Statins may increase bone mass and density by decreasing osteoclast differentiation. These drugs may also help prevent Alzheimer's development.

Lastly a word about smoking. Smoking 1.5 packs a day more than doubles the failure rate of dental implants. It also appears that the longer you have smoked the higher the failure rate, so the damage from smoking is cumulative. Second hand smoke also increases failure rate of implants by about 60% over patients not exposed to second hand smoke.

If you smoke and you would like help in trying to quit please let us know. There are now some excellent prescription aids to help people quit smoking. It appears that e-cigarettes or vaping does not help people quit. It just creates another addiction and may not be significantly better for you than cigarettes.

Hope this information is helpful please contact us if you have any questions.

Dr. Follweiler



As 2016 comes to a close I can't believe that I have practiced yet another year and still enjoy going to the office. Our patients are terrific and make our

tasks very rewarding. With the flexibility of having Dr. DeTure in the office we are able to travel and stay in close touch with our grandchildren and other family members. My travels have included several fishing adventures and catching a Tarpon or two was really an exciting time. We were spared major damage from hurricane Matthew and we are extremely thankful for that. I continue to participate in our local study club and attend dental meetings to keep up with the latest trends in dentistry.

Looking forward to the coming holiday's and hope the New Year is healthy and prosperous for all.

Meet Our Staff



Paula

Wow! I can't believe 2016 is almost over. The year has gone by very fast and we are still enjoying our time

exploring and traveling more thanks to having Dr. DeTure with his exceptional skills in the office. We have had fun visiting the grandchildren and seeing places we have never been before. Our grandchildren in Fort Myers, Claire, Jillian and Andrew are doing well in school and have very busy schedules with violin and dance lessons and all of the competitions that are included in these activities. Baby Andrew will turn two in December and he is a delight. Ben our grandson in Austin, Texas started kindergarten and we had fun going to his school for several programs. We have done several home improvement projects between days at the office that are finally finished.

Looking forward to Thanksgiving at a ranch in Texas and spending time with family and friends. Wishing you and yours a special holiday season and all the best in the New Year.



Amber

Hi, my name is Amber and I have been blessed with the opportunity to work at the front desk with Dr. Follweiler and Dr. DeTure for almost

2 years now. This year sure has flown by! This year has been very busy for my family. My husband, Anthony, and I have 3 boys, Andrew who is 7, Aidan who is 5 (and just started kindergarten) and Avery who is 3. Andrew and Aidan are doing very well in school at First Baptist Christian and Avery is becoming quite the little character with such a bubbly, silly, sweet personality. These three are mama's boys and so sweet but they are definitely a handful of rambunctious boys as well!

We have lived in Florida almost 3 years now and decided to buy a house in the Lakewood Park/Vero area this April. We have been working hard making the house just the way we want it and I am happy to say we are finally on our last project!

Over the summer Andrew went to summer camp at Cowabunga surf camp in Jensen Beach. He had a blast and we got to watch his surf competition at the end of the summer which was really amazing to see how talented these young kids were!

We went and visited family in North Carolina for spring break and we had several family members from North Carolina come visit over the summer. My in-laws love it so much here they are considering moving to Vero Beach in December. Although I love going to the beach and the warm sunny weather, I am ready for the cooler fall weather to come in. That's what I miss most about home in North Carolina.

At the end of October our whole office went to New Orleans for the American Academy of Implant Dentistry Conference where we learned the newest in dental techniques and technology. I've never been to New Orleans so it was a lot of fun to squeeze in the sightseeing and bond with the team!

I want to thank my office family for all their support this year and thank you to all of our patients for helping to make

our practice such a great place to be! I can't wait to see what's in store for my family and our office in 2017! Happy Holidays and I wish you all health and happiness in the New Year!



Val

Hi everyone! This year, we are finally starting to renovate our home. Hurricane windows have gone in and now we are placing the hardy board siding all around the exterior of our home. I have added nine new baby chicks to the two chickens and two dogs I already have. Now we are also adding on to the chicken coop! :) I love watching my granddaughter and niece play together outside with the chickens.

It has been a tough year for my family and I, as we had to say goodbye to both of our moms; mine and my mother in law. I couldn't have gotten through it without all the support my office family gave me!

At the end of October we went to an implant seminar in New Orleans with the whole office! The highlights were exploring a new city and learning the latest information and techniques that can benefit our practice and patients.



Cricket

Hello everyone, Cricket Cunningham here. Can you believe it's time for the year in review? I have worked as surgical assistant with Dr. Follweiler and Dr. DeTure for 3 years. I have spent my year following my passion of great music, spending time with my wonderful family of friends and enjoying the unconditional love of my best friends, Luc, Tucker, and JoJo.

We just returned from our annual office trip, this was the Stuart office's first time joining in. We attended the American Academy of Implant Dentistry Conference in New Orleans where we learned all the newest ways to serve our patients with the latest in technology. But no worries, there was much fun to be had also with great music and delicious food.

Much thanks to my office family for a great year and I'm looking forward to many more.



Cindy

I have been a hygienist with Dr. Follweiler in Stuart for 21 years and with Dr. DeTure for the past 2 years. I have enjoyed working with such a great group of people over the years. After attending Florida State University for two years, I decided to transfer to Tallahassee Community College to pursue a degree in Dental Hygiene.

This year, my husband, Jack and I celebrated our 25th wedding anniversary with a little getaway and a concert. I have two children, Elizabeth and Nicholas. Elizabeth will be graduating with her Bachelor's Degree in Business & Entrepreneurship this December. Nicholas transferred up to Tallahassee this past fall to start his second year of college. When we took him up to Tallahassee in August, we took a weekend trip to Fort Walton Beach, Florida to spend some time with my sisters and my husband's mother.

This year, Dr. DeTure took the team to an Implant Conference in New Orleans, which is one of my favorite places. I was able to learn more about implants, did a little bit of sight-seeing around the city, and spent time with the team.

It is wonderful to be a part of this team, working with two doctors who are so dedicated to their patients. I'm looking forward to another great year!



Theresa

My name is Theresa. I have been fortunate enough to be part of Dr. Follweiler and Dr. DeTure's team for 2 years. I have had the pleasure of meeting and greeting our patients in my position at the front desk.

My husband, Bruce, and I moved to Florida from the beautiful Berkshires in Western Massachusetts 2 1/2 years ago. We bought a condo in a community located in Rocky Point, Stuart, which borders on the intercostal.

In this past year we finally finished the renovations on our condo and are very pleased with the results.

Next door to my community is a dog park that allows me to enjoy the view of the water as I get in some walking with my little buddy, Hershey, an 11 pound Yorkie. It's a place for us to visit with our furry friends.

I took my first 5 day cruise with my sister and brother in law. We left from Miami on to Jamaica and Grand Cayman. We had a great time. I look forward to our next cruise destination.

I have made a few trips back to visit my family and children who live in Philly, PA, Brooklyn, NY, and the beautiful Berkshires in Massachusetts. I have 5 children and 2 grandchildren with 1 more on the way.

I'm looking forward to continue working with our caring and professional team.



Cheryl

I'm Cheryl Caldwell one of the hygienists. I have been with our office for 4 years. I feel so fortunate to be with such a progressive practice with all the best periodontics can offer. The addition of the microscope for plaque examination has been so beneficial for our team and patients. I can't imagine working without one! I'm a native Floridian growing up in Winter Park and I received my hygiene education at Valencia State College. It has been a busy and fun year professionally and personally. With all the new procedures here and a new home and barn construction it has been fun. Wishing everyone the best in the quickly approaching new year!!

