

Smile Designs

with Dr. Herbert Schneider &
Dr. Rachel Jacobs



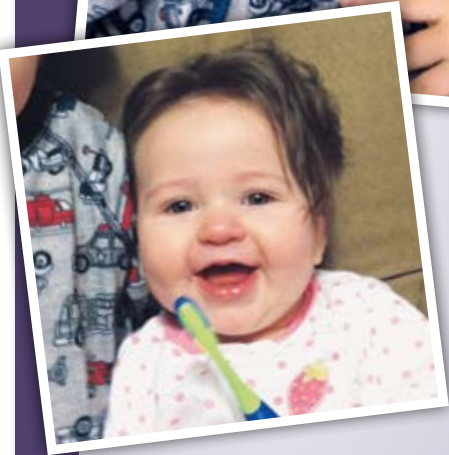
Produced to improve your dental health and awareness

Winter 2012

from the dentist

Bedtime Brushing!

Remember it is important to brush your teeth at least twice a day and to floss at least once a day!



Dr. Schneider's grandson, Jeremy loves to brush his teeth!

Emily wants to be just like her older brother and is practicing to brush her teeth, once she has some.

Proud To Provide You With Only The Best!

Because YOUR COMFORT is of utmost importance

We pride ourselves in our futuristic approach to dentistry and continuously strive to be one of the most technologically advanced offices in our state and beyond. Here are some examples of our leading-edge dental technologies, designed to provide you with an exceptionally high quality of dental care.

Laser Technology:

We have had countless successes with our original laser and so have acquired two more of the latest most advanced lasers to improve your comfort and convenience. It is amazing all the procedures that can now be done with a laser including...

- clean your cavities with no need for injections or the use of a drill
- non-surgical, no-stitches treatment for gum disease with only a topical anesthesia
- pain relief for jaw joint pain sufferers.

Digital x-rays:

Our office has been recognized for excellence and has been chosen as a testing set in the development of new products. Our input has been invaluable in creating new intra-oral cameras and software for computerized digital x-rays. Digital x-rays can show you hidden problems:

- with up to 94% less radiation than traditional x-rays
- with no chemicals or film so they are safer for people and the environment.
- instant images with no waiting.

Computerized Patient

Education System: With this innovative system we can show you from start to finish what a procedure is all about so that you will have all of the knowledge to make a clear decision.



Thank you for all your referrals. We appreciate them!

A Face-Saving Option

Consider permanent dental implants

Let's face it – all mature adults experience the effects of gravity and a life well-lived on their appearance. Though when teeth are missing, the bite and facial structure can alter, exaggerating signs of normal ageing and creating a sunken aged appearance. You may be surprised to learn that dental implants, which were invented as a permanent way to replace teeth and to avoid bone loss, actually have a cosmetic benefit and can even prevent the need for a surgical facelift.

Implants have two parts: a root made of biocompatible metal and a custom-made enamel tooth crown which is attached to it. Here's how they can help save your oral health and appearance...

- Immediate placement after tooth loss can save supporting bone, adjacent teeth, and your great looking smile.
- Implants can be an attractive alternative to a denture or bridge.
- An implant-supported bridge can be used when more than one tooth is missing to provide greater stability and save underlying bone.
- An implant-supported denture can solve the problems of eating, speaking, and socializing associated with wobbly fitting dentures and permanently removes the need for adhesives.

We are committed to helping you prevent tooth loss, but when the need arises, we'll be happy to discuss whether implants are a suitable option for you. Not only can they save your looks – they look and feel natural too!

Let us lift your smile & your confidence!

Go Ahead! *Add an onion!*

From time immemorial, onions have been used as a food remedy for a myriad of health issues. Why? Raw or cooked, onions have anti-inflammatory, anticholesterol, anticancer, and antioxidant properties which may help with many diseases such as diabetes, osteoporosis, and high blood pressure. It might surprise you to learn that onions are one of the best foods for your smile too!

Because they contain an antibacterial compound that kills many types of oral bacteria, onions can help diminish the severity of gingivitis and periodontitis (gum diseases). Eating them raw produces the maximum benefit.

On the nutritional front, onions contain numerous vitamins and minerals... and on top of all that, they're inexpensive and delicious! Worried about onions on your breath? Fresh parsley will do the trick!





Tattoo Who? No worries!

Tattooing, though ancient, has really caught on with people who admire the tribal esthetic. Interestingly, in addition to the body, some nations to this day deliberately tattoo the *gingivae*, or gums. Motives vary: appearance, superstition, and occasionally as a folk remedy. An amalgam tattoo, though inadvertent, is also a real thing.

Sometimes a small area of blue-gray-black, which looks much like a tattoo, can appear on the tongue, cheek, roof of the mouth, gums, or lips. It is usually caused by tiny amalgam particles when you get or remove a silver filling, and sometimes can form over time when a filling rubs oral tissue while talking or eating.

Amalgam tattoos are nothing to worry about – most people never realize they have one. But if you do, we'll be happy to take a look.

Straight To The Point

Use what you know to fight gum disease

Your immune system's killer cells, known as T cells, rely on vitamin D to recognize and respond to a threat from an infection like gum disease. That's a new discovery. Made by your own body through exposure to sunlight, Vitamin D can also be found in fish liver oil, eggs, and fatty fish such as salmon, herring, and mackerel, or taken as a daily supplement. *Good to know.*

Just as plaque, the bacterial biofilm you can feel on your teeth can lead to infection and inflammation if not controlled, other types of biofilms can cause disease elsewhere in your body – the middle ear and gastrointestinal tract are examples. Insight into how gum diseases trigger your immune system and link to inflammatory diseases like heart and stroke, diabetes, cancers, arthritis,

Alzheimer's, and complications of pregnancy, could further science's understanding of other biofilm-associated diseases. *Inspiring.*

Finding a cure is complex. Nearly one third of the human genome is involved in gingivitis alone, and that's the mildest form of gum disease. Plus, advances in molecular techniques suggest that human microbial systems are more uniquely individual than previously understood. *Fascinating challenge.*

Intriguing stuff, but sticking to the basics is still your best hope. Brush and floss daily to keep plaque from building up and hardening into tartar, and keep your regular hygiene appointments to prevent or reverse gum disease. *Straightforward and effective.*

When ISN'T Candy Dandy?

When it's really something else!

Tobacco candies come in the form of dissolvable, flavored, candy-like pellets, sticks, and strips. They are designed to give adults a smokeless way to get nicotine into their system. Trouble is, they look and taste just like regular candy, especially to children.

They can also contain a greater proportion of free nicotine which is more quickly absorbed into the bloodstream than is usual for other tobacco products. This could make them more toxic to a child than cigarettes or smokeless tobacco when accidentally ingested. For a small child or infant, it only takes one milligram of nicotine to cause illness. Larger doses can be fatal.

We support your efforts to quit tobacco and to avoid the perils of secondhand smoke – it's essential to your health and others. But please keep cessation aids out of children's reach.



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Devastating Root Decay

Most people over 50 should be concerned with tooth-root decay associated with receding gums. This is not unexpected since many older adults did not have access to fluoride or preventive dental care in their youth. Even so, we are seeing an alarming number of younger adult patients with root cavities.

One of the most respected dental researchers in the world said that once you get a cavity on the root surface, it's just

like the beginning of the end of your tooth. Since all adults are susceptible, it is critical to understand that fluoride can help control gum disease and gum recession, and decrease accompanying tooth sensitivity.

Whether you are experiencing root cavities or wish to prevent them, we would be pleased to recommend fluoride options including products for home use.

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

Office (201) 385-5538
 Fax (201) 385-9808

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Helping to keep smiles healthy for a lifetime

www.dumontdentist.com



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! So refer a friend today to be entered into our next drawing on April 15th, 2012.



Our most recent winner in the referral contest is MARSHA, who won an iPad2 simply by referring a friend to the office!