



Jon Y. Hatakeyama, DDS & Don Nguyen, DDS

Smile Files



Our Patients ... Our Community

Winter 2013/2014

from the dentist

Season's Greetings...

This is the season when it seems completely natural to contemplate the year gone by, the one to come, and to count our blessings. My team and I have been doing just that, and we are absolutely in accord about one thing: how very special and important you are to us.

I hope that this is something we've been able to make clear to you over the year. You are all so kind and often express your sincere gratitude to us when you visit. I sometimes wonder if you realize how mutual that feeling is.

With so many wonderful patients, providing care transcends professional obligation and becomes an enjoyable privilege. Coming to work is a genuine pleasure every day, all year. Thank you.

Sincerely,

Dr. Don Nguyen

**We Wish To Extend Our Best Wishes
For A Very Happy Holiday Season
And A Prosperous New Year!**



Monday is Dr. H's Day!

Since Dr. H was on vacation for much of this summer and has continued his community activism upon his return, we haven't seen much of him this summer.

However, rest be assured, to many of you who have been inquiring, Dr. H continues to be available for treatment and examination of hygiene patients on Mondays. Feel free to call and make any changes as you see fit.

Dr. Nguyen continues to be available the balance of the week. If special circumstances are required for treatment, Dr. N can also be available on Monday, but over the strong protests of his young son, Christian.

French Paradox Revisited

Many are aware of a series of scientific articles written several years ago which one could place under the heading, "The French Paradox".

Briefly, these studies noted that although the French diet contains a high percentage of cholesterol and other saturated fats, the French suffer a lower rate of coronary heart disease than other countries including the United States. Statistics show that the French have about the same rate of tooth decay as we.

Over the past summer, Dr. H had the great opportunity of touring France with a travel organization, Wine Knows Travel, whose specialty is worldwide travel centered around food, wine and culture. Thus, Dr. H had the pleasure of indulging perhaps more than the average traveler, the fabulously rich cuisines from various regions of France including Paris, Provence, Burgundy, Champagne and the Rhone Valley.

Many theories explain why this paradox exists. Most notably that the French consume higher amounts of red wine at an earlier age than us.

Red wine does have anti-oxidants, notably Resveratrol and other beneficial polyphenols which have proven beneficial health effects.

However, after his return of almost 3 weeks of this food indulgence, sightseeing, and exploration in France, to his surprise, Dr. H had lost 10 lbs.! Yes, they did their share of red wine consumption but their fabulous cuisine contained much fresh vegetables and fruit locally grown. In addition, as parking was scarce and roadways narrow, they walked perhaps 10 to 15 miles a day.

Conclusion? Multitask walking while drinking red wine, and then consume those fresh vegetables like your mom told you? ... Or take a more practical approach by participating in a walk during lunch or before dinner, eat those fresh vegetables with your meals, then conclude your day by having a glass of red wine before hitting the sack. That works for Dr. H!



Dawn's Halloween Birthday Lunch

One of the reasons our administrative staff member Dawn is a favorite of Dr. H, is that her birthday falls on one of Dr. H's favorite holidays, Halloween! Dawn, who is well liked by all, is as efficient as Superwoman, and as friendly as Minnie Mouse. Fortunately, Dawn is real and her enthusiasm with all of our patients is likewise.

If you can guess which staff member is who in the photo below, Dr. Nguyen will provide you with a gift certificate worth \$25 at Rosy's at the Beach Restaurant where Dawn's Halloween Birthday was held. On a piece of paper write your guess for each numbered person in the photo, and drop it off at the office. Drawing will take place on Valentine's Day 2014.



A Community Service Event - Dr. Don Nguyen Is There!

Dr. Don has realized since moving to Morgan Hill that this is a special community where many wonderful families and individuals have contributed to the well-being of our people oriented community.

Many just stand around the water cooler talking about what should be done to better our community. Others know it takes more than just talk to get things done ... Dr. Don is the latter.

This past year he has participated in Health Fair Day at St. Catherine Church, and at local electronics firm, Anritsu. He has talked about how to improve children's & young adult's oral health under a program sponsored by the American Dental Association and local schools. As a member of Teachers Aid Coalition, he has participated in the classroom supply giveaways to our public school teachers held this year at PA Walsh Elementary School.

Drs. Nguyen and Hatakeyama, believe one must support the community in which one lives to earn the support our community gives back to our dental practice. Dr. N & Dr. H and staff are proud and honored to serve our community.



Santa Clara County Dental Society Appreciation Reception

Dr. Hatakeyama this year has served as an editor to Santa Clara County Dental Society's monthly membership award winning magazine, "The Cutting Edge". In addition, he served as one of its delegates to the state wide California Dental Association's biennial Leadership Conference.

Dr. H has also served on the SCCDS's Strategic Planning Committee. For his many hours of volunteering for this local component of the American Dental Association, Dr. H was an invited guest to the Santa Clara County Dental Society's Presidential Reception honoring its volunteers. This is the second time Dr. H has been accorded this honor, participating in both years of this event's existence.

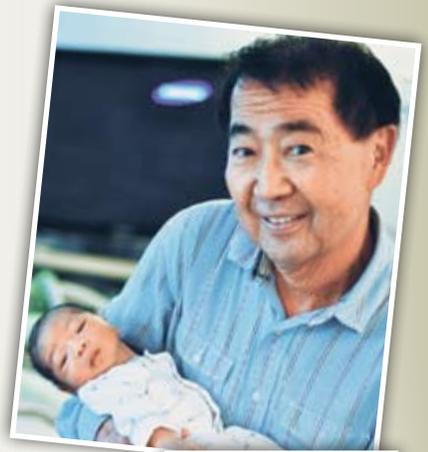
Welcome Our Newest Heavy Hitter

Dr. Hatakeyama Is A Grand Dad!

On August 1st, 2013 at 6:25pm, Ken Hatakeyama was born to eldest son Evan and his wife Willa in Portland Oregon, weighing 6 lbs, 13 oz at 20 inches tall.

After briefly considering calling Ken a younger nephew, Dr. H got over the fact that he had added "grandfather" to his title of being a father to Evan, Vanessa, Brent, and Vincent, all of whom are doing well in their young careers.

Dr. H gave Ken a toddler's Giants Uniform to discourage him from becoming a Mariner baseball fan. As luck would have it, Evan's PhD in Chemical Engineering has landed him a position with Chevron in the San Francisco Bay Area so now Ken - and his grandpa - can truly root for the Giants!



THRILLER - Halloween Fun Downtown

When Dr. H's personal trainer of many years suggested that it was time to change his cardio workout routine of treadmill and elliptical machines at the Morgan Hill 24-hr fitness gym, Dr. Hatakeyama, stated that he was ready. However, his trainer did not want him to get on another machine; she was looking for him to join the club's U-JAM workout group. Not knowing what this was, Dr. H inquired. His trainer told him that it was a type of dance group.

Enjoying dancing, Dr. H walked into this class only to realize, that

U-JAM "dancing" required a lot more coordination of total body involvement to hip hop music led by a certified trainer. At his first session, he was out of breath with perspiration soaked gym clothing; Dr. H barely survived his first class.

However, he knew this was the real cardio work out he'd been looking for. A camaraderie within this group developed from the common cause to become fit by surviving this hour of intense exercise. This common cause has lead Dr. H and members

of this group to perform at various local events, the latest being at the Downtown Associations' Halloween Night.

In this picture above, Dr. H is disguised as Tim Burton's "Nightmare before Christmas" character, Jack Skellington. The group had just finished their choreography to the tune of Michael Jackson's Thriller.

Many of our patients know that Halloween is a favorite of Dr. H. So combining exercise with Halloween equaled a great day for Dr. H!



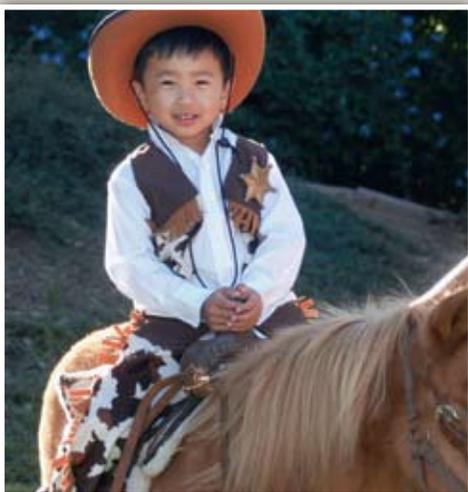
Christian's First Summer In Morgan Hill!

After Dr. Nguyen's move from Gilroy to Morgan Hill, his son, Christian, is enjoying Morgan Hill's great outdoors. One of his favorite past times is to ride his bike to the model aircraft park along Coyote Creek Trail.

On Saturdays, you can catch a glimpse of lightning fast Christian playing soccer at Morgan Hill's Community Park.

This summer, Christian spent time at the beach, camping along the Santa Barbara coastline during a family reunion, playing with his cousins and other family members.

He recently celebrated his 4th birthday, and since it was his special day, Christian requested to dress up as a cowboy and ride around on a pony.



Since our last profile on Christian, his interest in dancing has increased. Because of our patient's response to this, we have placed a few videos of Christian dancing to one of his favorite bands, "N'Sync". Visit our Facebook page to view them or on youtube.com (search: Christian dances to nsync). Till next time, Christian will be on the move to school.

Teacher Aid Coalition

Nominates Dr. Nguyen For Philanthropy Award



At the 8th Annual Philanthropy Event, "Night of the Stars" was held on November 16, 2013, sponsored by the Morgan Hill Community Foundation, Dr. Nguyen received recognition for his work in the Community and specifically for the many hours he has served with the Teachers Aid Coalition on their many projects and fundraising efforts ... This is a well-deserved honor.

Appropriately enough Dr. Hatakeyama provided the introduction of Dr. N at this event, being a recipient himself for this award.

Join us in congratulating Dr. N. as he joins an elite group of well-regarded local citizens and organizations to have received this award.



Who Doesn't Want Friends?... Become Our Friend On Facebook

Social Media has become a great way to provide information to those you know. Recently we created a Facebook® page for our dental patients and friends. Find out cool things that Drs. Don Nguyen and Jon Hatakeyama have been up to. Learn more about what your dental care team is doing in the Community, and let us know if you would like to get involved.

Let's face it, we all want friends ... become our friend on Facebook and you'll be eligible for fun items in our monthly drawings.

Start your New Year right ... be our Friend on Facebook. For your convenience, we can facilitate this on your next visit to the office ... or better yet, "friend" us on our Facebook page at: Don Nguyen DDS and Jon Hatakeyama DDS.

officeinformation

Don Nguyen, DDS, Inc.
Jon Y. Hatakeyama, DDS (Mondays only)
 370 W Dunne Avenue, Suite 3
 Morgan Hill, CA 95037-4846

Office Hours
 Mon-Fri 8:00 am – 5:00 pm

Contact Information
 Office (408) 779-7391
 Fax (408) 779-5081
 Emergency 1-877-310-4051
 Email jyhdds@smilefiles.com
 Web site www.smilefiles.com

Office Staff
 Dawn, RDA Appointment Coordinator
 Stephaine Insurance & Billing
 June, RDA Treatment Coordinator
 Mercy, RDA Patient Coordinator
 Anna, RDA Patient Coordinator
 Rosa, RDH, Stephanie, RDH, Neva, RDH..
 Prevention & Hygiene



Now That Maggie's Back In Town

The title of this article suggests lyrics from an oldie but goodie tune by crooner extraordinaire Bobby Darin which describes our Maggie to a tee. When she moved from Morgan Hill to Campbell, despite the drive, Maggie faithfully continued her dental care with our office.

As a software specialist, it was not surprising to learn that she had met her true love Gerald, a native of Paris over the internet. What made a statement was that Maggie still returns faithfully every 6 months from her residence in Paris to Morgan Hill. As one of Dr. H's favorite patients, we always enjoy the cheerfulness and banter now that Maggie's back in town.

