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### Covid 19 Symptoms and Cytokine Storm

There is quite a bit of general public knowledge about the Covid 19 illness and symptoms. I would like to add a phrase to the discussion... Cytokine Storm.

Cytokines are proteins that are part of your body's normal reaction to injury or illness. They cause conversion of cell types to attacking cells. They attract attacking cells. They are used by doctors stimulating them to react in different or modulated fashions.

Cytokines are also involved in several autoimmune diseases: Lupus and Rheumatoid Arthritis to name a few. This makes for knowledge crossover because what doctors are seeing in Covid 19 , in some respects, is similar to the cytokine responses in other diseases.

The Medicines, Quinolone and Hydroxyquinolone, are showing some promise as a treatment for Covid 19 because they can help modulate the body's reaction to Covid 19. They are indicated as Malaria drugs, as has been widely reported, because of their ability to modulate the body response to that disease.

Also in the Cytokine storm situation, LOW dose Corticosteroids have been shown to reduce the storm to the point that one's body can deal with the Covid 19 response without having organ or other tissue damage

#### Elite Care Value Program

In an effort to make our dental practice better for you, we introduced our Elite Value Care Program one year ago this month! There has been great interest in this membership program with many patients joining and saving money on their treatment. To find out more about the program, follow the link!

<https://www.elitedentalcaretn.com/patient-info/elite-care-value-program/>

*Elite Care*  
VALUE PROGRAM

#### Stay on Track While Working From Home

To help combat the spread of Covid 19, many people are currently working from home, This may seem exciting at first but can become daunting before long. A recent article from the Cleveland Clinic lists 6 ways to stay focused while working from home.

1. Routine - stay as close to your normal daily routine as possible. Set your alarm clock, shower, eat breakfast just as you would on a normal day.
2. Work space - while working from your couch or bed is tempting, it's best to have a designated work space.
3. Goals - write down a to-do list and stick to it to help ensure all necessary work is being completed.
4. Get moving - set a timer to make yourself get up and move around at least every hour
5. Check-in - schedule video conferences when possible to get some interaction. Also, stay in touch with your boss and co-workers. It can be isolating working from home so be sure to make frequent connections with friends and family.
6. Log-off - It is tempting to work longer hours because of the virtual capabilities but quitting at your normal time will help to keep you on a schedule. It is important to maintain a good work-life balance. Stay safe & Keep smiling :)

## Life after Covid19

The Covid 19 pandemic has brought many changes for us moving forward and we want to share them with you. Our plan at this time is to return to the office on Friday May 1<sup>st</sup>. For your safety and ours, we will be implementing several changes. We have removed all magazines and reading material and the coffee station from the reception area. You may want to bring your own book to read! We ask that you not bring anyone with you to your appointment. If you must have someone accompany you, we ask that they return to the car during your appointment. On top of what we have always done to protect you, you will notice additional plastic coverings in the operatories.

We are doing everything we can to protect your health and we ask that you do the same for us. We will be taking the temperatures of everyone, patients and team members. If you have had a fever, cough or flu-like symptoms within 2 weeks prior to your scheduled appointment, please reschedule your appointment. If within 2 weeks prior to your appointment you have tested positive for Covid 19 or had contact with anyone who has tested positive, please reschedule your appointment. The following link has great information on how to protect yourself and others. Together we will get through this!

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



## What's Cooking?

This is a great summer-time recipe to make while you are home. Kids love to help make this!

### Bee My Honey Fruit Dip

1 package (8 oz) cream cheese, softened  
1 jar (7 oz) marshmallow crème  
1 Tbsp honey  
1 tsp grated orange zest  
¼ tsp ground cinnamon  
1/8 tsp ground nutmeg  
Assorted fresh fruit

In a small bowl, beat the first 6 ingredients until smooth. Cut or slice fruit and place on toothpicks or skewers. Place dip in small glasses and serve with fruit. Refrigerate.



## WINNER WINNER!

**Congratulations to Darlene A. She had the closest guess without going over for our St. Patrick's Day Contest. We had many close guesses but Darlene guessed 87 and there were 90 coins. She won a gift card to Panera Bread and Hershey's chocolate! Thank you everyone for participating and keep checking in with us for future contests.**

@EliteDentalCareTN

Are you feeling  
lucky toothday?

Guess how many coins  
are in the vase!

Write your answer with your  
first and last name  
and place it in the clover.



## Office Closings & Holidays

Our office will be closed for holidays on the following days: Monday, May 25<sup>th</sup>; Friday July 3<sup>rd</sup>. Thank you for understanding when we must be out of the office.