



STONE CREEK STANDARD

HAPPY HEALTHY BEAUTIFUL SMILES

HOLIDAY 2014-2015



and Oral Health

The American Diabetes Association states that **nearly 30 million Americans suffer from Diabetes.** Current research shows there is a two-way relationship between diabetes and oral health.

Individuals with diabetes are at an increased risk of gum disease and complications associated with oral infections and these infections can in turn increase blood sugars making it more difficult to control your diabetes and affecting the rate of the progression of the disease. Oral complications associated with gum disease include pain and tooth loss. There are important things you can do to protect yourself from dental problems and in turn help prolong the onset of complications associated with diabetes. During the Holiday Season especially, it is important to stay motivated to control your blood sugars through diet, exercise, and/or medications. Along with these measures, you need regular dental check-ups to clean your teeth and catch dental issues when they are small, as well as personal oral care at home as advised by Dr. Butterfield and your Hygienist. Communicate with Dr. Butterfield about your diabetes, including medications you are taking. Working together as a team, your diabetes can be better managed and you will enjoy a greater measure of good health. Giving you lots to Smile about!

HELEN'S GINGERBREAD COOKIES



A Family Favorite you will love through the Holidays!

Ingredients:

- * 4 ½ cups flour
- * 1 tsp. ground ginger
- * 2 tsp. baking soda
- * 1 ½ tsp. cinnamon
- * 1 tsp. ground cloves
- * ¼ tsp. salt
- * 1 ½ cups shortening
- * 2 cups sugar
- * 2 eggs
- * ½ cups molasses
- * ¾ cups sugar, for rolling

Stir together flour, ginger, soda, cinnamon, cloves, and salt and set aside. Beat shortening until softened. Gradually add 2 cups sugar, beat until fluffy. Add eggs and molasses; beat well. Add ½ of flour mixture and beat until combined. Stir in remaining flour. Using ¼ cup ice cream scoop, shape dough into 2-inch balls and roll in sugar. Place on ungreased cookie sheet about 2 ½ inches apart. Bake in a 350°F oven for 12-14 minutes or until light brown and puffed. Do not over bake. They are also delicious drizzled with or half dipped in white chocolate.

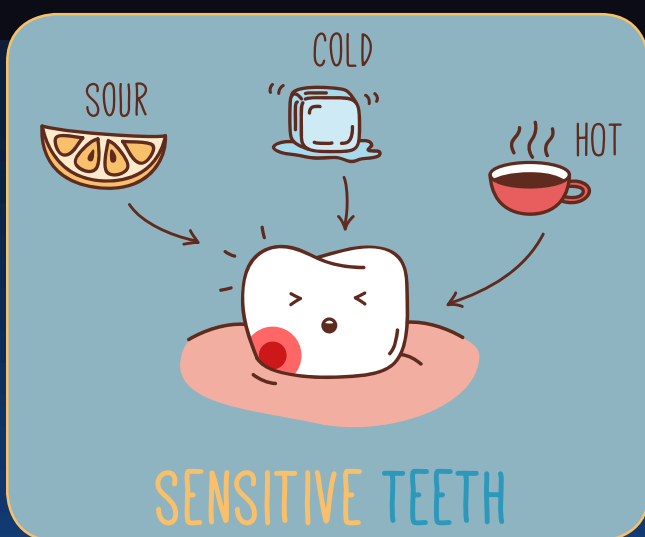
Friendly Reminder

Call today and make your appointments before Dec. 31st to use your insurance benefits or HSA/Flex accounts before your benefit year ends.

Improve your smile and save money!

DO YOU HAVE SENSITIVE TEETH?

One common dental ailment people may experience at some point in their life is tooth sensitivity. Sensitivity may be experienced by cold air, brushing, eating acidic foods, and/or touching the root surface or thin enamel near the gum line. If not related to tooth decay, this may be due to an increase in the porosity of a person's tooth or teeth. Today there are products that claim the ability to decrease one's tooth sensitivity. Products that do exhibit some success aid in the recalcification of the teeth or plug up the tooth porosity. At Stone Creek Dental we have used a few products with success at decreasing our patient's sensitivity; these include fluoride varnish, MI Paste, Colgate Prevident 5000, and Colgate Sensitive Pro-Relief Desensitizing Paste. The latter, using the amino acid Arginine that naturally occurs in saliva and has been found to aid in the recalcification process occluding tooth porosity. With so many products available, it is important to make an appointment to discuss your symptoms with Dr. Butterfield and learn what may be the best treatment for your dental sensitivity.



2630 S. Eagle Road, Meridian, ID 83642 | 208-888-0625 | www.scdsmiles.com

**25%
OFF**

Special!
**HOLIDAY IN-OFFICE
TEETH WHITENING**

Improve your smile and save money!

expires January 15, 2015

ANNUAL MERIDIAN FOOD BANK COLLECTION

Martin Luther King Jr. once said "Life's most persistent and urgent question is, 'What are you doing for others?'" Let's answer this question by helping those close to home this Holiday Season. We are collecting non-perishable food donations for the Meridian Food Bank to help decrease hunger in our community.

Drop off your donations to our office before December 23, 2014. Stone Creek Dental will match all donations. Thank you for giving!

