

COMMITTED TO CREATING HEALTHY MOUTHS AND BEAUTIFUL SMILES

fromDrStone



I'm so proud of my patients for recognizing how dental health has a major impact on your overall health. There is a real connection between having a healthy mouth, a healthy body and a healthy lifestyle. Our TV ad, "Choose", emphasizes this, and this May we are sponsoring a series at the Thompson Center in Woodstock addressing stress reduction and nutrition. It's all about you choosing health & wellness - see the "Take Control!" box below.

Many people now realize how dangerous the bacteria in dental plaque is and how it wreaks havoc on your systemic health. What you put into your body is important on many levels. The mouth is the place where digestion begins. Teeth are designed and aligned in our mouths to maximize this digestive process. When we lose teeth, or even significant tooth structure, we cannot chew our food effectively. When food leaves your mouth to enter the esophagus and it is not properly broken down, problems arise, including indigestion, lowered immune function, vitamin/mineral deficiency and intestinal absorption problems. When teeth are missing, we change the way we chew to try to use the teeth we still have. This pulls the jaw joint out of place and can contribute to whole body problems such as neck and shoulder aches, ear pain, and postural issues.

As you see, dental health is the key to overall health. We recognize and address this each time you are in for your appointments. We want you to have a beautiful, comfortable mouth AND a healthy body for a lifetime. We are committed to this and your optimal health!

*Yours in good dental health,
Dr. Peggy Stone*

Going Green

*Meeting the 10% challenge to
reduce our carbon footprint*

Stone Dental loves green!

With much of today's focus being on the environment and our impact on it, Stone Dental has taken the challenge to go green! We started this process 3 years ago when we switched to computerized record keeping.

We continue to use more materials that can be sterilized and reused - meaning less disposable materials for our landfills.

Digital x-rays use ultra-low dose radiation and reduce the amount of lead and chemicals that go into our landfills and waterways.

We use an amalgam separator which prevents mercury from getting into the environment and we recycle everything we can and close the loop by buying recycled office supplies.

*We will continue to move in this direction to help
reduce our carbon footprint.*



Take Control!

Stone Dental is sponsoring a series on Wednesdays in May, at the Thompson Center in Woodstock, about how you can affect your own health and wellness.

May 5th, Marie Frohlich will help us understand food factors that cause stress and fatigue.

May 12th, Jude Powers will discuss "Four Questions That Can Change Your Life" - a way of inquiring your way to peace.

May 19th, Marie will be back to share the "Hidden Secrets of Sugar" and its implications to your health and energy - Learn how to help gain control without willpower or deprivation.

All talks are **FREE** to participants. **Wednesdays at 5:30 pm.** Call The Thompson Center to sign-up (457-3277).

It's up to you to choose! - It's Your Health!

Choose to see the connection between overall health & oral health

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

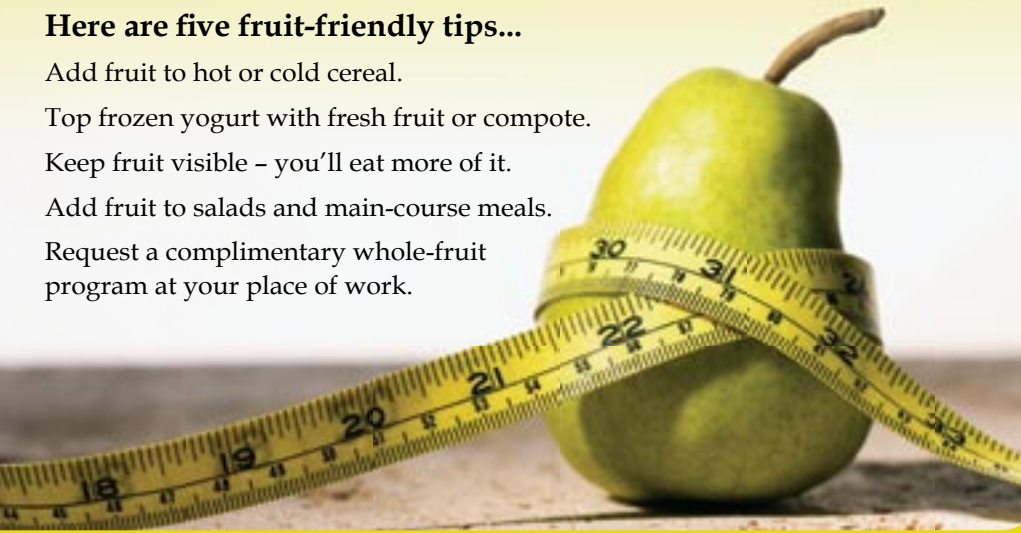
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

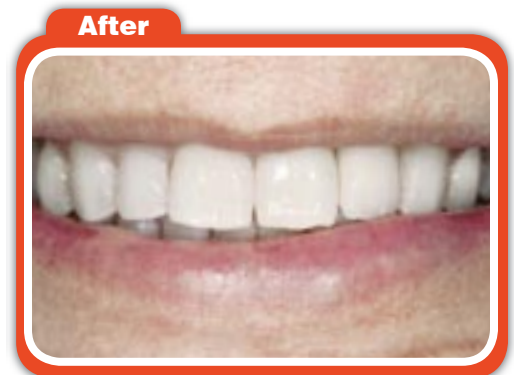
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!





*We've
Been
Busy!*

At Stone Dental we are very involved in our community. Over the last several months we have had several opportunities to extend ourselves to our neighbors and to expand our own knowledge.

In November, Stone Dental took part in the Upper Valley Woman's Expo that was held at the Fireside Inn in Lebanon, NH. Look for us at future venues, as we are always looking for ways to spread the word about making healthy choices.

In December the entire staff was re-certified in CPR and received training for our new defibrillator unit (AED).

In January we were fortunate to attend the Yankee Dental Conference in Boston for continuing education again this year. In addition to learning about new and improved products and technology, we attended classes covering going green, medical emergencies, nutrition, implant procedures, dentures and lasers.

In February, in honor of Dental Health Month, we again offered a free children's clinic in our office.

In March, we went to the Hartland pre-school and elementary school classes for a fun dental health presentation.



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
 Web site www.StoneDentalCare.com

Office Staff

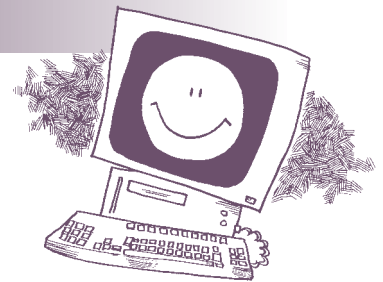
Janine, Ashley
 Registered Dental Hygienists
 Meg, Stefani Assistants
 Robin, Melanie Front Desk
 Wittie Business Manager



Life is Easy

Last spring we changed our reminders from phone calls to emails. Email has become a primary communication vehicle replacing letter writing, faxing, and even voice mail as the primary method of communication in the modern world. It's easy, fast, and available at your convenience. Likewise, as a society we are always on the move between work, home, and play. Our cell phones are often the best bet for effective communication.

If we don't already have your email address, please let us know so you can take advantage of our email reminder service. As we continue to strive for ways to increase our service levels, being able to email or text appointment confirmations, change or book appointments, and simply maintain an up-to-date mailing address is essential. Please email us at info@StoneDentalCare.com to provide us with your email and cell number. Let's close the communication gap.



Dental Pre-Medication Protocol Change

Did you know that medical conditions such as joint replacements and certain heart conditions require an antibiotic before dental procedures?

We have recently been notified by DHMC that the protocol has changed for people with joint replacements. An antibiotic pre-medication is now required one hour prior to dental appointments.

Because we care about your health, we will defer your treatment unless you have taken your medication at least an hour before your appointment.

If you need a refill, let us know!

TAKE YOUR MEDS!