



# SMILE DESIGNS

*with Dr. Herbert Schneider & Dr. Rachel Jacobs*

Produced to improve your dental health and awareness

Summer 2013

## *Making Connections*

**With our wonderful kids!**

Our doctors and professional team are proud to give back to our communities by volunteering their time in our local schools. Recently Dr. Rachel Jacobs spoke to over 800 children in the towns of Teaneck, Dumont, New Milford, Bergenfield, Paramus and Tenafly at public, private, and parochial schools.

When we go to these schools we emphasize how important it is to keep you teeth clean, how to brush

your teeth properly, and why you should visit the dentist twice a year. We also teach the kids about their general health, for example how essential it is to eat healthy foods.

It's important for parents to establish rigorous at home dental health care routines for their children and to lead by example. If your children see you brushing and flossing every morning and night, it will become just as routine to them as it is to you.

Preventive care – for a lifetime of healthy teeth – starts at home ... and it starts early!



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



## Cultivate A Calmer You Garden away stress!

Stress is incredibly harmful to the mind and body ... and the mouth. It can manifest in teeth clenching and grinding, and can lead to *Temporomandibular Joint Disorder* (TMD), an inflammation in the jaw joint. It affects up to 30 million North Americans – the majority of which are women – and can lead to:

- earaches
- headaches
- jaw pain
- tooth damage
- gum trauma and disease.

Why not try gardening for effective stress relief? Fresh air, exercise, communing with nature, and creating something beautiful all work together to ease your troubled mind and lower your body's cortisol (stress hormone) levels.

If gardening doesn't pique your interest, simply choose another hobby that will de-stress and delight you regularly!



## Precision Gum Sculpting

**For the perfectly proportioned smile!**

When you look in the mirror, do you see a pleasing well-proportioned toothy grin, or are your gums monopolizing your smile? No matter where you are in life, a beautiful confident smile can transform the way you address the world and the way it addresses you.

The perfect proportion of pink well-cared-for gums will always make you look healthier and more youthful. Gum sculpting is a fast and effective procedure that can improve your smile by:

- giving an irregularly shaped gumline a more pleasing uniform look
- making short teeth look longer and perfectly proportioned in your mouth
- giving you the confidence to flash a bold toothy grin that lights up a room!

Gum sculpting can be performed on a single tooth, or on a number of teeth, and is usually done in a single visit. For a complete smile makeover, consider a tooth whitening procedure to highlight your new smile. A quick fix with bonding may correct damaged, misshapen, or poorly spaced teeth.

No more closed-lipped grins for you! We will help you achieve that beautiful, bold, confident smile of your dreams! Call us.

## Do You ♥ Sugary Drinks?

**Hmm... Maybe not so much...**

Statistics show that 50% of us have a sugary drink every day. That's pretty scary considering that a new study suggests that drinking as little as *one* sugary drink per day – a soda or sweetened juice – could raise a man's risk for heart disease by 20%. An earlier study showed similar results for women. Further research is underway, but for now, the *American Heart Association* recommends drinking fewer than the equivalent of 3 cans of soda per week.

We know that sugar isn't healthy for our bodies, and from a dental perspective, that it causes painful irreversible damage to teeth and can lead to gum disease which has been linked to heart disease. Good oral health care – including brushing, flossing, and regular dental visits – is essential to ensuring a healthy body as well as a gorgeous smile!

# Need A Smile Recharge?

Take a quick self-assessment quiz!

Smiling is a natural and effortless way to make yourself, and others, feel great. Your brain gets an instant mood lift when you smile, and it's boosted even more when people smile back ... so everyone wins when you grin! But what if you're not proud of your smile and always try to hide it? You may be missing out on things that life has to offer. Take our self-assessment quiz – what's your score?

- Is your smile holding you back socially or in your career?
- Do you have crooked, gapped, poorly aligned or missing teeth?
- Are your teeth stained or yellowed?
- Do you have unsightly, dark, or discolored fillings?
- Do you have an ageing worn-down smile?
- Are you embarrassed to smile or lack confidence because of your smile?

If you answered “yes” to even ONE of these questions, you may be ready for a smile re-charge!

Modern dentistry can absolutely transform your smile. From gorgeous whitening, to repairs and enhancements, to replacing missing teeth – there are options to suit all budgets and lifestyles! And don't ignore your molars! All teeth can be seen when you enjoy a good belly-laugh, and who wants to miss out on the fun? Give us a call. We'll get you smiling again!



## A Recipe For Change! **Healthy heart and body**

You've likely heard about the DASH diet (Dietary Approach to Stop Hypertension), designed by the *US National Institutes of Health*. An eating plan rich in fruits, vegetables, low- or non-fat dairy, and low in salt not only can reduce blood pressure, it also lowers the risk for cancer, stroke, heart disease, and diabetes. And it's good for the waistline!

Here's a great recipe to try!

### **PINEAPPLE-PEPPER SALSA**

- 1 cup diced fresh pineapple
  - 1/2 cup chopped red bell pepper
  - 1/4 cup finely chopped red onion
  - 2 tbsp chopped fresh cilantro
  - 1 fresh jalapeno pepper, seeded and finely chopped
  - 1 tsp lime zest
  - 1/4 tsp salt
- Spooning 2-3 tablespoons of salsa over cooked chicken breast adds a fantastic zip!



# In The Spotlight

## Our patient Jim B

For over 20 years, we've had the pleasure of seeing Jim at least a couple of times each year. And it's our privilege to have built a relationship with him that goes beyond doctor-patient - we are extremely proud to call him our friend.

Jim served in the marines 1965-1969 and completed a tour of duty in Vietnam from July 1967-October 1968. He was a radio operator with the 113th Marines 5th 155 Gun Battery 8" platoon. His unit supported and participated in over 10 operations during that period and was awarded the Presidential Unit Citation, Navy Unit Citation, and the Meritorious Unit Citation for its service.

Today, Jim volunteers his time as a tour guide at the New Jersey Vietnam Veterans Memorial and the Vietnam Era Museum & Educational Center, both in Holmdel. He's also a member of the Vietnam Veterans Of America, the Disabled American Veterans organization, and is a life member of Marine Corp League.

We want to thank him for his service to our country and for sharing his smile with us these many years.

As a Radio Operator in Vietnam, Jim's primary role was to provide critical communications to support the command and control of operations.

## Our Thanks To You!

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.

**Congratulations to our most recent referral winner Rebecca H. - who won an iPad!**

We sincerely thank you for ongoing loyalty and support!

**Make sure you are entered for our next great giveaway. Provide your referrals before July 4th and you could win a portable gas grill just in time for the holiday.**



## 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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