



The Filling Station

Volume XII- Issue III

QUARTERLY NEWSLETTER

NOV 2011

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Board of Directors meet

Quarterly on the

2nd Thursday of each month

Staff

Kimberly Bensonhaver, DDS
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Alice Zimmerman, RDH
Hygienist

Chiquita Stephens, CDA
Dental Assistant

Todd Montgomery
Administrative Assistant

Richard Duval
Clinic Coordinator

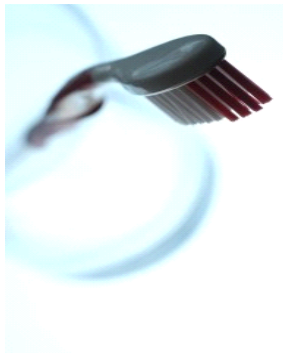
Bernice B. Tucker, MA, LPC/I
Clinic Director

Is obesity caused by oral bacteria?

Google search (Dental Health Press)

A group of British scientists have asked – and possibly answered – this question through a study of 500 women. Around 60% of the women in the study suffered from clinical obesity. When examining saliva samples from the obese women and comparing them with samples from a control group of average weight women, scientists found that the presence of a certain species of oral

bacteria – *Selenomonas noxia* – was significantly higher in 98% of the overweight women.



The exact connection between the oral bacteria and obesity is still unclear. "It is uncertain whether people may become obese due to changes in the bacteria in their mouths or whether these changes occur as a result of obesity," said Dr Nigel Carter, chief executive of the British Dental Health Foundation. "What impact changing the bacterial make up may have on helping to reduce obesity is certainly worth additional research."

The oral bacteria, *Selenomonas noxia*, has previously been connected with gum disease and poor dental health. Scientists think it likely that this oral bacteria could serve as a biological indicator of a developing overweight condition. As possible connections between oral bacteria and obesity, it has also been speculated whether certain bacteria may have the ability to increase the appetite of individuals and make the body store up nourishment from food, causing a weight increase.

There has previously been found connections between oral health and other conditions such as diabetes and cardiovascular disease. Obesity has also been identified as a risk factor in the development of oral disease.

There is a clear connection between obesity and oral health in the fact that food products with a high sugar content have the potential to cause both obesity and dental cavities. Whether there are further connections between the two conditions will be researched further.

Source (Google search – Dental Health Press)

FROM THE DIRECTOR'S DESK

Being True to Our Beliefs—even when it isn't Popular, Easy or Fun

Integrity and Morality should always come first.....

By Bernice B. Tucker

“We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men”. We believe all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything virtuous, lovely or of good report or praiseworthy, we seek after these things.

We all have acknowledged that we are in challenging times—which means that we must offer each other encouragement. As we take our journey through mortality and integrity we must maintain our course and keep our dignity.

There must be a commitment to the important principle of being honest and being true. “I believe in being honest.” What does it mean to be honest? To be honest means to be sincere, truthful, and without deceit at all times.

There are some who believe that it is morally wrong to be dishonest in big things ;yet, believe it is excusable if those things are of lesser importance. Is there any difference between dishonesty involving a thousand dollars or that which involves only a dime? Are there really degrees of dishonesty, depending

upon whether or not the subject is great or small?”

When we are honest in all things big or small, we experience peace of mind and a clear conscience. Our relationships are enriched because they are based on trust. And the greatest blessing is trust and believing in your fellow man or woman.

When we attempt to be dishonest, and this comes to all of us, we may suppose that no one will ever know; however, we will at some point we must become accountable. Therefore, the ultimate reality is to always strive to live up to your commitment of honesty.

“I believe in being true”. The dictionary indicates that being true is being steadfast, loyal, accurate, or without deviation.

Laws and principles are not for the times when there is no temptation. They are for moments as this: If an individual convenience. They might break them; what would be the worth? They have a worth—so I have always believed. Preconceived opinions, and fore-

gone determinations, are all I have at this hour to stand by there in which I plant my foot in the resistance of Temptation.

Being true to our beliefs—even when doing so isn't popular, easy, or fun—keeps us safely on the path that leads to honesty.

Consider the thought that being true allows us to have a positive effect on others.

You can plant a seed through your actions and you will truly make someone live better.

If we all had standards and live a life where you are striving to be truthful and honest; we can all make a difference.

“I believe in being honest and truth.” Even if it is not “Popular, Easy, or Fun. Integrity and dignity means more than money or any personal possessions that can be acquired.

If we all could commit to live a promise of honesty and trustworthiness this would be a better world for everyone.

Many Thanks to Bank of America and their Generous Donation to the Dental Clinic

Bank of America Foundation was generous in granting the Dental clinic a check for \$10,000 for our dental program.

Bank of American is committed to creating meaningful change in their communities; they serve through Philanthropic efforts, associate volunteerism, community development activities and investing, supporting of arts and culture programming and environmental initiatives. Bank of American is building strong, healthy neighborhoods where all of us can live, work and dream by investing in innovative programs designed to serve local community needs.



COLUMBIA ORAL HEALTH CLINIC WELCOME

Mr. Richard Duval has been hired as COHC part-time clinic administrator and procurement specialist. Mr. Duval brings with him a wealth of experience with Access and Excel. He was a previous volunteer for the Dental clinic and was recognized as an individual would be able to step in and maintain our billing process with out any glitches. Mr. Duval has proven to be that person.

Ms. Beth Crane has been hired as COHC's contractual accountant. She was highly recommended by Mr. Timothy Cornelison the Dental Clinic's CPA. Ms. Crane has had to opportunity to review our accounting process and has devised methods to allow our accounting system to run smoothly and efficiently. We are fortunate to have both our new recruit to join COHC and we look forward to a prosper year.

The Dental Clinic and its Staff welcomes both Mr. Duval and Ms. Crane

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A Unique Free Dental Clinic

Our Mission

The COHC mission is to ensure access to high-quality oral health care service for adults living with HIV/AIDS, as well as, the homeless and those persons who are uninsured and underinsured that meet our admissions criteria. Our purpose is to disseminate state-of-the-art treatment, oral health information, patient advocacy, and educate patients

You can find us on the web at our new site:

www.columbiaoralhealthclinic.org

BIG ACKNOWLEDGEMENT FOR OUR



With us, it's personal.

BANK OF AMERICA



ON-LINE DONATIONS ARE MADE THROUGH **PAYPAL** VISIT OUR WEB-SITE (WWW.COLUMBIAORALHEALTHCLINIC.ORG)

TO DONATE BY **CHECK** PLEASE MAIL TO
PO BOX 3206 COLUMBIA, SC. 29230

**SOUTH CAROLINA'S
Most Talked About Event
COHC'S 1st Annual 2012 Gala**

The room is full, curiosity is mounting, whispers are lingering - there excitement in the room - so much chatter as the curtains rise and the Event begins.

Todd Montgomery has dedicated his time and talents to introduce to South Carolina a World Class Extravagant Gala

for all to witness.

He has single handedly made enrobes to organizing and promoting the

Dental Clinic's First Annual Fund Raiser.

The stage is set for 701 Whaley Street, a beautiful venue for such a noble event - schedule date April 2012.

We encourage all of our board members and associates to please join in and support the Dental Clinic's efforts to raise funds for the Dental Clinic:

There will be the Dental clinic's first Community Yard Sale November 19th - all proceeds are donated to the 2012 Gala

For Additional information contact Todd Montgomery at:

(803) 779-4795

