

# Smile Designs

with Dr. Herbert Schneider  
& Dr. Rachel Jacobs

Spring 2010

## Smile More...

### Vitamins for your teeth... And gums

Certain vitamins can help your teeth build up resistance to fight off dental disease and improve your oral health.

■ Vitamin C is important for healthy gums. Without it your gums become more vulnerable to infection, bleeding, and gum disease. A vitamin C deficiency makes whatever gum problem you have much worse. If you have periodontal disease, a lack of vitamin C increases bleeding and swelling and accelerates destructive effects.

*Your body needs vitamins to put up a good fight against all kinds of diseases. Your mouth is no exception. Make sure a good diet or vitamin supplements are part of your oral hygiene regimen.*

■ Vitamin A is also a gum helper.

Without it, gum infections don't heal as fast and calculus tends to form more quickly under the gums. Lack of vitamin A is also associated with abnormal bone and tooth formation.

■ B complex vitamins are also a big player in fighting gum disease.

B vitamin deficiencies can make gingivitis more severe and cause sores in the gums, tongue and other soft tissues in the mouth.



*We're in your neighborhood!*



**Call Today!**  
**(201) 385-5538**

Visit our website at  
[www.dumontdentist.com](http://www.dumontdentist.com)

**Dr. Herbert Schneider**  
**Dr. Rachel Jacobs**  
55 Grant Ave  
Dumont, NJ 07628-1624

#### 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

#### Our Services Include:

- Cosmetic Dentistry
- Family Dentistry
- Tooth Whitening
- Tooth-colored Fillings
- Crowns & Bridges
- Bonding & Veneers
- Dental Implants
- Children of all ages welcome
- Relaxing & friendly environment
- Laser dentistry
- Evening appointments
- Payment plans available

*Good News!*

We have flexible payment plans available to help you achieve your goals ... talk to us today about your options!

**We Welcome New Smiles!**

*If you presently have a dentist you are happy with, please consider this information helpful and pass it along to family or a friend. If you are looking for a dentist, please think of us.*

# What's That About Implants?

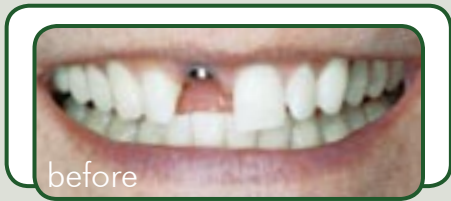
You say they're amazing? So do we!

The Peruvian government launched a national campaign to promote dental health – and improve hearing health. Why? The total or partial lack of teeth may cause progressive hearing loss over time, affecting self-worth as well as social and emotional relationships. Even without possible auditory complications, there's no question that tooth loss can negatively affect your health and self-confidence.

If you have been afflicted by tooth loss, perhaps it's time to consider permanent dental implants which can be used to...

- replace teeth lost by decay, gum disease, or trauma;
- secure and prevent slipping of removable dentures and bridges;
- improve appearance and function by preventing drifting teeth, gaps, and a sunken aged look.

Our dental team will be happy to explain the process further and answer any implant questions you might have. Call us today!



## Equal But Different Oral cancer

More men still get oral cancer than women, but women are catching up. Smoking cessation has major and immediate health benefits for men and women of all ages, yet according to some research it appears that men and women may need different strategies to quit.

When men quit smoking, the most prominent symptom of withdrawal is biological craving, so just time or use of the patch or other weaning methods can be helpful. Some women are more likely to use cigarettes to manage moods, deal with stress, and control weight. A successful cessation program needs to incorporate these social motivators.

Quitting smoking or giving up smokeless tobacco is really worth the effort. You can reduce your risk for oral cancer, cavities, gum disease, and tooth loss, as well as lung and heart diseases.

# The Heart Of The Matter

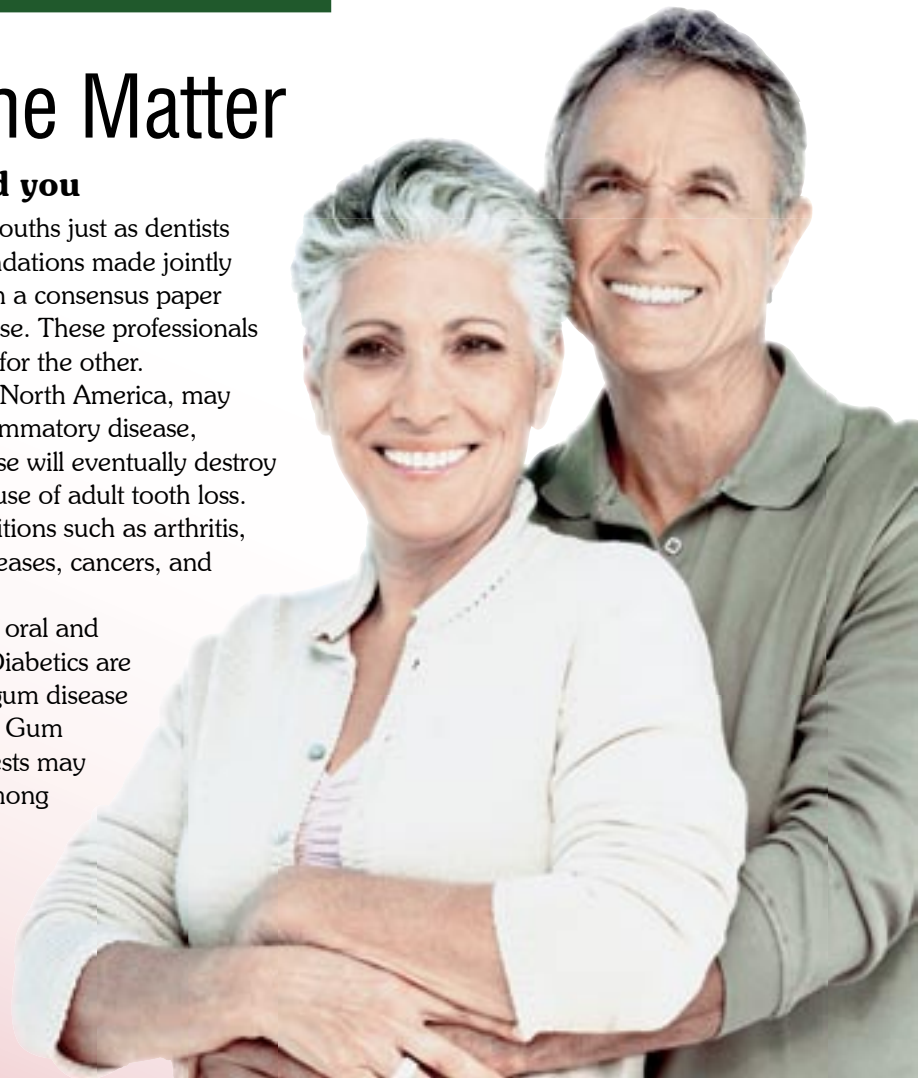
## Some mouth-body links might astound you

Soon cardiologists may routinely examine patients' mouths just as dentists ask about heart health. This is the outcome of recommendations made jointly by leaders in both periodontal dentistry and cardiology in a consensus paper on the relationship between heart disease and gum disease. These professionals believe that managing one disease may reduce your risk for the other.

Cardiovascular disease, the leading cause of death in North America, may be linked to progressive gum disease, also a chronic inflammatory disease, which affects about 75% of adults. Untreated, gum disease will eventually destroy supporting jawbone and ligaments, and it's the major cause of adult tooth loss. In addition to cardiovascular diseases, it may affect conditions such as arthritis, osteoporosis, complications of pregnancy, respiratory diseases, cancers, and diabetes which is considered epidemic.

Diabetes raises more fascinating questions about how oral and overall bodily processes may interact with one another. Diabetics are more likely to have gum disease than most people, and gum disease makes it more difficult to control their blood-sugar levels. Gum disease can lead to tooth loss which some research suggests may lead to hearing loss, which is about twice as prevalent among diabetics as the general population.

Not all the answers are in, but time is on your side. Research can lead to solutions ... and most forms of gum disease progress slowly. With regular checkups, and good home care, dentistry can help you maintain your oral health – and overall health.





# Dream Or Reality?

## How to stay happy, healthy, and smiling

Being outgoing and feeling youthful are linked to better health and a longer life. They can increase optimism and motivation to overcome challenges... which helps reduce stress and boost your immune system ... which ultimately lowers your risk of disease. Healthy teeth and gums that let you eat the wholesome nutritious food you need, and a warm attractive smile that reaches out to others, could be important parts of your long and happy life.

A healthy mouth can also open the door to smile boosters you may have only been able to dream about...

- Whiten discolored teeth professionally to lighten stains and brighten smiles.
- Camouflage chipped or cracked teeth.
- Recontour your gumline if you're self-conscious because you have an uneven gumline, your teeth look too short, or because too much of your gums show when you smile.
- Fill gaps in your smile with techniques that range from veneers to crowns, bridges, and implants.

Cosmetic dentistry does more than boost your smile power. By restoring and maintaining function, it can help your smile stay bright and healthy. The perfect recipe for a lifetime of optimism and self-confidence!

Call today! We want to help make your dream a reality!



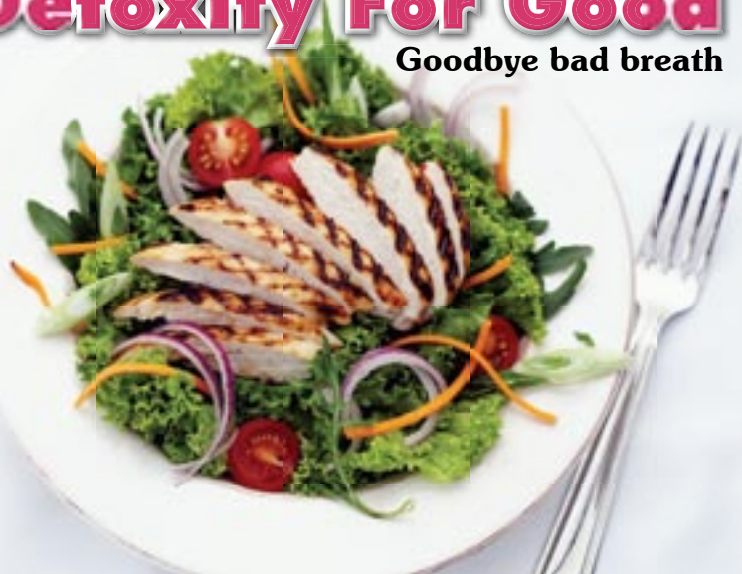
Before



After

## Detoxify For Good

Goodbye bad breath



Some foods are obviously not for dates or important business luncheons. Who wants to struggle in a skirmish with a plate of spaghetti or risk a tummy-burbling bowl of fiery chili beans? But there are quieter sneakier hazards. Even seemingly safe salads can be loaded with tiny toxic bits of spice, garlic, and onion. That's when you need a smelly food quick-fix.

Lemons, cinnamon sticks, parsley, mint sprigs, and other green garnishes are great emergency deodorizers, but their effects won't last, especially if your bad breath is chronic.

Brushing your teeth, gums, and tongue can help fight bad breath ... but go the extra distance! Dentistry can help you with effective treatment plus brushes, toothpastes, tongue scrapers, antibacterial agents, and mouthrinses designed to vanquish your bad breath – at home, work, and play!

# Fight That Cold

## With a new brush

We recommend our patients change their toothbrushes every three months, with the seasons, and even sooner if you've recently had an infection such as sinusitis, pneumonia, or upset stomach. A study demonstrated that these bacteria can stay on the toothbrush, and remain there for up to a month!

Make sure to buy a soft-bristled replacement toothbrush with round-ended bristles which are easier on your enamel and gums. Hard, worn, or frayed bristles can actually damage your gum tissue. Powered toothbrushes are more effective at removing plaque, and are ideal for people with arthritis or other health conditions.

We already know that regularly replacing your toothbrush is good for the health of your teeth and gums - fighting infection is just one more reason to invest in a new toothbrush!

### New Patient Special!

Reg.  
\$270

INCLUDES:

• **Complete dental cleaning**

- gentle ultrasonic cleaning
- polishing for a brighter smile

- Exam plus consultation
- Four digital x-rays

NOW  
**\$49**

Offer ends: May 31st, 2010

**(201) 385-5538**



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## Dear Neighbor, Give Yourself A Perfect Smile!

One of the biggest joys we have is having a patient give us a big ear-to-ear smile as they leave our office when their treatment is complete. Not only does this smile tell me we've done an excellent job and have met our patients' expectations, it tells us that our patients feel good about their smile ... and that is crucially important.

Having confidence in your smile can have tremendous impact on your relationships, and even on your career success. Here are just a few smile imperfections that we have corrected for our patients. Take a moment to review the list and see if there is anything on it that you can relate to.

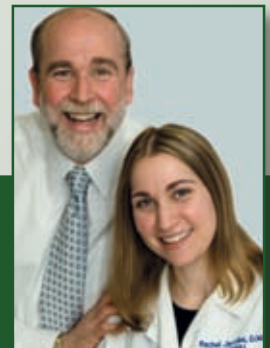
- crooked, misaligned teeth
- gaps due to missing or widely spaced teeth
- chipped or cracked enamel
- protruding or recessed dentition
- short or small square teeth
- uneven gumlines
- discolored enamel
- unsightly fillings
- puffy, red gums that often bleed when brushing or flossing
- conspicuous, ill-fitting restorations

Did you find your smile in the list?

If so, give us a call!

*Yours in good dental health,*

*Drs. Herbert Schneider & Rachel Jacobs*



*We welcome you to come for an introductory visit and consultation with Dr. Herbert Schneider and Dr. Rachel Jacobs. See our special to the left, and call today!*



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