



Smile Files



Produced to improve your dental health and awareness of our community

Summer 2009



from the dentist

Dacey Britton

If ever a patient was deserving of special dental recognition, it has to be our irreplaceable bright and cheerful 5 year old Dacey Britton. Dacey not only comes from a long line of patients from the Britton/Gunther lineage, but has a super grand uncle, Lewis H. Britton who resided in Morgan Hill in the early 1920's. Lewis Britton had distinguished himself during the Spanish American War and WWI, previous to becoming a leader in public education. Our Britton Middle School is named after this relative of Dacey's.

Even though Dacey's dental treatment required multiple visits and administration of local anesthetic, she was very accommodating and happy to have her teeth fixed, stating how glad she was to have those "germs" out of her mouth. Dacey is saving her own allowance to buy an electric tooth brush! What can we say?? except we are lucky to have her as our special patient.

Jon Y. Hatakeyama

Magnificent Merlot

A MERLOT WINE TASTING
FEATURING LOCAL WINERIES
STARRING MARYLIN M.

Join us for some mid week fun.
Benefiting Teacher's Aid Coalition

CLOS La Chance Winery

October 7 from 6:00 pm - 9:30 pm

- Tickets are \$25 per event and \$30 at the door
- Food by Le Bistro and Andy's Orchard
- Tickets available at Dr. Hatakeyama's office and Book smart.



50th Annual Morgan Hill Haru Matsuri

The 2010 Haru Matsuri will mark the 50th time this event has been held. This event, South County's oldest continuous festival, has been announced to take place on April 18, 2010. We know it's early but Dr. H will take a leadership position in this event and he wants his patients to be the first to know.



We invite you to visit our newly renovated website at www.jonhatakeyamadds.com

Everyone Loves a Parade!

Morgan Hill's 4th of July parade is one of the oldest of its kind in the nation. Records date back to 1894 of a 4th of July Parade in Morgan Hill making this year, the 115th annual 4th of July Parade. Thanks to the many volunteers, and the Morgan Hill Independence Day Inc. Committee, this year's event attracted over 45,000 attendees and numerous floats and marching bands.

As a participant in this year's 4th of July Parade, Dr. Hatakeyama represented the Morgan Hill Chamber of Commerce and the Morgan Hill Community as 2009 *Morgan Hill Man of the Year*. He was seated with another super community activist Denise Melrose, the 2009 *Morgan Hill's Woman of the Year*, both riding in a Mustang convertible.

Dr. H, despite the sunburn, enjoyed the stares and waves of friends and patients who were able to see him without his dental mask and gown. The day concluded with an exciting 30 minutes of fireworks that evening.

Dr. H, 2009 *Morgan Hill Man of the Year* with Denise Melrose, 2009 *Morgan Hill Woman of the Year*



Paso Robles Wine Country

Recently Dr. Hatakeyama led a tour to one of the fastest growing wine regions in our state, Paso Robles. Paso's small town charm seems to evoke a quieter, gentler California. The region's wineries range from extremely fancy to the charmingly laid back family operations which typifies most of the wineries in this region. This wine region is especially known primarily for its Rhone wines and Zinfandels. The proliferation of wineries, 200 and growing, has attracted others to this area to produce fine olive oils, award winning cheeses and to establish some surprisingly standout restaurants.

When planning a visit to this wine region, keep in mind that the wineries are basically divided along highway 101 into an East and West side. Thus devote your planning to this region with this in mind. There are many outstanding places to stay including some great B & B's. If one wants to experience the charm of Paso Robles' Town Square, try the Paso Robles Inn. There are many tasting rooms within walking distance of this establishment. A quick get away motel would be the La Quinta Inn and Suites.

One important thing to keep in mind... These Paso wineries are unconventional compared with our traditional role models from Napa and Sonoma. You will find blends which include Cabernet, Zinfandel, Grenache, and Petite Syrah all in one bottle. These blended reds will also have quirky names such as "Jersey Girl" of Jada winery, or unconventional wines such as "Obtuse" by Justin Winery, a 100% Cabernet Sauvignon desert wine in a full size bottle. Finding such surprises was enjoyable and kept Dr. H's Paso Posse on their toes.

It would take volumes to describe each winery but one day was devoted to East Side wineries which included Eberle, Cass, Maloy O'Neil, Tobin James, Robert Hall and Anglim Wineries. The previous day was spent visiting West Side wineries Caliza, Jada, Opolo, Justin, Tablas Creek, Indian Valley, and Halter Ranch. As Rhone Varietal grapes are not widely known it was helpful to visit www.rhoneangers.org/grapes to learn about these varietal wines as well as visiting www.pasowine.com for planning your Paso trip.

When it came to the end of each day, nothing sounded better than a call "Lets eat"! Dr. Hatakeyama would highly recommend, McPhee's Grill in Templeton, itself a charming place to visit as well as Villa Creek Restaurant in the Paso Robles town square. We predict your first visit to Paso won't be your last.

Living A Healthy, Active Life Well Into Your 90s

Award winning author and researcher, Dan Buettner, in conjunction with the National Institute on Aging, and other top researchers in this field, in his National Geographic publication, *The Blue Zones*, travels the world to meet and study earth's longest lived people. He identifies and names 4 areas in the world where the number of centenarians (people over 100 years old) are extraordinarily high. He calls these areas, *Blue Zones*. These *Blue Zones* are communities where common elements of lifestyle, diet, and outlook have led to an amazing quality and quantity of life.

The Blue Zones were identified as Sardinia, Italy; Okinawa, Japan; Loma Linda, California; and Nicoya Peninsula, Costa Rica. These people managed to live longer without pills, surgery or medications. Their secrets are found through everyday things they do, the foods they eat, the company they keep, and their perspective on life.

In summary, the recommendations drawn from *The Blue Zones* are: lead a physically active life, consume fewer calories avoiding processed foods and meat. Try to include more fresh produce and nuts, drink red wine in moderation, have or develop a purpose or become more involved in family or community, and surround yourself with those who share your values whether it be family or friends.

It is said that our biological lifespan limits are well beyond 100 years. It is our lack of understanding and knowledge which shortens it. Allow yourself to live a longer and more productive life. Read *The Blue Zones* and find out how. Having good oral hygiene can also keep you healthy.

Autumn Sake & Sushi Tasting

Dr. Hatakeyama has organized for one of his non profit organizations, a tasting of sake and sushi provided by local restaurants. On display will be how sake is made as well as a sushi making demonstration by local restaurateurs. Another feature will be a silent auction on Japanese artifacts such as bento boxes, and other wood lacquered items. Tickets can be purchased at Dr. Hatakeyama's office \$25 pre event or \$30 at the door. The event will be held at the Morgan Hill Buddhist Community Center located at 16450 Murphy Ave, Morgan Hill.

Healthy Activity For Giant Fans Who Want To Do Good

On August 30, 2009, Project Open Hand is sponsoring their annual Plate to Plate Run to raise funds to provide nourishment, food and emotional support to those with acute and critical illness. This run begins in the vicinity of the home of the Giants, AT & T Park. This run ends up entering the right field warning path and concludes with each participant running down the first base line crossing home plate ... too cool. After the post race celebration, for those who enter the race early, you may be given tickets to the afternoon ball game between the Giants and the Colorado Rockies! To register for this one of a kind race, visit www.platetoplate.org. Dr. H and son Brent have already registered!

Get The Scoop!

On the bacteria residing in your mouth

Your body has more bacteria and other foreign organism cells than human cells. Fortunately, most are helpful; however, some cause harm like gum disease and tooth decay.

Where do these bad oral germs come from? Oral bacteria can be transferred by kissing, food tasting, and even blowing on baby's food to cool it!

How do these bad germs cause destruction? These organisms multiply rapidly to form plaque which can cover teeth, gums, and the tongue, or line blood vessel walls in your mouth.

Here are three ways that plaque's acidic waste products can cause damage...

They dissolve tooth enamel, cause your gums to die and recede, and, if acids reach the jaw bone, the result is bone erosion and tooth loss.

What causes gum disease?

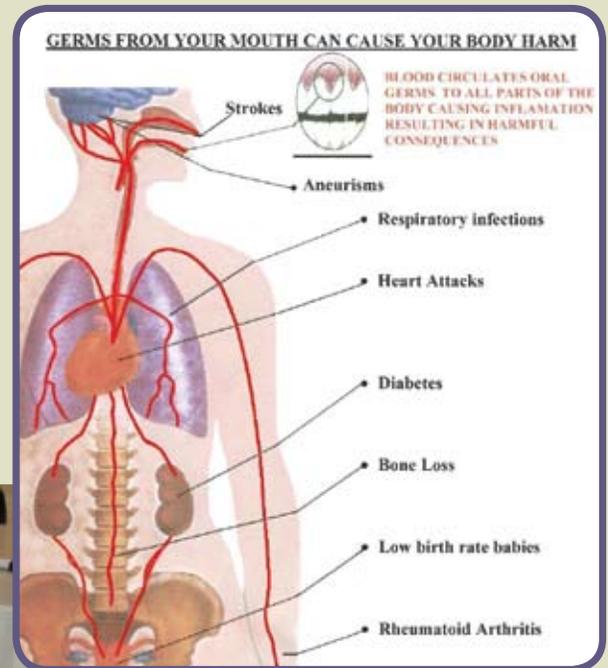
Gum disease, gingivitis, is caused by plaque left on the teeth and gums. That plaque produces an acid that can irritate your gums, making them become red and swollen.

What are potential health problems are linked to gum disease?

Periodontal disease has been linked to heart problems, strokes, diabetes, cancers, and other major health issues.

How can I prevent gum disease?

Brushing, flossing, and keeping checkup appointments will help.



Special Announcement!

We are excited to announce that Dr. Don Nguyen and his wife, Donna, are expecting their first child on October 18th. Dr. Don says "Donna looks like she's hiding a basketball under her blouse". She calls him "Donnie Jr." **Please join us in congratulating them both!**

Teeth Whitening Special!

For the month of September we are pleased to offer our patients of record a **\$100 discount** on at-home teeth whitening and touch-up kit. We recommend that you have an oral exam and your teeth cleaned first as individual results will vary.

Dreaming of a White Christmas?

We will also offer this as a gift certificate in time for the holidays. Book now, this \$100 discount ends September 30th, 2009.

We appreciate you!

Create Your Own Health Care System

How to help yourself now!

While our country's leaders wrestle with devising a comprehensive and affordable health care system, they seem to totally neglect what our citizens can do for themselves. Millions of people seem to forget that their health is largely determined by what they can do to improve it. They seem to think that their health is not their problem, but a problem which our government must address.

Sure, there are people born with genetic predispositions to disease or victims of accidents and crimes, but there is a very large segment of our ill of health with preventable conditions.

Our standard of living allows many of us not to have to earn a living by physical labor. We no longer expend energy in using our muscles to travel or raise our food, as those living in the *Blue Zone* do.

There is a term created to describe the lack of use of our muscles which leads to the risk factors which is

currently sapping your life away. It is called Metabolic Syndrome.

What is the metabolic syndrome and what does it have to do with me?

Metabolic syndrome is when a person has a group of metabolic risk factors including:

- Central obesity
- High Triglycerides and low HDL cholesterol that foster blood vessel plaque.
- Insulin resistance or glucose intolerance
- Prothrombotic state, high fibrinogen or plasminogen activator inhibitor
- Elevated blood pressure
- Pro-inflammatory state, elevated high sensitivity C-reactive protein in blood.

The underlying causes of metabolic syndrome are overweight/obesity, and physical inactivity. People with metabolic syndrome are at increased risk of coronary heart disease, other diseases related to plaque buildups in artery walls, and Type Two Diabetes.

Our muscles and body have become dysfunctional and disharmonic. To fix this, a schedule of 1/2 hour of cardio as well as 1/2 hour of strengthening activity is needed, at least three to four days per week.

Start a garden like those living in the *Blue Zone*. This promotes exercise, fresh air, relaxation and good nutrition. We want to keep our patients for at least a hundred years!

The Unique History of Morgan Hill & South County

Did you know that the Knob Hill Grocery Store Chain had its initial success in Madrone due to the patronage of the underserved Japanese American families living in that area? Driscoll Berry Farms and later Naturipe, the two dominant suppliers of strawberries in the United States, also grew from the labor of these same Japanese Americans situated in Morgan Hill and South County.

On the Saturdays of November 14 & 21st and December 5th, The History of the Japanese-American Community of South County will be presented at the Morgan Hill Centennial Recreation Center. These college level courses will begin at 9:00 AM. It will

include a visit to the Morgan Hill Buddhist Community Center to view exhibits and displays of the local history of these families and a comprehensive presentation of the famed 442nd Regimental Combat Team - the most highly decorated combat unit of its size during WWII. This course will conclude with a visit to the Japanese American Museum in San Jose's Japan Town.

Dr. Hatakeyama's family has a long history in this Community and will be one of the presenters at this course. For more information and to sign up, please contact Susan Fent at susan.fent@mhcr.com or our office to be put on a sign up list.

office information

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