

EXCITING NEWS!!!!



Congrats to
Lindsay McNeil
winner of the
Riverside Dental Care
\$5000 scholarship!



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MyStGeorgeDentist.com

WHAT'S GOING ON

As many of you know, Dr. Ott has had heart surgery and is going through some health concerns. As he is recovering his schedule has lightened. He cares about his patients and will be back as soon as possible. His Doctor said the game is not over. Thank you for all of your concern.

Riverside Dental Care is involved in the community we all love. We know that giving back is the way we all stay connected. We are going on our 9th year of our free dental day, Dentistry with a Heart. This focus of our core beliefs on community awareness and giving back to the community has helped define who we are. Service to the community and support of worthy charitable causes are part of our core values. Our free dental day is one of our highlights of our year; we have over 30 volunteers and see hundreds of patients. Community service helps the morale of our team, our volunteers and our patients. It is really exciting to see everyone get involved.



Over the years, there have been more opportunities for us to give back to the community. We are just starting our next smile makeover. This has become one of the favorite things that we do each holiday season. Seeing life changes in an individual when you completely make over their smile is very rewarding.

Dr. Stevens is gearing up to go back to Haiti in November. Last fall he spent a week there traveling to rural schools and providing dental care to the local schoolchildren and adults in need. Jamie (dental assistant, who joined Dr. Stevens in Haiti last fall) says, "It was humbling to see the Haitian people lined up waiting for us when we arrived to our makeshift clinics every morning. It is very satisfying to go home at the end of the day knowing that our team has made a difference."



ADDRESS
368 E. Riverside Dr.
St. George, UT 84790

CALL US
(435) 673-3363

HOURS
Monday: 8 AM - 7 PM
T, W, TR, F: 8 AM - 5 PM

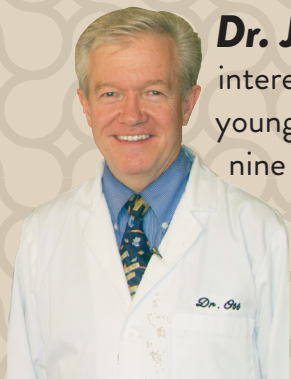
SATURDAY
Call us in case
of emergency!

THE DOCTORS

Dr. David Stevens believes that his ability to succeed and overcome challenges comes from the experiences he learned repairing World War II-era farm equipment on his family farm in Holden, Utah. Since moving to St. George nine years ago Dr. Stevens has embraced the outdoor lifestyle. He loves taking his kids hiking and backpacking and wakes up early to mountain bike three times a week. Dr. Stevens' midlife crisis when he turned forty was to complete the St. George Ironman and Marathon in the same year. Dr. Stevens started our annual free dental day nine years ago. Since then he has also started our yearly smile makeover. He recently began traveling to Haiti to spend a week doing humanitarian dental work in small rural schools. Dr. Stevens is a member of the American Academy of Cosmetic Dentistry and is currently working on his accreditation in that organization. Dr. Stevens and his wife Katie have lived in St. George with their five children now for 10 years.



Dr. James Ott has led a most interesting life: he grew up as the youngest (along with his twin sister) of nine children in a ranching family near Bryce Canyon. His earliest years were spent chasing cows and building fences, in addition to schoolwork and activities. He graduated in chemical engineering from BYU, and worked for IBM in New York as an engineer for a few years before moving to San Francisco to attend dental school where he excelled, graduating with high honors. Dr. Ott worked as a dentist in Los Gatos, California before moving to St. George in



1993. He initially became known as the first "mercury-free" dentist in the area, and now is especially known for excellent cosmetic dentistry.

Dr. Ott has the rare combination of excellent clinical skills and a warm chairside manner, and has a remarkable ability to put people at ease. He is a wonderful storyteller, and incorporates his stories in his work and church service, where he is known for his "cow stories." He loves the outdoors, is an avid hiker, enjoys fishing, and has run over a dozen marathons. Dr. Ott is married to Kathie, and they are the parents of five children, and grandparents of four little grandchildren.

Dr. Wade Stevens is celebrating five years of being back in St. George. The first time he moved here was 20 years ago, shortly after he graduated from Millard High (that's in Fillmore for those not familiar with the small towns). He attended Dixie College and worked as an



auto mechanic at Riverside Chevron which is right down the street from our office. He will joke you that working on cars and working on teeth are about the same. After graduating from Dixie he moved to Cedar City to finish his bachelor's degree in chemistry. This is where he met and married

Sarah who inspired him to keep going to school. From Cedar City they moved to Richmond, Virginia for dental school. They loved living on the East Coast as it was completely different from where they grew up. During his final year of dental school both Dr. Stevens and Dr. Ott encouraged him to get into a residency, preferably at a Veterans Hospital. He took their advice and has been grateful he did. Since joining them at Riverside Dental Care he has fit in with the culture of always putting patients first and continuing his education by traveling with the other doctors for great quality courses in advanced dentistry. His five children love the small town life where they play in the desert and enjoy beautiful, warm Decembers but can also be off to skiing in less than two hours.

The Mouth and Body Connection

Duke is one of our favorite friends. Every time he comes to the office he brightens everyone's day. He has told a few of us a story about a time when he was young and was given some advice by "an old guy" who was in his 90s and very healthy. He was told that if he wanted to stay healthy and lead an active life the most important thing he should do was take care of his teeth. Duke is now over 80 years old so he was probably told this in the 1950s. He took the advice to heart and tried hard to always take care of his mouth. So between the two of them they probably have 170 years of healthy mouths and healthy lives!

It has taken a while for science to catch up with the wisdom of these wonderful men but we are seeing more and more studies that agree with them. A healthy mouth leads to a healthy body. Here are a few of the things research has proved.

Diabetes- We know there is a link between diabetes and periodontal (gum) disease. These often come in a pair and having one makes the other one harder to treat. If you have diabetes and have higher than normal sugar levels without an explanation, make sure to be checked for periodontal disease.

Heart Disease/Cardiovascular- Clogged arteries and stroke are linked to inflammation and infection. As we learn more about our oral bacteria they are finding that the bugs in our mouths are also responsible for the inflammation that is causing heart disease.

Pregnancy- There used to be an old saying "you lose a tooth for every child" which is luckily not heard much anymore, but a lot of moms will tell you there is some truth to it. Pregnancy can be hard on your whole body and can definitely be hard on your mouth. So again, healthy mouth equals healthy mom and baby!

Our medical professors in dental school sometimes teased us dental students because they thought we only cared about the mouth (it's true, we can be a little focused on what we love!) and they continually reminded us that the mouth is actually attached and related to the whole body. Now it is our turn to try and teach people that the mouth is definitely a part of our whole body and that if you are trying to keep your body healthy, listen to Duke and do not forget your mouth!



THERE IS A LINK BETWEEN DIABETES AND PERIODONTAL GUM DISEASE.

ORAL BACTERIA IS ALSO RESPONSIBLE FOR INFLAMMATION THAT CAN CAUSE HEART DISEASE.



PREGNANCY CAN BE HARD ON THE BODY.

"HEALTHY MOUTH EQUALS A HEALTHY MOM & BABY."

