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1775 Williston Rd., South Burlington, VT 05403

Top Gum Times - Spring 2015

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What's New at AIP

Construction Begins on Apartments at 247 Pearl Street

My oldest graduated from Smith College, my youngest became an award winning gymnast, the Red Sox won the world series, AIP moved to a new space, Dr. Scott Gruwell joined the practice; these are just a handful of significant events that have happened since the night of the fire in 2011. You see, time is a funny thing. Despite the distance we've all gained thanks to the ever-dependable changing of the seasons, the night we lost 247 Pearl Street manages to remain as present in my mind as the coming of spring. Coming over the crest of that hill that I'd driven down almost every day for 27 years to see a once so familiar site aglow with red & blue lights, camera flashes, and of course, roaring flames, is an image that, it seems, will never begin to fade.



As many of you know, I designed our current location not only to be comfortable, modern, and on the forefront of technology, but also to be completely removable in anticipation of returning to 247 Pearl. However, I have listened to your kind comments about the new office (the ease of access and parking, the bright and airy windowed rooms, my father's paintings, etc.) and I have decided to make 1775 Williston Road the permanent home for Associates in Periodontics.

You may have noticed that construction has begun at 247 Pearl Street. The location that so many of us once called our second home will now be home to Burlington residents. A lovely building with 29 apartments (something the city needs, wants, and has had zoned for the site for years) will soon stand where our beloved building once did. The project is "locally sourced," if you

Vermont Foodbank: We are excited to announce that the second round of our Sonicare sale to benefit the Vermont Foodbank has been a success once again! This quarter, we sold 130 Sonicare toothbrushes, meaning a \$650 donation to this important local organization. Our goal for the quarter was to provide 1,500 meals to our neighbors in need. The Foodbank confirmed that we surpassed this target; our contribution has yielded a staggering 1,950 meals. That means that together, since the beginning of this campaign, we've made a total of 3,150 breakfasts, lunches, and dinners a little bit easier for our fellow Vermonters. Thank you for joining us in supporting this great cause!

SendInc Email

Encryption: We began using SendInc encryption, a program that secures messages that contain personal medical information by ensuring that data remains encrypted from the time it leaves AIP's computer through the time you or your dentist receives it. We've implemented some of the most modern technological practices within the office, and now we're doing the same outside of the office to ensure that your information is safe all the way from our inbox to yours.

bluV Water Dispenser: I could've opted for the classic office water dispenser with the iconic blue jug sitting on top, but this is AIP: settling for what everyone else has just isn't in my nature. That's why I picked the bluV water dispenser for the reception

will, designed by Smith & Buckley (Hotel Vermont, Courtyard by Marriott, [Dealer.com](#)) and supervised by Redstone Corp.

AIP is proud to call 1775 Williston home today, and though it is bittersweet to bid farewell to our time at 247 Pearl, seeing new life rise from the ashes is nothing short of soothing. As always, we thank you in your support over the course of the past few years. With this announcement, we look towards our future, brightened not by flames, but instead by your shining smiles!

Getting to Know Dr. Gruwell

For those of you who haven't had the chance to meet Dr. Gruwell yet, and even for those of you who have, here's a little more about AIP's newest doctor.

Tell us a little about your family and hobbies.

My family is the highlight of my life. My wife and I have been married for almost 19 years and our three kids (17, 14, 10) certainly keep us busy and out of trouble. My daughter is a competitive swimmer and high school championship water polo player. My boys love football, basketball, and soccer. We love a great board game and are really looking forward to trying out some of the great winter sporting activities that Vermont has to offer! Additionally, we love exploring new areas, taking road-trips together, and almost any outdoor activities. One of my life goals was to visit all 50 states and I recently checked my final box... Indiana!

You majored in humanities and minored in zoology at Brigham Young University. What made you decide to go into the field of dentistry and then specialize in periodontics?

In college, I loved art and ornithology, but switched majors several times, having no idea what I wanted to pursue professionally. My dad is an E.R. physician, so I decided to go to medical school. After many long conversations with my dad, he talked me out of medicine and suggested I explore dentistry – a chance to combine both art and science into one job. In fact, I was part of a group of four guys all preparing for medical school. After really researching the careers, three of us decided to switch to dentistry.

As far as the specialty of periodontics is concerned, I can honestly say that perio was the only specialty I decidedly ruled OUT before dental school. During my undergraduate studies, I completed a progressive 3-semester pre-dental learning track. I thoroughly researched all aspects of dentistry and observed in the offices of many general dentists and specialists. Periodontics was just not for me. Fast forward 4 years in dental school and I loved it. To me, it represented the specialty that focused largely on the biology of dentistry while combining aesthetics with oral & systemic health and medicine on an extremely detailed platform. I love details!

You said one of the highlights of your Air Force career was leading a 9-person team into the Amazon jungle to provide humanitarian service. Could you share details about this adventure?

My adventure to Suriname was a once in a lifetime experience. I was the only staff dentist leading a dental resident, 3 dental assistants, and 4 pre-dental students into the Amazon jungle as part of a larger Air Force medical team. We saw patients in 3 different mobile dental clinics we set up in the local elementary schools at Brokopondo, Klaaskreek, and Brownsweg. Our entire mission consisted of about 14 days in country, but due to the logistics of setting up, tearing down, and traveling between sites, we were only able to see patients for about 8.5 days.

During that time period, the resident and I completed over 700 extractions and 1600 dental procedures, taking only a single 10 minute break for lunch each day. During the day, we had toucans and sloths in the trees above us, patients who showed up with pet monkeys and parrots, and even saw a poison-dart frog hop across the waiting room one morning. The evenings

room. With a five-step purification process that includes a sediment filter, a carbon block filter, UV disinfection, and more, this water dispenser might be the first one in history worth writing about. Let us know if you can taste the difference next time you're visiting the office!

Portable Car Battery

Jumper: So, it turns out that Vermont gets cold, really cold, in the winter. So cold, in fact, that sometimes your cars won't even start in the AIP parking lot! This winter, I invested in a portable car battery jumper for the office. We all love having you here, but we don't want you stranded! We ended up helping patients and neighbors jump their vehicles seventeen times this winter. Considering Burlington broke a century-old record when the temperature plummeted to -19 degrees in March, we're just glad that number wasn't larger. So, whether your car won't start because of the cold or otherwise in our parking lot, don't worry -- we've got you covered!

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were spent on the banks of the Suriname river watching the piranha attack our leftovers we tossed in the river.

Looking back, it was definitely a difficult experience to articulate. To say it was humbling is an understatement... literally hundreds of people in line when you arrive in the morning, passing armed guards in the hallways, using a translator for every interaction, and knowing that no matter how much work you accomplish, it will simply not be enough. All-in-all, the people were exceptionally kind and thankful. It was an honor and privilege to serve this population, many of whom had never had the opportunity to see a dentist in their lifetime. I can't wait until I have the chance to participate in another humanitarian mission trip.

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