

# Smile Designs

with Dr. Herbert Schneider &  
Dr. Rachel Jacobs



Produced to improve your dental health and awareness

Spring 2011

This is  
for you!  
A MUST  
READ!

## New Advanced Procedure Now Available!

### Gentle and non invasive for you

This past January, I ventured to Irvine, California to attend the *Masters Course in Advanced Laser Assisted Periodontics*. Through this program, I learned about the latest research and advances in laser technology, right from the leaders in this field. At the same time that I was working on this education, I also earned my *Mastership Certification* from the *World Clinical Laser Institute (WCLI)*. So, what does all this have to do with you? My additional training allows me to better provide you with advanced, patient-friendly laser treatments, like the *Modified Annapolis Method*.

The Modified Annapolis Method is a more conservative, gentler way to treat gum disease. By using the *Waterlase® MD*, I can provide treatment for gum issues, without invasive surgery. The Annapolis Method is a means of:

- correcting gum disease without the use of a scalpel;
- killing bacteria and biofilm (the bad stuff that causes gum disease and tooth decay);
- helping to reattach the gum tissue to root surfaces, eliminating plaque-filled pockets;
- stimulating jawbone regrowth, ensuring teeth are firmly rooted;
- preventing post-operative root sensitivity.

I am committed to providing you with the most comfortable, efficient, and effective dental treatments I can. Through my advanced laser training, I am very proud to be able to offer you the gentle, non-invasive option of Modified Annapolis Method periodontal care. Please feel free to ask if this could work for you.

# Did you know?

**We offer 50% OFF Any  
Teeth Whitening Procedure!**

**Call today to take advantage  
of this special offer.**

**Expires: June 30th, 2011**

**Picture Perfect! Naomi's white smile dazzled  
guests at her April 3rd wedding ... and yours  
can too! Proud father is Dr. Schneider and  
proud sister is Dr. Jacobs**



*Thank you for all your referrals. We appreciate them!*

# Don't Be So Sensitive!

## Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

### What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

## That Jarring Jawbone!

### Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce  
the power  
of your  
smile

## PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

# 3 Ways To Age Your Smile

## Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

**FIRST Receding gums.** When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

**SECOND Root cavities.** Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

**THIRD Tooth sensitivity.** Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



## IN PRAISE OF Olive Oil

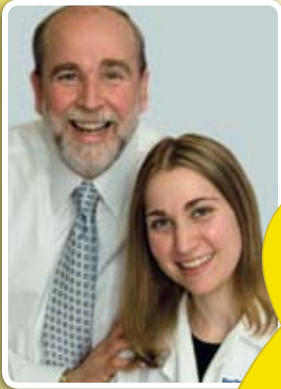
### Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!





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 PNP 14304



## We Should All Feel Proud!

Remember back in November when we invited all the ghosts and the ghouls to come to the office to sell us their Halloween candy? All the candy that we had collected was donated to Operation Gratitude which shipped the goodies to our troops overseas.

### A First Lieutenant wrote:

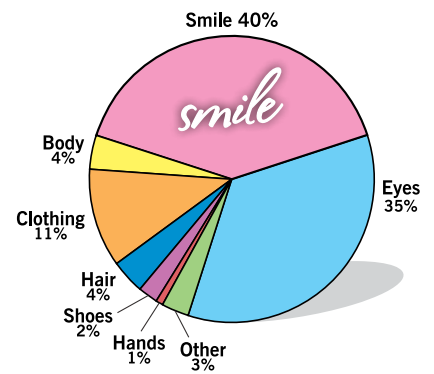
*"The care package you sent brought tears to my eyes. Not only did it have wonderful goodies, but it had the spirit of America in it. It gave me a reason to be here and a motivation to help me carry on with my head held high. Thank you...god bless America and god bless you."*

What a big difference a small gift can make!

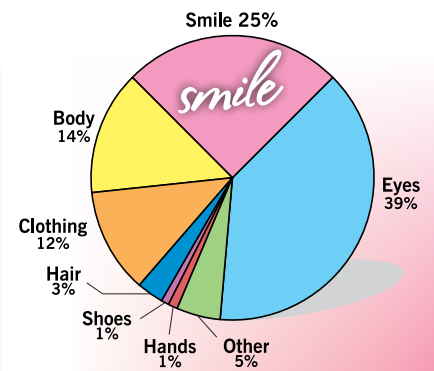
## What We Notice First

You may not realize it, but your smile is one of the first things people notice about you!

Source: Baluke Dental Studios



### What WOMEN notice first



### What MEN notice first

office information

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Helping to keep smiles healthy for a lifetime

[www.dumontdentist.com](http://www.dumontdentist.com)

### 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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