

Letter from Dr. Robert McGonigle

We want to thank you for being an important part of our practice family! To patients who have been with us for years, thank you for your continued support! You've helped build our practice into one we're very proud of. To our new patients, thank you for entrusting us with your dental care, and welcome. We look forward to assisting you with your dentistry needs for years to come.

Our team takes great pride in being able to offer the most comprehensive dental care. We strive to provide convenient care for everything you and your family needs to keep your smiles bright and healthy - from routine care to your cosmetic needs. We're always here to support your oral health and help you look and feel your very best. From the entire team at McGonigle Dental, thank you so much for entrusting us with your smiles!

All the best,

Robert S. McGonigle

Robert S. McGonigle, D.D.S.



(pictured from left to right)
Dr. Ashley Nozik, DDS, Prosthodontist - Robert McGonigle, DDS - Philip Gurgone, DDS, Kristina Stuedemann, DMD, FAGD.

Spring is a time for new beginnings! During this season of new beginnings, we are focused on creating a healthier and happier community.

Our promise to every patient in our community:

1. To deliver a convenient and comfortable experience.
2. To provide a safe, clean, and organized space for your care.
3. To understand your needs and goals before we begin care.
4. To share a clear long-term path to sustainable health.
5. To create a smile that you are confident in.
6. To help you discover how you can maintain a healthy smile.
7. To contribute to the community that we live in and love.

We believe that you can't create a healthy community unless we work together. We'll work together to create a treatment plan based on your goals, budget, and concerns. Once we get any immediate problems under control we will continue to support you on a regular basis to keep you feeling and looking good.

We are committed to taking care of issues that keep you from reaching your long-term oral health goals. This includes services beyond basic dentistry:

- Snoring and Sleep Apnea Treatment
- Dental Implants placed right in our office
- Cosmetic dentistry: whitening and veneers
- Botox
- Invisalign
- I.V. Sedation Dentistry

Did you know that the Mouth is the Gateway to the Body and Your Health?

At McGonigle, we strongly believe that a healthy mouth is a key component to overall health.

Your Path to Health:

1. Emergency Relief

As quickly as possible, we will get your immediate problem under control and help you back to feeling good.

2. Understand Each Other Fully

We will work hard to understand what's important to you while we get a thorough understanding of your situation.

3. Make a Plan Together

Knowing your goals and challenges, we will plan to get you where you want to be for the long run.

4. Get Active Disease Under Control

We will work together on getting your most urgent issues under control now so they don't make things worse.

5. Rebuild for the Long Run

Take care of the issues that will keep you from reaching your goals for the long run.

6. Stay Healthy Together

We'll support you on a regular basis to keep you feeling and looking good over time.

Did you know:

- The Surgeon General reports that at least 80% of American adults have gum disease
- *American Academy for Oral Systemic Health*
- People with Gum Disease are 2X more likely to die from a heart attack and 3x as likely to die from a stroke - *Mayo Clinic*
- 93% of people with gum disease are at risk for diabetes.
- *American Academy for Oral Systemic Health*
- Diabetes & bleeding gums increases your risk of premature death by 400-700%
- *American Academy for Oral Systemic Health*

Get an Early Start on your Treatment!

Since your benefits are brand new, you want to be able to make the most of them. It's best to plan early, so we can work around your plans and avoid the inevitable rush for last-minute treatments at the end of the year. We would be happy to work with you and build a treatment plan that suits your smile desires and your schedule.

Enjoy the new beginnings - and a new smile. Call us today to get a jump start on your dental treatment!



Kathleen is a Dental Assistant and has been with the McGonigle Dental team since October 2018. For Kathleen, working at McGonigle Dental fits perfectly into her healthy lifestyle! Not only does her role as a Dental Assistant keep her moving, but she loves helping patients improve their oral health.

Kathleen is a health and fitness nerd. She loves to exercise and stay active with her daughter, who has special needs. We are always up for an outdoor activity such as running, biking, hiking, or kayaking.

“Cooking healthy and organically is one of my favorite things to do. I love finding new healthy recipes that not only fuel my body but taste good too! I have always been one of those “weird” health nuts. I’m also one that would never turn down a great farm-to-table burger or some delicious pizza!

From the fun staff who is always working hard to bring our patients the best dental treatment to the fun and laughter that we have together, McGonigle Dental is my second family, and I remain healthier for it! “



Unstuffed Pepper Bowls are one of Kathleen’s favorite things to make & can be ready in 20-25 minutes!



Unstuffed Pepper Bowls

Cook Time: 25 minutes

Ingredients:

- 2 Tbsp olive oil, divided
- 1 small onion, diced (about 1 cup)
- 2 cups chopped bell peppers (any color)
- * add jalapeno if you like it spicy!
- Himalayan sea salt and freshly ground black pepper to taste
- 1 lb lean organic turkey
- 2 cloves fresh garlic
- 1 tsp chili powder
- 1 tsp cayenne pepper
- 1 - 14.5 oz. can of diced tomatoes, drained
- 3 tbsp minced fresh parsley
- 2 packages of frozen cauliflower rice or jasmine rice
- Organic cheddar cheese to sprinkle on the top

Instructions:

1. Heat 1 tbsp of olive oil in non stick skillet over medium heat.
2. Add onion, and saute for about 2 minutes, then add peppers, salt and pepper, saute until softened, usually about 6 minutes.
3. Transfer pepper mixture to a plate. Heat remaining tbsp of olive oil in the skillet.
4. Add turkey in large crumbles, season with salt and pepper.
5. Brown turkey, when almost fully browned, add garlic, chili powder and cayenne powder
6. Cook turkey through, then stir in tomato and pepper mixture, cook for about one more minute. Stir in parsley.
7. Plate the cauliflower or jasmine rice, top with cheddar, then finish with ground turkey mixture. Adding a little more cheese on top. Serve warm! Enjoy!

FOREVERU

Youth Mental Health is Important to Us

McGonigle Dental is proud to be partnered with ForeverU which is a 501(c)(3) nonprofit organization on a mission to provide hope and belonging to youth on their mental health journey. They currently offer a holistic, three-step program journey to 7-12 grade students that equips them with mental skills and tools for becoming more mindful, self-aware, resilient, and emotionally intelligent.

You can learn more about enrolling into ForeverU at www.joinforeveru.org or by sending an email to contact@joinforeveru.org.



Thank You!

The highest compliment we can receive is the referral of your friends, family, and colleagues. We are always delighted and excited to welcome new patients and their families to our practice. We make certain our relationships with patients is one of trust, honesty, and respect. When you refer a family member, friend, or colleague to our practice it really does mean something special.

When you refer someone to us, be sure they let us know it was you! Each quarter we award a great prize to one of our patients that sent us someone new or left us a great online review!

Thank you for your trust!

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