

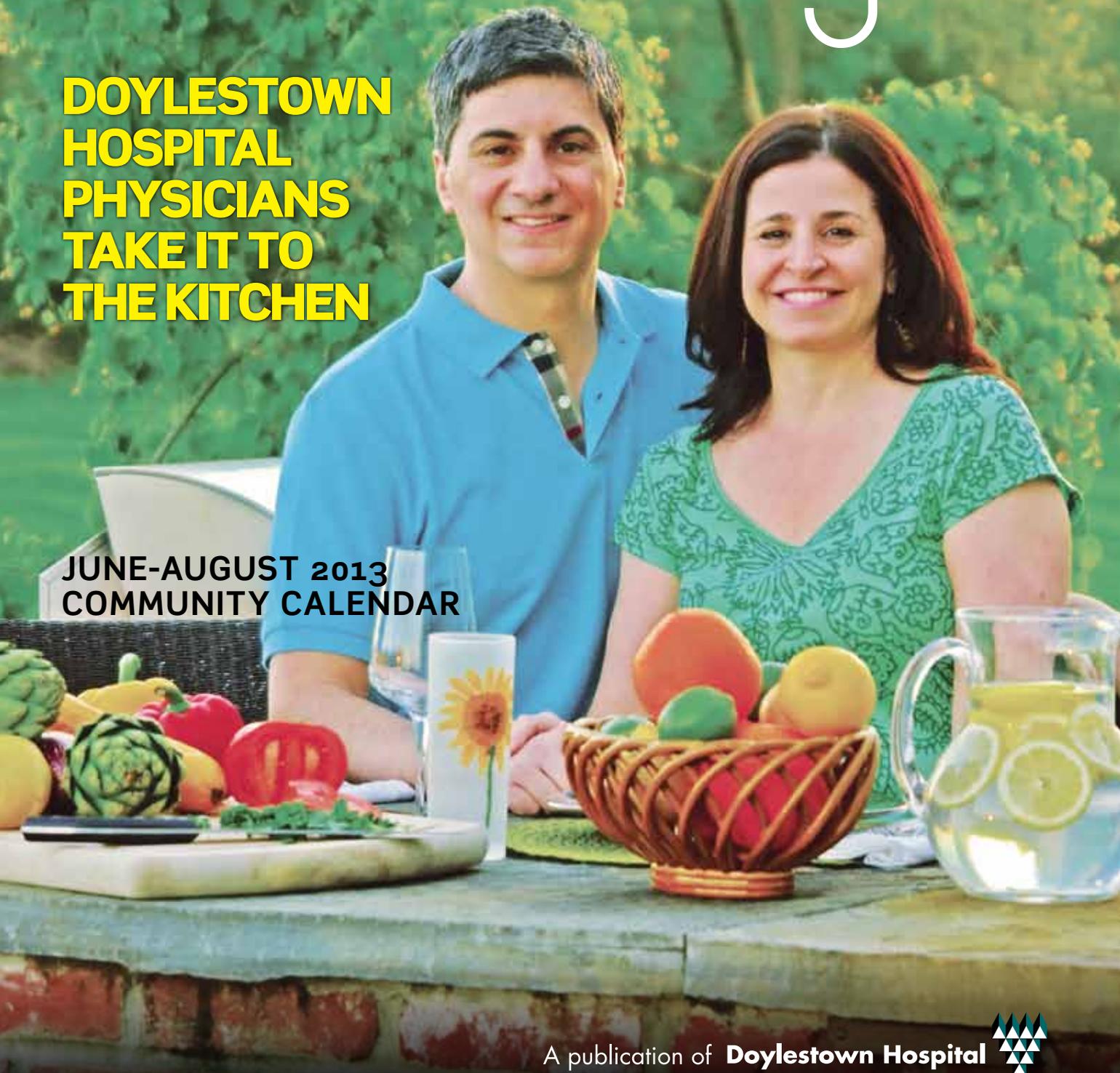
dialogue

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Summer 2013

DOYLESTOWN HOSPITAL PHYSICIANS TAKE IT TO THE KITCHEN

JUNE-AUGUST 2013
COMMUNITY CALENDAR



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**AROMATIC SPICES
& DIVERSE FLAVORS**
Try fish, shellfish, dairy,
vegetables and fruit



Dr. Larry Stone cooks up innovative meat-free dishes in his home kitchen.

patients. He encourages his patients to avoid pre-packaged foods, and instead choose fresh or simply prepared items without highly processed ingredients. “Not a day goes by when I don’t talk to patients about diet and its effect on their health,” Dr. Dinesen notes, “whether it’s a pregnant woman at risk for gestational diabetes or a woman going through menopause.” He encourages his patients to choose fresh foods that are in season, and advocates eating lots of vegetables and fruits along with a bit of protein while cutting down on carbohydrates.

Dr. Dinesen suggests making small changes as a start: if you don’t have a brick oven, try grilling your pizza; make your own vegetable stock rather than using store-bought, which is filled with salt and additives. “For years, Christine and I had a small garden where we grew tomatoes in pots,” Dr. Dinesen says. “It was a great first step.” He feels strongly about growing his own food and bringing the results to the table. “At the end of the day, I enjoy using what is in season from the garden and making something quick and easy for dinner,” Dr. Dinesen says. “It is such a healthy way to eat. I hope that message comes across to my patients.”

A Flair for Asian Flavor

Larry Stone, DDS, a member of Doylestown Hospital’s medical staff, has practiced general dentistry in Doylestown for more than 35 years. His interest in cooking came long before his studies at the Temple University School of Dentistry. He credits his late father for fueling the attraction. “My dad was a very good cook; he was very much a ‘gourmand,’” notes Dr. Stone. “I grew up watching him cook in our home kitchen and watching Julia Child on television.” Dr. Stone proudly calls his father his role model.

As a young dentist, Dr. Stone did a fair share of cooking for himself. But it was a friendship he made with a fellow traveler on a trip to China in 1983 that sparked an interest in Asian cuisine. “As a side business, this gentleman had a Chinese catering company,” Dr. Stone says. “When we returned, I took classes with him.” Dr. Stone has also studied at the New Orleans School of Cooking, and learned how to make pierogies during a trip to Poland.

For the last few years, Dr. Stone has followed a pescetarian diet consisting of fish, shellfish, dairy, vegetables and fruit, but no other meat. He chose this diet based on his family history of heart disease and the recommendation of his

physician. “I have found cutting out meat to be a challenge, but it has opened new doors for me,” he notes. Dr. Stone suggests substituting tofu or other vegetable based protein in recipes calling for meat and trying almond or soy milk in your cereal. “I’m trying new foods and new recipes and the change has made a tremendous difference in my overall health,” he says.

For Dr. Stone, cooking acts as a stress reliever from his busy dental career. He favors the aromatic spices and diverse flavors of Chinese cuisine. He also enjoys the fact that he can try cooking a simple dish or more complex recipe and find both satisfying, and sees similarities between his daily life as a dentist and his culinary hobby. “As a dentist, I give my patients treatment plans,” he says. “It’s similar to a recipe; if you follow the dental treatment plan, you will see good results. If you follow the recipe, you will also get a good outcome.”

For more recipes from Doylestown Hospital’s clinical experts, visit www.dh.org/XXXXX or scan this QR code with your smartphone.

