



# Wood Creek Dental

February 2009

**\$PATIENT\_FIRSTNAME\$!**

## ♥ ♥ ♥ *Dentistry Has a Heart* ♥ ♥ ♥

February is *American Heart Health* month, and Wood Creek Dental wants to help raise heart health awareness with our patients. Research has established a link between gum disease and cardiovascular disease...as a matter of fact, people with periodontal (gum) disease are almost twice as likely to suffer from coronary artery disease as those without periodontal disease. Some researchers believe that bacteria from gum disease can enter the bloodstream and travel through your arteries to your heart, affecting your cardiovascular system. To read more about the connection between oral health and heart health, visit the following website:

<http://www.perio.org/consumer/mbc.heart.htm> (Click on the "Assess Your Risk" link to find out if you are at risk for having or developing gum disease).

Also, in an effort to help you become more "heart-healthy," we are joining forces with Carolina Cardiology for the month of February to promote American Heart Health month. We will be handing out literature from their offices to our patients during this time that identifies facts and tips for maintaining a healthy heart. We are concerned about your oral health, but we also want to do what we can to assist in your overall health and well-being. For more on the "Healthy Mouth/Healthy Body" connection, you may also be interested in this personal testimonial from Whoopi Goldberg: <http://www.dentistryhasaheart.com/videos.html>

### Refer A Friend



Thank you for showing your confidence in us through the referral of your friends!

As our way of saying "thanks," we will be sending you two free movie tickets for each new family that lists you as their referral contact when they complete their first visit. We appreciate your sending family and friends our way!

[Click to send a referral email](#)

### Quick Links

[Visit our web site](#)

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## ♥ ♥ ♥ *Heart Healthy Valentine's Day Dessert* ♥ ♥ ♥

Many of you are aware that Dr. Hunt is, himself, a heart-attack survivor and has taken on a "heart-healthy" lifestyle and diet. His wife, Joanne, has shared one of his favorite dessert recipes to *sweeten your day* or to share with your special someone this Valentine's Day!

### Fat-Free Fruit Trifle

- 1 angel food cake (may use store bought or homemade)
- 2 C. skim milk
- 1 1.5 ounce box of instant fat-free vanilla pudding
- 2 8-ounce containers fat-free strawberry yogurt
- 1 12-ounce container fat-free whipped topping
- 3 kiwi fruit, peeled and sliced
- 1 1-pound container fresh strawberries, sliced
- 1 pint blueberries

1. Make instant pudding according to directions.
2. Slice angel food cake into 3 layers and set aside.
3. Mix together fat-free yogurt and pudding.
4. Place 1 layer of cake into a glass bowl or trifle dish.
5. Place 1/3 of the yogurt mixture on top.
6. Place 1/3 of the strawberries, blueberries and kiwi on top of yogurt.
7. Spread 1/3 of the whipped topping on top of the fruit.
8. Place second layer of angel food cake on top and continue layering process for a total of 3 layers, decorating the top with additional fruit.

\*Recipe taken from August 2000 Greenville News & provided by Mimi Rossitto

### ♥ ♥ ♥ *Heart Healthy Treat Downtown* ♥ ♥ ♥

Dr. Hunt also has a favorite "heart healthy hang-out" downtown for satisfying his sweet tooth. The Blueberry Frog is an all natural, frozen yogurt/smoothie cafe, frequented by Dr. Hunt. If you go in and mention the "Dr. Frog" discount, you'll receive 10% off your purchase...also, if you happen to spot Dr. Hunt in there getting "frogged," be sure to speak to him, and he will *treat you* to your Blueberry Frog *heart healthy treat!*



### *Happy Valentine's Day !!!*



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