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Produced to improve your dental health and awareness

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from the dentists

It's Paid For Why aren't you using it?

It surprises me how many patients miss their dental appointments when they have insurance coverage. If you've missed your scheduled date because you've been busy with life (as we all get), you're losing hundreds of dollars in treatment each year. And, without treatment, deterioration of your teeth and gums will take a toll – and not just on your bank account but – on your overall health too.

Please don't lose ground... Call now to book your family's recall appointments before the end of the year (when most plans "renew" themselves and unused funds for the year disappear). We can also check your coverage to make certain you make the most of it, and we can even help you plan for next year to make sure you get the care you need and want.

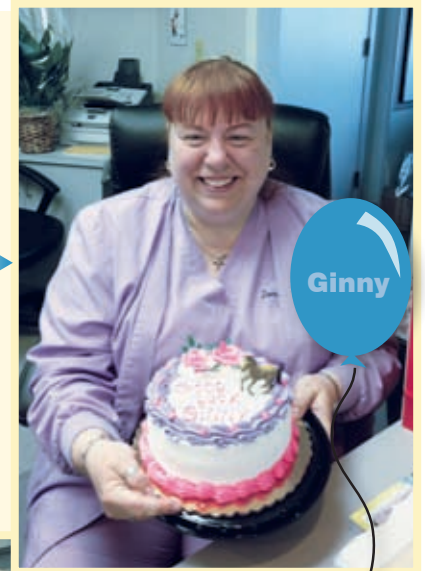
Yours in good dental health,
Dr. Herbert Schneider
& Dr. Rachel Jacobs

We Take The Cake!

If you haven't been into the office lately we wanted to let you all know that Ginny and her family decided to move up state. We would like to extend a very sincere thank you to Ginny for her 15 fun filled years with us. We certainly miss you but wish you and your family well this new endeavor in your lives.

P.S. And thank you for sharing your cake!

Please help us to welcome Lynn. With confidence and a smile, she is determined to take the helm and keep things going smoothly.



Ginny



Lynn

Family fun and cupcakes!



Dr. Schneider's grandchildren love enjoying some cake too!

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



Want Clean Healthy Teeth?

Floss is the boss!

The next time you think, "I'll floss tomorrow," or the kids say, "We promise to floss in the morning," you might want to revisit your oral healthcare strategy.

While brushing removes surface plaque, it misses up to 40% hiding between teeth! This is worrisome because plaque buildup cannot only lead to tooth decay, but also to gum disease which is linked to over 200 other diseases.

Flossing isn't difficult, but kids may need a refresher and seniors who belong to a generation that never learned how to floss might need a lesson. Call today to ensure your family's regular checkups are scheduled, and we'll give everyone a flossing refresher.

**Call TODAY
to book your family's
regular checkups.**

The Top 8 Links...

How poor oral health impacts overall health

At any age, poor oral health can eventually lead to periodontal (gum) disease, a chronic inflammatory disease which has been linked to a long list of inflammatory conditions including...

- diabetes
- heart disease
- stroke
- cancer
- respiratory disease
- Alzheimer's
- rheumatoid arthritis
- osteoporosis.

Approximately 75% of adults have some form of gum disease. Research suggests that it can be transferred to others through saliva, so a simple kiss or just sharing a snack or even blowing on food to cool it down can put children and couples at risk of transmission. Gum disease is often silent – progressing without symptoms – but warning signs may include swollen, red, or bleeding gums, mouth infections and tenderness, bad breath, and loose teeth. But the good news is that gum disease can almost always be prevented. If it starts, it can be treated, and sometimes even reversed.

It's important for the whole family to commit to a good oral healthcare regimen, including regular dental checkups. Together, we can work to help keep you and your family healthy!

With "know how," a touch of motivation, and a little self-discipline, excellent home care goes a long way to ensure a healthy smile for life.



Safety Is Priceless!

Use custom mouthguards

Play is the new word of the day. Whether you're enjoying family fun time or your favorite sport, just getting out and *playing* should always make you smile. Just make sure you protect that smile with the best mouthguard.

Custom-made personalized mouthguards:

- Offer top-notch protection
- Fit comfortably & stay in place
- Allow you to talk & breathe easily
- Growing jaws & new teeth can be accommodated regularly

Mouthguards protect more than just the teeth and face. There is also evidence that they reduce the incidence and severity of concussions. Everyone, including grownups, should wear a mouthguard during activities that put them at risk for injury, for example, hockey, football, basketball, and even mountain biking.

Like any sports gear, a mouthguard will wear out. Bring yours along to every checkup to confirm that it's providing optimum protection.



Combat Sugar Cravings...

FOLLOW THESE 3 TIPS!

If you think your family has "sugar on the brain," you would be right. The brain uses nearly 80% of your daily sugar intake. It's programmed to crave sugar's energy-rich sweetness, and it sends out a nice pleasurable sensation when satisfied. How do you control sugar intake? **TRY THESE 3 TIPS!**

- 1 Keep blood-sugar levels steady. Eat 3 meals and 2 snacks daily.
- 2 Keep mind and body occupied. Enjoy physical activities away from the cookie jar.
- 3 Refuel the reserves. Get enough sleep and daily nutrients to fight fatigue-induced cravings.

Sugar-related obesity and type-2 diabetes are on the rise, and sugar can cause irreversible damage to teeth and gums, along with hours of missed school and work due to discomfort and the need for repair. For a healthy future, use sugar sparingly, and always brush and floss afterward.

Smile Whitening 101

Answers to the most frequently asked questions

Everyone wants a healthy white smile, but how do you decide which treatment is best for you?

Q. What's the difference between dentist-supervised whitening and drugstore kits?

A. Dentist-prescribed home systems and in-office treatments are customized to your unique needs.

We can determine the most effective whitening procedure for you based on the type and extent of the staining and the location and number of restorations you have.

Q. Will whitening brighten my restorations too?

A. No, but let's discuss options so that older restorations don't sabotage your new bright smile.

Q. At what age is it safe to start whitening?

A. Sensitive pulp is closer to the surface in younger teeth, so age 18 is usually considered the youngest age to avoid irritation. Our guidance is important!

Q. What options do I have if I need to repair damaged or discolored teeth?

A. There are many ways to repair teeth, and even improve their shape, while making them look whiter. Beautiful white bonding or porcelain veneers can correct damage and imperfections, and old silver-colored fillings can be replaced by attractive tooth-colored ones.

If you want a bright dazzling smile, there are many options to suit your needs and budget! Ask us about them!



Referral Rewards

Your personal recommendations can directly influence the decisions made by family, friends, and acquaintances to a far greater degree than any advertising campaign. It is an incredible compliment to know that you trust us enough to provide referrals to our practice.

In appreciation of your generous referral, you will receive one entry for each person you refer who becomes a patient of record.



Joe won a portable gas grill

Congratulations to our most recent referral winners! We sincerely thank you for ongoing loyalty and support!



Caryn won a Kindle Fire HD



Thirty seven teeth from the same kid? We've been had.

Keep providing your referrals for a chance to win a Nintendo® Wii™.

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

Contact Information

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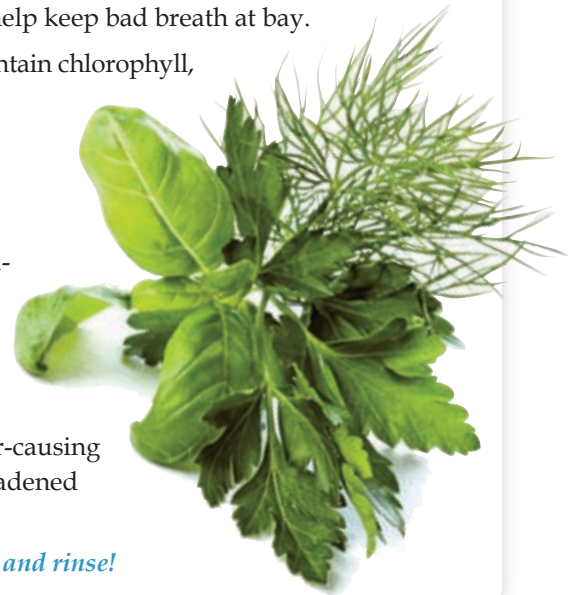
Helping to keep smiles healthy for a lifetime
www.dumontdentist.com



Eliminate Bad Breath

Quick! Anybody got a cucumber? Apparently, holding a slice between your tongue and the roof of your mouth for about 90 seconds helps minimize oral malodor. Fresh out of cukes? No worries... Whether you're eating out or dining in, here are a few hints to help keep bad breath at bay.

- Dill, parsley, basil, and cilantro contain chlorophyll, a natural breath freshener.
- Cardamom seeds contain cineole, a bacteria-killing antiseptic.
- Coriander, spearmint, tarragon, eucalyptus, and rosemary are all bad-breath fighters.
- Crunchy fruit and vegetables, such as apples, carrots, celery and, yes, cucumbers, boost saliva production which washes away odor-causing bacteria and helps remove bacteria-laden plaque on teeth and gums.



But you still have to brush, floss, and rinse!