
Can brushing your teeth help your heart?

It is a known fact that brushing your teeth is good for your oral health. This daily routine can also be beneficial to your heart. A recent article in the Mayo Clinic Newsletter discussed a study from the American Heart Association. The participants of the study were asked to brush their teeth at least twice daily for two minutes. The participant's self-reported their oral care habits over a 28 month period. Those that did not follow the brushing guidelines had three times the risk of having a first major cardiovascular event than the participants that followed the guidelines. The article also mentions a study that endorses a link between periodontal disease and high blood pressure. Having periodontal disease can also interfere with how blood pressure medication works. Mayo Clinic experts recommend not only brushing twice daily but to set a timer so that you are sure to brush for the full two minutes. An electric toothbrush with a timer built in is also a good option. Adding floss and routine visits to your dentist will also be beneficial to both your oral and heart health.

Membership Savings Plan – It's Here!

Do you not have insurance? Is your insurance expensive with poor payments? Is your insurance operating on a Usual and Customary Fee Schedule 10 or more years old? We are introducing the Elite Care Value Program! In an effort to make our dental practice better for you, we are now offering our own "in-office" dental membership program for patients that do not have dental insurance benefits.

Preventive dental services are included in the annual membership fee, as well as a 15% discount on most restorative treatment and a 10% discount on services that require outside lab work.

You will receive the same exceptional quality preventive and restorative care you have always enjoyed. The Program will enable YOU to control your costs and, maintain your oral health! Because this is **NOT INSURANCE**, members need not worry about plan maximums, waiting periods, or treatment limitations!

Call today or check in with one of our team members for information on joining our Elite Care Value Program! Great care for you and save money too!

Do you have neck pain? Muscle tension and strain is one of the most common causes of neck pain. A common cause is poor posture combined with too many hours hunched over doing tasks. When the neck pain returns, do you typically spend a few days resting your neck? Staying active and improving fitness of neck muscles are the two most effective forms of therapy for neck pain. With age, cushioning disks between our vertebrae can stiffen or degenerate, providing less shock absorption and reducing the neck's ability to evenly distribute weight on the small joints in the neck. Some basic self-care steps to follow for neck pain include:

1. Staying active
2. Reducing stress with relaxation
3. Improving posture
4. Gentle neck stretching





GOOGLE REVIEW RAFFLE

We appreciate the terrific reviews on all the review platforms; however the **Google** platform reaches the most people.

We love to hear your feedback and we look forward to reading your reviews. To be entered into our **GOOGLE REVIEW RAFFLE** please leave a **Google** review!

The **GOOGLE REVIEW RAFFLE** winner for this quarter is Laurel Allen. Thank you Laurel for such a great review and we hope you enjoy your prize!!



Thank you for helping stock our local Food Pantries!

With the help of our wonderful patients and The Rotary Club of Oak Ridge, we delivered bags and boxes of food to the St. Joseph Food Pantry at St. Mary's Church and the food pantry at Grace Lutheran Church, both in Oak Ridge. The Rotary Club of Oak Ridge was instrumental in collecting a large monetary donation. This donation is then used to purchase non-perishable items at a discounted price through the Second Harvest Food Bank, enabling them to magnify the help for more people! The variety of donated items allows the food pantries to provide meals & ingredients that are not typically available. Thank you - We couldn't do this without you!



What's Cooking?

Ramen Cole Slaw

Ingredients

- 2 tablespoons vegetable oil
- 3 tablespoons white wine vinegar
- 2 tablespoons white sugar
- 1 (3 ounce) package chicken flavored ramen noodles, crushed, seasoning packet reserved
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons sesame seeds
- 1/4 cup sliced almonds
- 1/2 medium head cabbage, shredded. You can use a tri-color shredded coleslaw bag, as a substitution.
- 5 green onions, chopped

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl, whisk together the oil, vinegar, sugar, ramen noodle spice mix, salt and pepper to create a dressing.

Place sesame seeds and almonds in a single layer on a medium baking sheet. Bake in the preheated oven 10 minutes, or until lightly brown.

In a large salad bowl, combine the cabbage, green onions and crushed ramen noodles. Pour dressing over the cabbage, and toss to coat evenly. Top with toasted sesame seeds and almonds.



Office Closings & Holidays

So that our team may enjoy the holidays with our families, and attend Continuing Education courses, our office will be closed on the following days:

Friday April 19th, Friday May 24th, Monday May 27th, Friday May 31st, Thursday July 4th, and Friday July 5th.

Thank you for your understanding when we are out of the office.