



smile highlights

by Dr. Herbert Schneider & Dr. Rachel Jacobs

Produced to improve your dental health and awareness

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Grin... Or Grimace?

You tell us!

The average person can exert up to 200 lbs of muscular force on their back teeth ... that's a lot of pressure! So much so that for some individuals, stress-related teeth grinding and jaw clenching can cause serious dental damage. Men especially often wait too long and only seek help after tolerating increasing pain and injuring their smiles' function and appearance.

Here are 9 telltale signs that indicate a stressed-out smile...

- 1 Ground-down eye teeth
- 2 Popping, clicking jaw joints, and difficulty biting
- 3 Recurring headaches
- 4 Chipped edges on front teeth
- 5 Feeling stressed and anxious
- 6 Worn cusp tips on premolars and molars
- 7 Loss of tooth enamel and dentin
- 8 Cracked teeth
- 9 Damaged restorations

Recognize yourself?

Don't just grin and bear it. Let dentistry help you.

Ordinary Or Extraordinary?

Which would you choose?

Whether you want to discreetly turn an already-good smile into an ultra great one, turn a smile mess into a smile success, or go all out for a celebrity-style makeover, cosmetic dentistry has something for you. After all, the rich and famous aren't the only ones in the public eye! A pleasing smile is inviting, suits everyone, and will enhance all of your unique features.

Here's how you can flash your most sparkling and vivacious smile...

- Brighten your smile (sometimes by up to eight shades) and remove even the most distracting stains with dentist-supervised teeth whitening. Even the youngest adult smiles can lose their pleasing luster when exposed to tobacco, berries, or beverages like coffee, tea, and red wine.
- Regain your immaculate smile with natural-looking white fillings that replace your dark silver restorations. They'll match your teeth enamel so precisely, they'll be virtually invisible.
- Improve the proportion of your smile and camouflage smile flaws with hand-sculpted porcelain veneers.
- Reveal more beautiful teeth enamel in a too-gummy smile.
- Defy a prematurely aged appearance due to exposed teeth roots by restoring receding gums.
- Replace one tooth or many with crowns, bridges, or dental implants made from revolutionary materials that look completely natural.

Captivate *your* public! If you feel that a smile makeover – as subtle or as dramatic as you wish – would help you smile more, give us a call to arrange a consultation.



Turn a smile mess into a smile success!

We are committed to keeping you healthy!

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

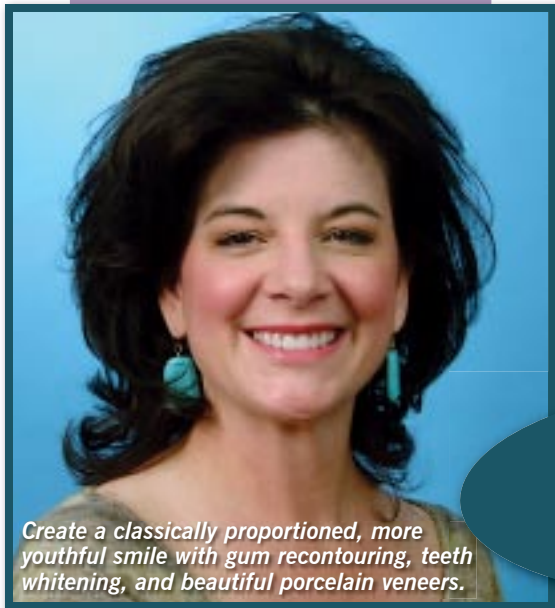
Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Dr. Rachel's Corner



Our goal is to help you have the best possible oral health for a lifetime.

Is It Time?

Remember your recall

Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months.

We refer to your checkup visit as a recall appointment. A recall dental visit can take up to an hour. Giving your teeth regular checkups is the only way to keep them in tiptop shape. Recall visits help to catch dental problems like decay before they

turn into painful cavities. That is why most dental insurance plans cover at least two recall appointments a year. Insurance companies know from experience that regular recalls are a good long-term investment in your health.

We encourage you to book your recall appointment well in advance. If you aren't sure when you are due for the next one, don't delay - give us a call. Good dental habits will help your teeth last a lifetime.

If there are no problems needing treatment, we probably won't see you again until your next recall appointment!

The following is a checklist of procedures covered at your recall:

1. Comprehensive dental examination for cavities or other problems
2. Cleaning and scaling teeth to remove plaque, tartar, and surface stains
3. Screening for oral cancer
4. Polishing teeth and restorations
5. Take necessary radiographs
6. Offer educational information on nutrition, brushing instruction



office information

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Helping to keep smiles healthy for a lifetime

Office Hours

Monday	8:00 am - 6:00 pm
Tuesday	8:00 am - 8:00 pm
Wednesday	closed
Thursday	8:00 am - 6:30 pm
Friday	8:00 am - 2:00 pm

For appointments contact Ginny or Jenny

Contact Information

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Scary To Think... If You Don't Use It, You Will Lose It

Give us a call today - before your 2008 dental insurance expires!

