

I just can't buy that we need to build a health care system around the premise that people just won't comply to any health standards. We see it all through medicine and it was pointed out so vividly by a patient that was just in the practice last week.

His blood pressure was rising and the physician said he needed to go on some very expensive high blood pressure medication. After thinking about it, the patient said he simply decided no to the medication and began walking four miles each day, early in the morning. After a few short weeks, his blood pressure dropped to normal. He has never felt better and he is taking no medications! As we look at the high cost of prescription medications, can we take any lessons from this very astute patient.

Specifically in dentistry, if you have read my articles over time, you know that I firmly believe there is no excuse for cavities or periodontal disease. A recent major dental publication spoke of the millions of dollars in research to develop a vaccine for cavities, because, the article concludes, it was acknowledged that patients will not comply with recommendations on home care and proper diet. Isn't that sad that we must spend millions of our dollars because we would rather have a shot or a pill than simply doing what the body wants by eating properly?

In all honesty, I am so proud of the people in our practice because it is a very, very small percent that have cavities and continue with periodontal disease. Over 7 out of 10 patients who see us on a regular basis have no dental problems (except for repair of old fillings from adolescence). It must be acknowledged, though, that the practice is probably pre-selected now because anyone not wanting to hear of proper nutrition you heard in the first few paragraphs probably go to a dentist who will leave them alone.

It is generally acknowledged in the medical field that 70% of all diseases we experience are preventable. A challenge I have for you is if you firmly believe it is better to pay the high cost of avoidable prescriptions and dental disease (root canals and fillings) please take a minute, like I have, and write your reasons as to why you believe this. Then send me a copy so I might be able to better understand.

For your better health - This is the first day of the rest of your life.