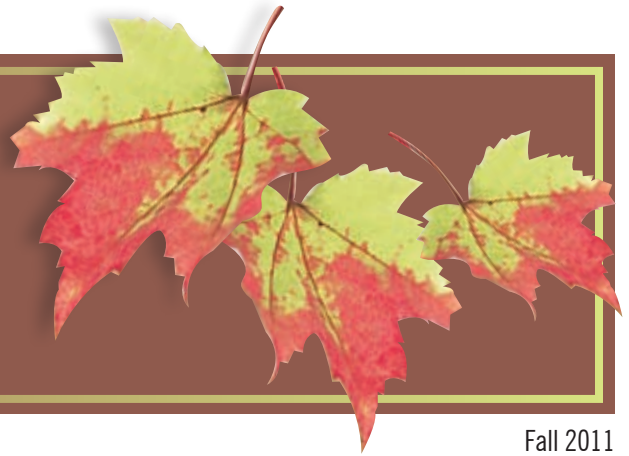


Smile Designs

with Dr. Herbert Schneider &
Dr. Rachel Jacobs



Produced to improve your dental health and awareness

Fall 2011

from the dentists

Fall Power!

Take it back!

Whether your power lifestyle centers around a boardroom, a home office, or a nursery, oral health care can be a real challenge during the summer months. Thankfully, fall has the power to jolt us back to re-energize ... reorganize ... and reschedule!

If you've let treatment appointments slide or if you've been delaying your next preventive care appointment, you've got plenty of company. Almost 80% of baby boomers say they consider dental care to be part of their preventive health care routine, yet fewer than half visit the dentist twice a year as recommended!

Schedule a fall appointment and take back the power!

Yours in dental health

Dr. Herbert Schneider

& Dr. Rachel Jacobs



www.dumontdentist.com

Nourish Your Smile...

With a well-balanced diet

Eating correctly not only reduces the risks of diabetes, heart disease, and being overweight, it benefits your periodontal health. Here's how:

- Diets low in important nutrients weaken the immune system's ability to fight off infection.
- Periodontitis is a bacterial infection that destroys the tissues and bone that support the teeth.
- Calcium builds bone density in the alveolar bone that supports the teeth.
- Men and women who have insufficient calcium are almost twice as likely to have periodontal diseases – particularly young adults in their 20s and 30s.

Adequate nutrition and regular dental care are important steps on the road to periodontal health.

Dental Diet Tips

- ❖ Maintain your weight and your oral health
- ❖ Brush your teeth right after meals to keep from snacking beyond being satisfied.
- ❖ Drink water to curb your appetite, to avoid excess calories and carbohydrates, and to keep your mouth fresh.
- ❖ Chew sugarless gum while cooking so "sampling" doesn't turn into snacking.
- ❖ Get your teeth cleaned professionally ... regularly. You'll enjoy the clean look, feel, and taste so much – you won't want to stain them!

Stroke

New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Diabetes

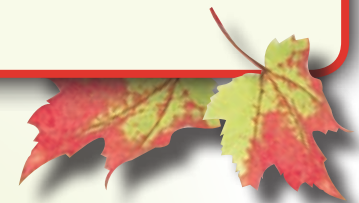
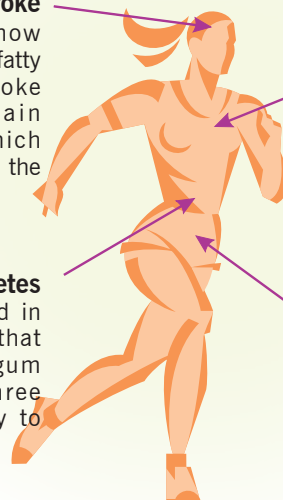
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Heart Disease

Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Pre-Term Births

Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.



Thank you for all your referrals. We appreciate them!



Say Yes To You

You'll smile more!

Though each of us inherits both good and not-so-good features from generations past, we are more than a patchwork of hand-me-down genes. We all have the power to learn to be happy with ourselves. Once that happens we can stop being self-conscious and enjoy being in the moment.

Positive self-esteem is more than just liking how you look. It's about feeling good emotionally, mentally, and physically. There is no question that your good oral health directly affects this perception.

We're very proud when we can contribute to your well-being. Sometimes it's by providing cosmetic treatments that work with what you've got to help you change what you can. Other times it's by providing quality care to achieve and maintain your healthiest smile. Make regular visits part of your self-esteem regime!

3 KISSES For You Keep it simple, savvy, easy & sassy!

According to *Cornell University* researchers, in addition to all your other daily choices, you make 200+ decisions a day - a minimum of 1,400 a week - just about what food and beverages to put in your mouth! And how about sorting through countless toothpastes, mouthrinses, and other oral care products on the market? We'd like to uncomplicate at least one part of your life. Here are three amazing smile sparklers. If you can't settle on only one, consider all three!

Teeth whitening picks up your smile power by removing even the most stubborn stains caused by tobacco, tea, coffee, wine ... or time.

White fillings made from long-lasting easy-care materials matched to your own enamel color will restore your smile to its original immaculate condition, so no one will guess you've ever had a cavity!

Veneers are thin individually sculpted concealers that are applied to the surface of your own enamel.

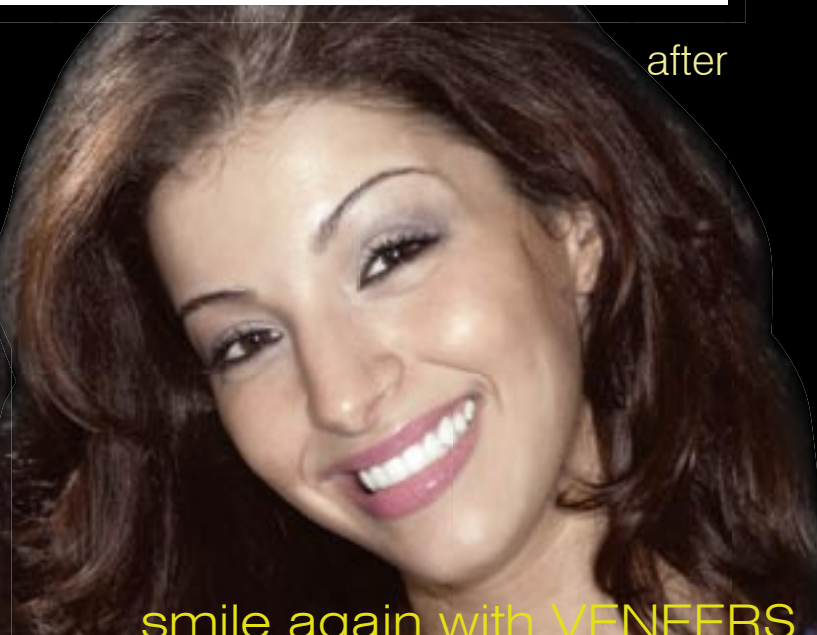
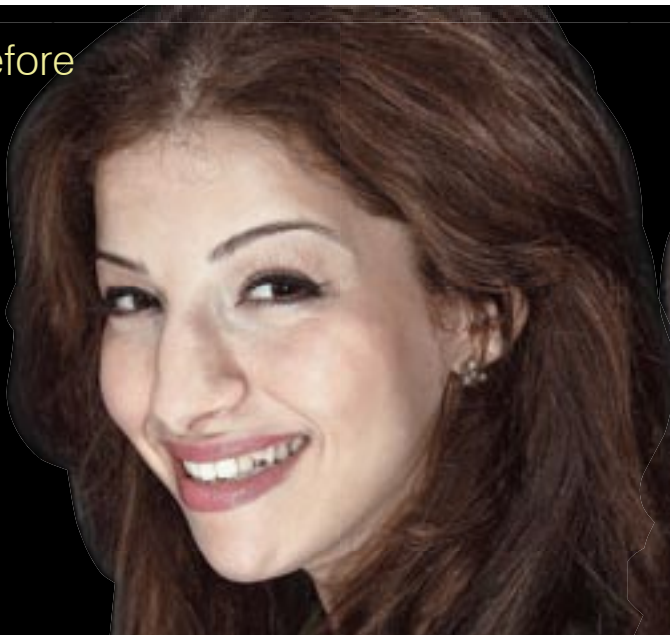
There's nothing superficial about the results though, thanks to sophisticated materials that are strong and require no special care. Veneers are an excellent choice to mask...

- chipped, cracked, or worn teeth
- unattractive gaps
- minor twists and overlaps
- even the darkest stains
- misshaped teeth.

Still can't decide? Keep it simple and give us a call. We'll work with you to help eliminate the guesswork!

before

after



smile again with VENEERS

Your Smile. YOUR WAY.

Planning the future of your smile

We follow the golden rule: we treat our patients the way we would like to be treated. It's important to us to provide you with real information, explain our recommendations, and give you time to absorb them. We understand that just as milestones like marriage, graduations, and retirement involve planning, ensuring your smile will last through your lifetime takes some forethought too. That's where we would like to help you.

For example, some restorative solutions are so beautiful that you may believe they are only cosmetic. Yet many metal-free restorations made of white composite, porcelain, cast glass, or resin that are matched to your enamel were actually created to save your smile, not just dress it up.

Consider...

When your tooth is too damaged for a simple filling, *inlays* (which fill the cavity) or *onlays* (which also covers it) can be an excellent solution.

A *crown* can be used to cap your entire tooth to provide improved shape and strength. One or more can also be attached to a *bridge* when several teeth are missing.

A crown can also be placed on top of a permanently implanted artificial root made of biocompatible metal. These *dental implants* can also be used to anchor a bridge or a denture for greater stability.

Still have questions about your best smile-saving options? We will always be happy to answer them for you. Call us today!



Crowns

Keep Up The Pace!

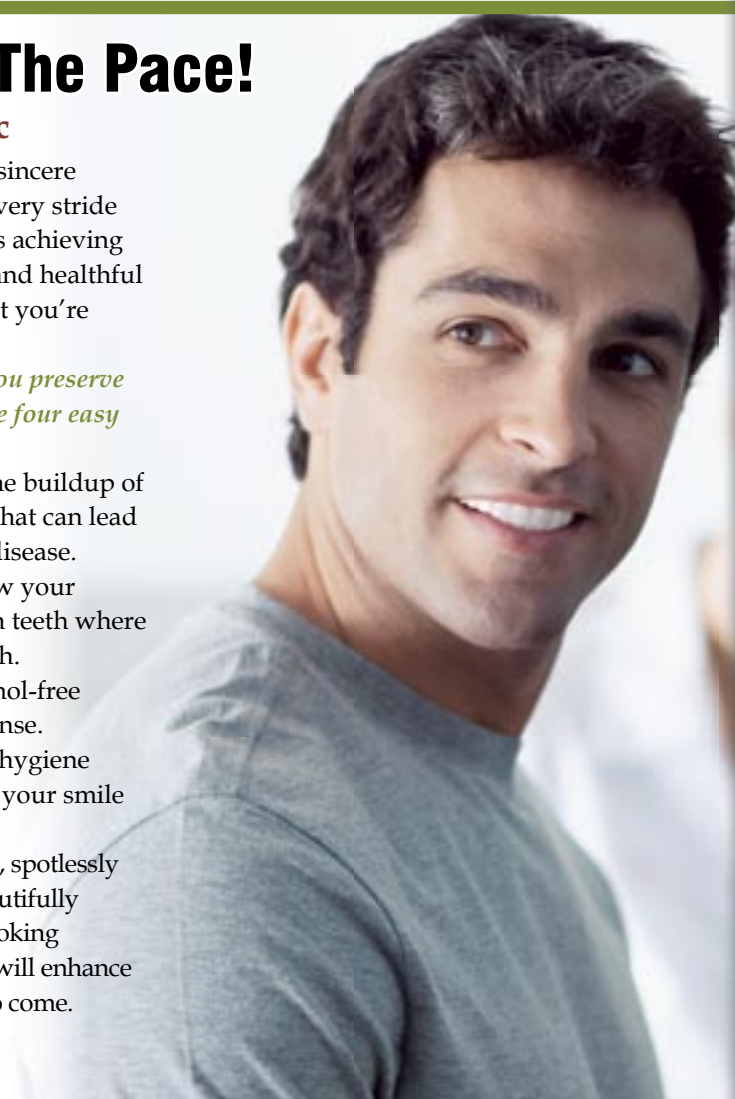
You look terrific

Please accept our sincere congratulations for every stride you've made towards achieving your most beautiful and healthful smile. We can see that you're pleased - it shows!

We'd like to see you preserve that sparkle! Here are four easy steps to success...

1. Brush to prevent the buildup of the bacterial biofilm that can lead to cavities and gum disease.
2. Floss to reach below your gumline and between teeth where your brush can't reach.
3. Rinse with an alcohol-free antibacterial mouthrinse.
4. Keep your regular hygiene visits so we can keep your smile clean and fresh.

Pink healthy gums, spotlessly clean enamel, and beautifully maintained natural-looking cosmetic restorations will enhance your smile for years to come.



It's Called WHAT?

Find out if you do it

Bruxism, the often unconscious habit of clenching and grinding your teeth, can run in families. Stress is the most frequent cause. Some children grind, but it is most common in 20-40 year olds. Three times as many women do it, yet it has also been linked with apnea - multiple cessation of breathing through the night - which is more common in men. Male or female, whatever your age, bruxism can damage your teeth and dental restorations and cause jaw and facial pain and headaches.

We can check you for...

- signs of bruxism
- problems with your bite
- the need for a custom nightguard or splint.

Your doctor can recommend...

- stress counseling
- exercise &/or physiotherapy
- medication.

You can try to...

- change sleep positions
- avoid alcohol and caffeine
- refrain from chewing on pens, pencils, gum, and fingernails.



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You Are What You Eat From your gums to your feet

According to a recent poll, 75% of periodontists recommend their patients consume more vitamin C for the health of their gum tissues and more calcium for bone health. Research has proven that people who consume insufficient amounts have higher rates of periodontal disease. Many periodontists recommend supplements to boost intake.

Happily, their advice seems to be working. In a separate poll of consumers, nearly 57% said they've improved their diet to improve periodontal health. Some foods have an adverse effect on your gums. The top culprit? Popcorn! Husks can get caught between teeth and gums, causing infection. But don't shun popcorn ... just rinse, brush, and floss after the movie!



office information

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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Helping to keep smiles healthy for a lifetime

www.dumontdentist.com



Welcome *Emily Joy!*

Dr. Schneider is happy to introduce to you his newest granddaughter.

Emily was born on July 11th weighing in at 8 lbs.
 Big Brother Jeremy is very proud of his little sister!

Referral Reminder

You can still enter The Great Raffle Giveaway!

You could win a NEW Apple iPad®2 and you don't have to work hard to get it!
Simply refer a friend today for your chance to enter the raffle!

In fact, refer family, neighbors, and the people you work with! The more the merrier – and the more you refer – the more raffle entries you'll earn! Plus, each referral you send us you will get a gift card.

For each patient you refer to our office you'll receive a raffle entry. The more you refer, the greater your chance of being selected from the raffle entries! Our lucky winner will be celebrating with a brand new iPad®2!

If you are our patient-of-record and over age 18, you can start earning points right away! Stay tuned for the announcement!