



GREETINGS FROM THE STONEHOCKERS!

We have now been in *South Africa* 7 months and are really enjoying our experiences here. The weather is a special benefit as we will miss two winters at home! Our altitude is 5700 feet so it cools off at night but is hot during the day. The lightning and thunder displays are remarkable. When it rains it comes down in torrents! Our flat is in Allens Nek which is a district in *Roodepoort*. We travel everyday to *Soweto* which is a 30 minute drive. Our assignment

is to establish a centre for the young single adults (age 18 - 30) for our church in Soweto to help them get established with a proper foundation for their life. Many are unemployed or underemployed and don't have a good education. One of our tasks is to influence and motivate them to complete their education. The church has established a *Perpetual Education Fund* from donations of its members which lends money to qualifying students for up to four years with the expectation that once they have graduated that they will pay it back so it can be used for others. This allows for many to get educated who otherwise would miss out!

We find the people to be gentle and caring and very kind. Working in the townships makes us really appreciate what we have at home. Most of our young single adults have lost one or both of their parents and are living on their own or with a grandmother. They are challenged with the repercussions of HIV and have lost close family members as a result. They also are a very forgiving people! When you understand the struggles and strife they have endured during the apartheid period they have made great progress! *Nelson Mandela* lived in Soweto and it is here where they began the ANC party. It makes you appreciate how they view their opportunities today!

We are enjoying being missionaries and giving service to others. It is remarkable how the people on the street revere us when they see our name badge and call us pastors because they see the name 'Jesus Christ' in our Church name! (*The Church of Jesus Christ of Latter-Day Saints*). It is an honor to represent him in *South Africa*! The people here may not have a lot of the worldly possessions but they are happy and they deal with their adversities with faith and determination. They have taught us much but I haven't acclimatized to "African Standard Time" which is usually 30 - 40 minutes late for everything!

I miss seeing and hearing from all of you in the office and look forward to catching up on everything when we return!

- Dr. Stonehocker now known as Elder Stonehocker!



Please tell your friends, family and colleagues that we are offering a

Free Power Toothbrush
 FOR NEW PATIENTS

...when they complete their new patient exam and cleaning! Please continue to refer any friends or colleagues to us, and accept our genuine "thank you" for your future referrals.

Thank you for all your referrals - we appreciate them!

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.



WHAT'S NEW WITH THE CREW

The teams from *Ultima and Chaparral Dental Wellness* attended the *Pacific Dental Conference* this past March in *Vancouver*. They took part in a variety of lectures and displays which updated them on the latest research, products, and techniques in order to serve you better!

Dr. Jensen and her husband Neil enjoyed scuba diving in *Hawaii* this past winter. As well she went on a ski get-away to *Lake Tahoe* with friends. She is looking forward to lots of horseback riding with her family this summer, especially in the mountains.

Dr. Holmes and his wife Theoni traveled to the *Bahamas* to escape the cold. As well they took their kids to Disneyland for spring break.

All the snow this past winter allowed Kerrie to do lots of backcountry snowboarding in the *Revelstoke* area with friends.

Chris is very excited, as she and her hubby Ron have purchased motorcycles. They will be embarking a three week road trip in June down the *Oregon coast*.

Michelle enjoyed the beaches of *Hawaii* as well as the lights of *Las Vegas* this past winter. She is looking forward to yet another season of field hockey.

Robin had a relatively quiet winter but was able to get away to *Fairmont BC* to spend time with family. She is looking forward to camping this summer.

Marilyn and her husband Wayne went to the *Daytona 500*, which has always been Wayne's dream. They then were lucky enough to see the launch of the space shuttle 'Discovery', on its last mission. From there they enjoyed a *Caribbean cruise*.

Laurie had fun curling for a 2nd season. She was able to go skiing in Lake Tahoe with friends in February and got a few ski days in with her family in *the Rockies*.

Agnes is thrilled to announce that she is expecting baby #2. She and her husband Jay and little Cameron enjoyed a trip to *San Francisco* in March where they visited family.

We also have the latest on Dr. Stonehocker's mission in *South Africa*. See the front page for an update!

officeinformation

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Office Staff

Marilyn Administrator
 Laurie Administrator
 Robin, Michelle Assistants
 Chris, Kerrie Hygienists
 Agnes Hygiene Coordinator



"Please be aware that we have a new cancellation policy in effect. We ask that you give us two business days notice or a fee will apply."

Your Favorite Sleep Position...

Stressful teeth grinding, acid reflux, sleep apnea, and snoring all interrupt your sleep, and poor sleepers are at risk for high blood pressure, poor concentration, obesity, and diabetes.

A good night's sleep is essential to your health. Its regenerative benefits help you maintain healthy cells and fight infection, including those in your mouth. Adults should aim for at least 6 hours of restorative sleep for better health!

What does it say about you?

DESCRIPTION

PERSONALITY

HEALTH

Soldier

Fetal

Freefall

Starfish



Lying on back, arms at sides	Lying on side, knees up	Lying on stomach, arms up	Lying on back, arms up
Reserved, meticulous	Tough exterior, sensitive heart	Extroverted, fears criticism	Good listener, introverted
May snore, sleep restlessly	Keeps the body warm	Good for digestion, bad for neck	Impedes breath, may snore