

NEWSLETTER

JANUARY 2024



BARTON OAKS
DENTAL GROUP

HAPPY NEW YEAR!



PLEASE JOIN US IN WELCOMING DR. SHIVA

Dr. Alok Shiva was born and raised in Lubbock, Texas, where he graduated with his Bachelor of Science in Biochemistry and Master of Business Administration from Texas Tech University. After navigating through the ebbs and flows of "life," Dr. Shiva began his dental journey by attending the University of Louisville School of Dentistry where he received his Doctor of Medicine in Dentistry. Dr. Shiva believes continuing education is invaluable as he strives to provide treatment that is supported by up-to-date research and technological advancements. For Dr. Shiva, dentistry is an intricate and complex form of science, medicine and art and by using an interdisciplinary approach he loves to engage patients in the treatment process to help provide the highest quality of comprehensive care in order to restore their smiles, confidence and oral health. Known for his friendly, communicative, and compassionate personality, Dr. Shiva strives to provide an enjoyable, anxiety-free dental experience. If you are looking for a fun, easy-going dental experience and smile makeover, come visit Dr. Shiva. (Dr. Shiva is in network with select dental insurance plans.)



OFFICE CONSTRUCTION UPDATE

You have probably seen or heard about our extensive office remodel/expansion. This came along with unexpected surprises and challenges; however, the end result will be well worth the trouble.

Here are some of the exciting upgrades and changes:

- We are adding three treatment rooms, one of which will be dedicated to surgeries and sedations.
- A special neuromuscular room will be available for Dr. Nemeth's jaw patients, who often require a quieter, more relaxing environment with the TENS'ing machine and computerized jaw analysis equipment.
- Our team has grown, so we now have a larger staff lounge that will also serve as a conference and education room.
- Our in-house dental lab expanded to accommodate our new digital printing equipment.
- We also added some lighter colors and new light fixtures throughout the office.

Thank you for being patient while we are managing our construction project. We are so excited for you to see our newly updated space.

IMPORTANCE OF ORAL HYGIENE

A healthy mouth is your body's first line of defense. There are more than 700 different species of good bacteria that live in your mouth, protecting your mouth and helping to fight off harmful bacteria that can cause tooth cavities and gum disease. All of these bacteria together form your biofilm, which is commonly known as dental plaque. Healthy oral microbiome is essential for gut health, prevention of inflammation, and whole body wellness. Here are some tips on how to maintain a good balance and pH level of your oral microbiome:

- Maintain good oral hygiene with brushing and flossing and regular dental cleanings. Without proper oral hygiene, bacteria can reach levels that might lead to serious oral infections.
- Take oral probiotic supplements which help to fight against bad breath, gum disease and tooth decay by returning the oral microbiome to a healthy balance.
- Avoid a high-sugar diet—which leads to the overgrowth of acid-producing strains of bacteria, degrading tooth enamel, and causing gum disease.
- Stay hydrated. Saliva has a critical role in hydration and protects against infections by controlling bacterial and fungal overgrowth. A dry mouth leads to the spread of cavity producing bacteria and can cause extensive damage to your oral microbiome.
- Remember to stay up to date on your teeth cleanings.

SAYING GOODBYE TO SHELBY

We are so sad to see Shelby leave but wish her all the best!



"After Alex and I got married in October, it really put into perspective how blessed we are to have so many friends and family members supporting us. The majority of that family is in Washington state so we have recently made the difficult decision to move closer to them. With my sister being pregnant with her first kiddo and my Papa in his 90s, there are so many moments we don't want to miss out on. This time in Austin, away from family, has given me a new appreciation for the amount of time we get to spend with the ones we love. I am excited for this new journey in life, but will always miss the coworkers and patients I crossed paths with and shared time with while at Barton Oaks Dental. This office is full of warm-hearted, genuine people that love their patients and want the best for their community

♥ Shelby

At the end of this month, Dr. Neeley, Dr. Shiva, Cindy, and Dee will be going on the annual dental mission trip with Makarios International & Levanta Ministries to the Dominican Republic. They spend 1-2 weeks doing dental treatment on children and their families. They will treat over 200 patients during that time We wish them a safe trip.

