

COMMITTED TO CREATING HEALTHY MOUTHS AND BEAUTIFUL SMILES

from Dr Stone



## Pain Free Dentistry?

**YES!** We are getting there!

In January, I went to Boston for the annual Yankee Dental Convention. I have been going to this convention for the past 20 years. It is always exciting to be immersed in new technology and hear experts on the most current dental procedures. This year was particularly thrilling for me.

I attended a number of very informative lectures that will provide an even higher level of comfort and quality to you! Following are the lectures I attended:

- Making great fitting implant supported dentures – only one way we utilize implants in our office. Imagine no more floppy dentures, no more sore spots or denture cream!
- Hands-on course performing precision root canals in half the amount of time, using procedures and technology that eliminate almost all post treatment discomfort. Quick, and painless root canals!
- Recognizing the difference between common benign lesions and possible cancerous lesions, and presented biopsy techniques, so we can now offer this service without the need to refer you to an oral surgeon. Earlier detection!

Also new to the office, I am excited to be able to offer a diode laser with many treatment options. See our article on the back page.

*These are truly leaps forward towards painless dentistry!*

## Who Are Janine And Dayna?

*...And what do they mean to you?*

Today's dental hygiene appointments mean so much more than just fresh breath and a nice smile, your appointments with our hygienists are your first line of defense in your oral and overall health care.

Our outstanding hygienists, Janine and Dayna, combine years of experience and training to provide more than just a quick polish. They both have advanced certifications for administering anesthesia for pain-free deep cleanings and are committed to getting to know you and address your needs and desires for a healthy mouth and attractive smile.

Janine has been with *Stone Dental* for 5 years. In addition to working at Stone Dental, she regularly volunteers her hygiene skills at the *Red Logan* clinic in White River Jct., VT. She loves to perform at *The Chandler* in Randolph and is a member of the *White River Valley Players* in Rochester, VT. Her son, Daniel, recently graduated from nursing school and is an RN in Burlington.

Dayna is our newest hygienist. We are pleased to welcome her to the team, and we're sure you will agree that she is an excellent addition. Dayna and her



Janine & son, Daniel



Dayna & family

husband, Owen, live locally and are busy raising five children. They are actively involved with their local elementary and the *Woodstock Union High School*. Dayna is also the Tooth Tutor for the six elementary schools in our District.

Your relationships with our hygienists are an especially important one and we value the kind of personal attention Janine and Dayna can give you!

## STAFF NEWS

### It's a boy! Two actually!

This past December, Robin and Meg both welcomed new additions to their families. Robin's daughter, Georgia, had Fletcher Mason on December 10, 2010 and Meg's daughter, Kristin, had Atticus Jackson on December 15, 2010. This is Robin's first grandchild and Meg's fifth!

*Choose to see the connection between overall health & oral health*

# A Face-Saving Option

## Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

*Let us lift your smile & your confidence!*

## Go Ahead! Add an onion!

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





## Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

## Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

## When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.



# INTRODUCING PICASSO LITE

## Our New Diode Laser

We are pleased to announce the addition of the *Picasso® Lite*; a leading-edge laser system, to our practice. This diode laser has multiple uses, and performs a wide range of soft-tissue surgical, periodontal, and endodontic procedures; all aimed at providing comfortable preventive care and minimally invasive treatment options.

One use that we are particularly excited about is laser-assisted bacteria reduction. This is helpful in treating gum disease, which 75% of all adults have to some degree and is linked to many systemic diseases. This laser kills the bacteria found deep inside periodontal pockets and can also help reduce diseased gingival pockets using no anesthetic.

### Other uses include:

- replacing a scalpel during extractions or biopsies
- painlessly treating canker and cold sores
- recontouring a gummy smile
- sterilizing infected root canals - for more successful outcomes
- removing tissue growths due to repetitive biting of the cheek, lip or tongue.

To learn more about this technology, go to [www.stonedentalcare.com](http://www.stonedentalcare.com). We are so happy to have one more way to make your visit more comfortable while increasing the level of care we provide.



## office information

**Stone Dental, PLLC**  
**Dr. Margaret E. Stone**  
Sunset Farm, Suite 4A  
Woodstock, VT 05091-1155

### Office Hours

Monday 9:00 am – 4:30 pm  
Tuesday 9:00 am – 4:30 pm  
Wednesday 9:00 am – 4:30 pm  
Thursday 9:00 am – 4:30 pm  
Friday closed

### Contact Information

Office (802) 457-4464  
Email [info@StoneDentalCare.com](mailto:info@StoneDentalCare.com)  
Web site [www.StoneDentalCare.com](http://www.StoneDentalCare.com)

### Office Staff

Janine and Dayna .....  
..... Registered Dental Hygienists  
Meg and Stefani ..... Assistants  
Robin and Melanie ..... Front Desk  
Wittie ..... Business Manager



## Stone Dental Gets Involved

### Community events

Stone Dental continues to sponsor community events to increase awareness and provide education on oral health and excellent dental care.

February is *National Children's Dental Health Month* when dentists, parents, and children all across America observe a month-long celebration promoting the important role early dental care

plays in our children's overall health. Stone Dental participated again this year by providing free dental cleanings and exams on Saturday, February 26th for children who are in need or do not have a regular dentist.

The Oral Cancer Foundation has designated April as *Oral Cancer Awareness Month* and is promoting events nationwide to bring the message of early detection as the first line of defense. Approximately 37,000 people in the US will be newly diagnosed with oral cancer in 2011.

On April 11th Stone Dental held a one day free clinic, providing oral cancer screenings, including a *VELscope®* exam, to area residents.

Be on the lookout for our next event which will benefit the *Woodstock Food Shelf*.

