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MEET OUR STAFF



Lori Bills Brown,
Registered Dental Hygienist


Lori is a 1992 graduate of Gilmer High School. Soon after graduating, she joined Talbot Dental Associates as a Dental Assistant. Realizing her passion for dentistry, she returned to college to further her career in dentistry as a Dental Hygienist. Lori earned her degree from Gainesville State College/Lanier Technical College in 1997 and is now our Senior Dental Hygienist. Lori continues to demonstrate compassion and knowledge of oral health to all her patients. When not working at Talbot Dental Associates, Lori enjoys the outdoors and spending time with her three children David, Zachary and Annalyssa.



Brenda Hall,
Registered Dental Hygienist

Brenda and her husband Jim have been residents of Gilmer County since 1985. They have two (married) daughters, two granddaughters and two dogs. Brenda completed her Dental Hygiene degree in 2002 at Gainesville State College/Lanier Technical College and joined Talbot Dental Associates in 2004. Brenda enjoys the dental health profession and finds helping her patients obtain and maintain good oral health fulfilling. She also enjoys gardening, cooking and traveling.

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Chattahoochee National Forest, Gilmer County is a prime destination for outdoor recreation of all types. Our rivers are well known for the boating and fishing opportunities they provide, as well as the tranquil settings for day hikes or picnics. The area lakes are premium destinations for those seeking quality water sports without the maddening crowds of other reservoirs in the region. Our mountain landscapes are the perfect setting for hiking, with an extensive trail network already in place. The Appalachian Trail, which is the most widely recognized long distance trail on the planet, has its southern terminus in Gilmer County. The Benton MacKaye Trail, another widely recognized footpath, also begins here. We have been declared the mountain bike capital of Georgia and featured as a biking destination in national publications. We have an established, and rapidly expanding, agri-tourism base consisting of apple houses, pick-your-own operations, organic farms and vineyards. Our mountain roads provide unexcelled vistas for everyone from motorcyclists to families of "leaf-peepers." Less than 20 miles to our

east and west are Amicalola and Fort Mountain State Parks, which are two of Georgia's most popular properties. Our extensive inventory of short-term rental properties provides plenty of lodging for all those seeking to relax and enjoy the lovely place we call home. Our "slower pace of life" is less easily defined or quantified, but regularly mentioned by visitors to our area. All these assets make Gilmer County and the surrounding area one of the most attractive destinations around. Just this morning, there was a couple in our shop from the Grand Cay-

man Islands. It was their second visit to Gilmer County in six months. "We just love this area!" they kept exclaiming. This trip, they brought along four of their friends ... from England! The entire group is absolutely taken with the area. We also helped a gal this morning from Ontario plan her hiking excursion on the Appalachian Trail. She was so excited about finally getting to visit this area. We hear this kind of thing every day. Visitors to our area recognize what a gem it truly is. They come back time and again and search for ways to make Gilmer their home.

Our own family followed a similar path. We began by hiking, biking and kayaking here, but we were soon buying property and building a cabin. For the next several years we tried to figure out how to move here full time, which we did nine years ago this month. This is a special place, and it has tremendous opportunity for economic prosperity, which also preserves the natural beauty that defines our area. There are other positive factors beyond these natural assets I have mentioned which are also at work to make our area prosperous again. I will write about these in next week's issue.

The ABCs of dental problems

by James Talbot, DDS

Talbot and Associates

We have dental problems for three basic reasons, bacterial grow on our teeth giving off acid leading to tooth decay. Bacterial grow on our teeth giving off toxins leading to gum disease. We suffer trauma breaking our teeth or bones. In this article, we will discuss tooth decay. Dental caries, the proper term for tooth decay, is one of the most wide-spread infectious disease in the world. It is caused when bacteria grow on our teeth producing acid that dissolves the tooth surface leading to a cavity, where more bacteria grow and the process continues. There must be three things present for decay, a tooth, bacteria that lives in plaque and sugar. Of the three, the

tooth is the one we do not want to eliminate. The first line of defense in reducing decay is brushing and flossing. Our teeth are covered in a thin film of material and bacteria known as plaque. The bacteria that cause decay are streptococcus mutans. There is no way to completely remove these from our mouth, but we can reduce the number by removing the plaque from our teeth. By brushing at least two times a day and flossing at least once a day, we minimize the plaque on our teeth and reduce the number of bacteria. No bacteria means no acid to dissolve our teeth. The bacteria, strep mutans, grow on sugar. The primary sugar they like is sucrose, or table sugar. Sucrose is used in candy, soft drinks, sweet tea, sugary cereals and in baking. The

more often you eat or drink something with sucrose, the more bacteria you grow, the more acid is produced and the more decay you develop. People who snack and sip on soft drinks throughout the day often have many cavities. If you have sweets, finish them quickly and brush afterwards. Lactose, the sugar in milk can also cause strep mutans to grow. That is why you should never put a baby to bed with a bottle of milk. They do not swallow all the milk, so the bacteria can grow for hours, leading to a lot of tooth decay. Using juice instead is no better and the same can happen with sippy cups. It is important you see your dentist at least two times a year. They can discover cavities while they are still small and easy to fill. There is no pain with small cavities, but left untreated will grow into large cavities. If the decay grows to the point that it reaches the nerve of your tooth, you are faced with removing the tooth or have a root canal and large restoration. Fluoride has helped reduce the prevalence of tooth decay. Fluoride makes the tooth stronger, so the acid does not destroy the tooth as fast. If a tooth starts to decay and it is cleaned while the cavity is very very small, it can repair itself and add fluoride to keep it strong. That is why it is important to use a tooth paste containing fluoride, have fluoride treatments by your dentist while you are young and drink fluoridated water. If you have well water and you have young children, you should speak to your dentist or pediatrician about fluoride supplements. In our next article we will discuss periodontitis, also call gum disease or pyorrhea.

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