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JACKIE S JONES DMD (406) 542-3305

What's new with us

It's a NEW Millennium

This beginning of another year is a good time to reinforce the need for each individual's involvement with his or her own health and health care decisions. Doctor Jones and all of her staff are just as concerned about our patients' health as we are with treatment to help them gain and maintain it.

We know that oral health and overall health are inseparable; dental and gum disease are associated with diabetes and heart disease, and are detrimental to proper nutrition. We count ourselves among the best of health-centered and patient centered dentists.



Oral health is something only you can give yourself. We can help, however. Creating and maintaining oral health is an interdependent partnership between dentist and patient and requires that you believe your dentist is working toward your best long term interests.

What can we do?

- Evaluate your medical and lifestyle history and evaluate your risk of oral disease. Integrate a dental plan with your life that will give you the best results for your hard earned dollars.
- Provide treatment in an ordered, prioritized manner to maximize its long term benefit for your life.
- Provide the best dental care we are able and with which you feel comfortable in a pleasant, affordable setting and follow up with routine care.

What can you do?

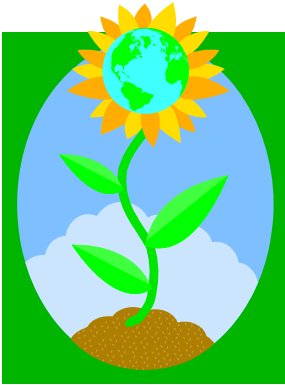
- Carefully consider the treatment options Dr Jones recommends and make lifestyle choices best for your life.
- Follow Dr Jones' and your hygienist's suggestions for good oral and overall health. (Ok, with some possible exceptions for chocolate) and integrate them into your lifestyle.
- Be aware of changes in your dental and overall health and communicate any that concern you to us or other medical providers.



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"Natural" Products

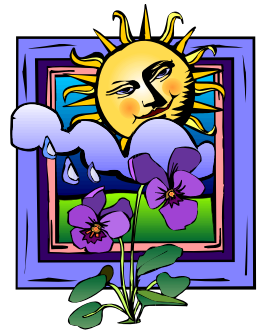


Often, products are advertised as natural or as containing natural ingredients. In dentistry, we find this claim applied to tooth pastes, mouth rinses and vitamin supplements. Natural is commonly defined as chemical compound or substance that is present in or produced by a living organism.

Are natural products really better for you and more effective at their intended purpose than those which are man made? You must make this decision for yourself. Here are some factors to keep in mind:

1. Dental products labeled and sold as natural may not be approved by the American Dental Association (ADA) or the Federal Drug Administration (FDA) and as such are not required to undergo credible research on their safety or effectiveness.
2. Only a portion of the ingredients in a product labeled natural may actually originate from a natural source, and the presence of toxic ingredients has not necessarily been checked.
3. Useful products such as penicillin and digitalis originated in nature, but commercially viable quantities are commonly synthesized.
4. Others products are synthesized in a form indistinguishable from the natural version (bioidentical) and may be labeled as natural.

There is no universal definition of what "natural" means when applied to manufactured products.



You Could Be a Winner!

We've recently revived a regular monthly drawing, for real prizes (not toothbrushes). Residing on our front desk you'll now notice a decorated drop box. Regardless of your age, at each appointment, you're invited to fill out an entry form and drop it in the box (parents may assist their children to enter.) At the end of the month, we shake them up, draw a winner and call the lucky person right away.

Just to whet your appetite, Diana Haker was selected for an Applebee's gift card, Tove Elvrom received a Barnes and Noble gift certificate and Cher Shermer was the winner of a VISA giftcard.



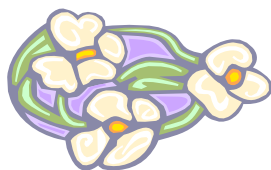


A BIG Thanks

The winter season brings colds and flu. When you're feeling badly or with a stuffy, runny nose, or persistent cough, no one enjoys going out and then sitting in a dental chair with your mouth open for an hour.

It seems like this fall and winter our patients and staff have experienced a greater than normal incidence of short term illness that interfere with dental appointments. This has sometimes caused us to scramble to make appointment time available to our patients and provide care in a timely manner.

We want to extend a BIG THANK YOU to all of you who were willing and able to accommodate last minute appointment time changes – we appreciate your flexibility!



“Doggy Breath”

Your “Eeww!” response when going nose to nose with Rover can be from aroma caused by oral bacteria or gingivitis (gum disease). Just as your dental hygienist tells you that bacteria buildup on your teeth can cause plaque and gum disease, you should tell your dog that regular tooth brushing helps prevent this problem.

Have you tried to get Rover to practice regular tooth brushing? Successfully? (not having thumbs, it is difficult for a dog to brush his or her own teeth.) But, with gentle, patient introduction, lots of praise and a little practice, you can perform regular tooth brushing to enhance your dog's breath and overall health.

Hints: get a doggy dental kit including beef-flavored (or chicken or filet mignon, etc.), non-foaming toothpaste, a dual-ended toothbrush, and a finger brush from your pet store. Experiment, be patient and find what works best for you and your canine companion. You'll both benefit.



WHO DO YOU CALL? Common Dental Emergencies



Sudden toothache: Rinse your mouth with warm water; use dental floss to remove anything that might be trapped between teeth. Don't put aspirin on a tooth or gum; call us for advice or an appointment.

Broken tooth: Rinse your mouth with warm water; use a cold compress on your face to reduce swelling, if present. Call our office.

Knocked-Out Tooth: Holding the tooth by the crown, gently rinse it but don't remove any attached tissue. If possible insert and hold tooth in its socket; if not, put it in a small container of milk. Call us immediately or go to the emergency room. Don't forget to take the tooth with!

Objects Caught Between Teeth: *Don't* try to remove an object with a sharp pointed tool; gently try to remove it with dental floss. If unsuccessful, call us.

Bitten Tongue or Lip or Broken Jaw: If the bite is severe and bleeding is excessive and doesn't stop soon or if you suspect a broken jaw, carefully apply a cold compress and go to the emergency room immediately. Any severe facial trauma, whether it involves teeth or not, should be treated in an emergency room first.



AH, MORE WEB

To enhance your access to information and current news about us, we're now on **Facebook** at **Dentist Missoula**, showing the latest on what's happening with us and our patients, and useful, timely dental information.

Find us on **Facebook** by going to our Web site at <http://jackiejonesdmd.com> and clicking the link or, type <http://www.jackiejonesdmd.com/facebook> into your Web browser.

Become a Fan to stay in touch!

Our Web site (www.jackiejonesdmd.com) is still updated regularly and includes a contact form to email us.

The highest compliment our patients can give is the referral of their friends and family.

Jackie S Jones DMD

3700 S. Russell St Suite 116
Missoula, MT 59801

(406) 542-3305

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All Because of you!

Patient referrals of family, friends, co-workers and acquaintances has always been our favorite means to maintain and grow our practice. It demonstrates your trust in us and satisfaction with the care we are able to provide, and that you feel comfortable in our office and with our staff.

We always welcome new patients and families to our practice and greatly appreciate your telling them about us. Thank You!



Jackie S Jones DMD
General Dentistry
3700 S Russell St. Suite 116
Missoula, MT 59801
www.jackiejonesdmd.com