



# Louis Siegelman, DDS

## Fall Edition 2016

Produced to improve your dental health and awareness

from the dentist

### Getting It Done! *Fall is the time*


There's a saying that if you want something done, ask a busy person ... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn.

As you create your to-do list, please remember to add...

- Check your remaining insurance benefits & flex-spending account.
- An after-summer checkup after a season of sports drinks, icy treats, and interrupted home care.
- New custom-fitted mouthguards for everyone who is playing contact sports. They are much more effective than off-the-shelf products.
- Thinking about Thanksgiving? Book your teeth whitening appointment now!

Call today to get the time that's most convenient for you. It's the best way to ensure your oral health and your beautiful smile!

*Yours in good dental health,  
Dr. Louis Siegelman*



### Ensuring You Are At *Ease* With IV sedation



Despite the great advances in dental science and technology over the past few years, some patients still feel significant fear and anxiety about going to the dentist. This is why we're pleased to offer sedation dentistry.

Sedation dentistry means you will be sedated, orally or by IV, during your dental treatment. All of your dental treatment is performed while you are in a safe, painless, sedation. The result is that you will feel no anxiety, no fear, and no pain.

And sedation dentistry isn't limited to patients who have dental anxieties: it's perfect for patients who have difficulty sitting for long periods of time, who have uncontrollable gag reflexes, fear of needles or injections, or for those who fear the sounds of dentistry. It can also be a very effective time-management tool for patients who want to consolidate multiple appointments. Don't let time constraints prevent you from receiving proper dental care!

For further information, please give us a call! Sedation dentistry may be just what you need to achieve optimal oral health!

THANK YOU FOR ALL YOUR REFERRALS.  
WE APPRECIATE THEM!



# Caring For Someone With Alzheimer's

There are so many difficulties people face with Alzheimer's disease, not to mention their caregivers, oral hygiene may seem like a trivial issue. Getting a person clean and dressed is hard enough, who has time to worry about a few cavities or slipping dentures? As it turns out, you do. Investing that time can be one of the most important things you do for your loved one.

As the caregiver, you will need to assume increasing responsibility for the patient's dental care. It is extremely important to aggressively pursue oral hygiene to prevent invasive dental procedures later on. Good oral hygiene can also help maintain the person's integrity, appearance and comfort despite the progression of Alzheimer's disease.

Oral hygiene may often be overlooked, but it's a crucial part of keeping Alzheimer's patients as comfortable and healthy as possible. Older people in general tend to have dental problems that cause pain or make it hard to chew, swallow, and speak. As the disease progresses, such problems become even more common when a person forgets how to use a toothbrush or how to keep their dentures clean.

Dental trouble for Alzheimer's patients can actually be dangerous. A patient can easily choke if they can't chew properly or have trouble getting enough nutritious food to eat. They could also suffer excruciating pain from cavities - pain that they might not be able to communicate. If the person wears dentures food may get caught underneath the denture if it doesn't fit properly. Ill fitting dentures can irritate the gums and interfere with chewing. Oral hygiene may often be overlooked, but it's a crucial part of keeping Alzheimer's patients as comfortable and healthy as possible.

Emphasize prevention - take them to see a dentist at least twice a year to be checked for cavities and have a professional cleaning. The hygienist can go over brushing techniques and recommend numerous dental aids that will make home care easier. By preventing tooth decay and gum problems you can avoid pain and infection. Note that many medications cause dry mouth which leads to tooth decay and other dental problems. You should also limit sugary food such as candy, cookies, cakes and soft drinks. If you do give the person something with sugar, encourage the person to brush their teeth or at least rinse their mouth out with water. Seeking professional dental advice can help your loved one maintain a happy smile!



## IT'S PUMPKIN SEASON

I'll let you in on a little secret - fall is my favorite time of the year. I love the cool, crisp fall air which in my mind is the perfect weather. I really enjoy going on long walks while the colorful fall foliage is in full bloom and carving out scary jack-o-lanterns with my son for Halloween. I don't know what comes to your mind when you think of fall but for me "It's Pumpkin Season".

Pumpkin pies, pumpkin spiced-lattes and pumpkin bread are just a few of the delicious things we treat ourselves to during the fall season. The nice part is that eating pumpkin can help you look younger.....It's a great skin treatment! Beta-carotene in pumpkin helps protect us from the sun's wrinkle - causing UV rays, but the pulp also makes a great, all natural face mask that exfoliates and soothes the skin. The zinc in pumpkin seeds is good for acne to help decrease oil production, while the essential fatty acids help with barrier function to increase hydration.

Pumpkin is even good for your hair - Vitamin A (skin healing), C (antioxidant) along with essential fatty acids help increase the moisture of hair and maintain cell turnover of the scalp while healing inflammation. If you have an oily scalp, the zinc in pumpkin helps control the level of sebum/oil the scalp produces.

Enjoy the fall!

*Melissa*

### **Pumpkin is an excellent treatment for all skin types**

#### **Face Mask**

- 1/4 cup pureed pumpkin
- 1/2 tsp turmeric powder
- 1 tsp honey

Mix ingredients together. Apply a thin layer to your skin and rinse off after 5 minutes.

This will moisturize and nourish your skin, leaving it smooth and glowing - Give it a Try!



# Chocolate *The Guilty Pleasure*

Chocolate is one of the nation's most loved treats that millions indulge in everyday for its rich, sweet and delicious taste. For many years, it has gotten a bad reputation as being bad for us, causing weight gain, (due to the high fat/sugar content), acne and diabetes. But the next time you crave a piece of chocolate, you may not have to feel guilty about it as studies have shown it can be part of a healthy diet with potential health benefits.

Chocolate is made from cocoa beans which are believed to contain more than 300 compounds that

are beneficial to our health. They also have flavonoids and flavones which are antioxidants and are known to destroy free radicals (chemicals that can cause damage to our cells, contribute to heart disease, cancer and many other diseases) in the body.

The darker the chocolate, the more flavonoids and flavones it contains. That's why dark chocolate is better for you than milk chocolate, which contains a high sugar content and full-fat cream. Milk chocolate has also been proven to cause cavities and gum disease if consumed in high amounts.

## **The potential benefits of eating dark chocolate may include:**

- Lowering cholesterol levels
- Preventing memory loss
- Reducing the risk of heart disease & stroke

While studies suggest there may be perks to eating dark chocolate, it should be noted that they're not conclusive and research is on-going. So remember, just like anything else, it's best to consume in moderation!

## Satisfy Your Chocolate Sweet Tooth

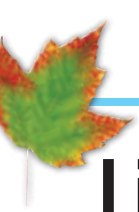
Sticking to just a small amount of chocolate can be tricky for some so my advice is to find lower sugar options that offer something beneficial. Here are some less guilty ways to indulge your chocolate sweet tooth!

- 1. Chocolate Dipped Strawberries** - Try using a semi-sweet or dark chocolate to dip your strawberries in and let them refrigerate until the chocolate coating has hardened.
- 2. Frozen Chocolate Banana** – Peel the banana and cut into two halves and freeze for an hour. Then take it out and roll in melted semi-sweet or dark chocolate and sprinkle nuts or granola. Return back to the freezer until the chocolate is set.
- 3. A Piece of Dark Chocolate** – 70% cocoa, which lacks all the added fat and sugar, and is packed with antioxidants.

- 4. Cafe Mocha** – Sometimes just a nice cup of coffee can help satisfy that chocolate craving. Sprinkle some cocoa powder for some chocolate flavor.
- 5. Trail Mix with Dark Chocolate** – A small serving of a healthy mix of nuts and some dark chocolate pieces makes a great snack.
- 6. Baked Apple** – Stuff the apple with nuts and drizzle a little semi-sweet or dark chocolate on top.
- 7. Chocolate Covered Pretzels** – A little bit of a salty and sweet combo can be delicious! Dip the pretzels in semi-sweet chocolate and place in the refrigerator till chocolate is hardened!

There are so many ways one can satisfy that chocolate sweet tooth. Just have fun and be creative!





# Like A Force Of Nature!

## 3 ways you could crown your day

Why is it that these days you can't tell whether someone's terrific smile is a gift of nature or has been revitalized by dentistry? It's because fabulous restorative materials like porcelains and ceramics create crowns that are so beautiful and translucent that they look just like natural enamel. They also resist chipping, staining, and cracks, and are strong enough to withstand biting pressure. So your smile is not only improved ... it's completely natural looking.

### Here's how dental crowns can improve your oral health...

1. Cover your damaged tooth completely to protect and strengthen it with a single crown.
2. Fill a space from tooth loss due to decay, genetics, or an accident by combining more than one crown with a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.
3. Create a permanent new tooth by incorporating a single crown onto a dental implant placed into your jawbone. Several crowns can be attached to an implant bridge and implants can also be used to secure a denture. By anchoring implants permanently into your jawbone, the bone loss that normally accompanies the loss of a tooth is prevented.

Contemporary crowns used with dental implants and crown and bridge restorations can shine up your smile and re-generate your confidence.



## Don't Fall Behind!

### Use your benefits

We know that by now, you understand that any advice we give to you is out of genuine concern for your well-being. Whether we recommend a treatment plan, suggest a lifestyle change, or encourage you to use up your annual insurance benefits, our sole motive is to help you achieve optimal oral health.

As we get further into the year, time starts to run out for you to make the most of your insurance before it expires on December 31st. We will start to remind you more often as the days pass, but only because we don't want you to lose valuable benefits which won't carry over to next year.

Please take a moment to check your remaining insurance benefits ... then book an appointment to make the most of them!



## office information

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**COMMUNICATION IS IMPORTANT  
TO US – DON'T BE  
AFRAID TO ASK QUESTIONS!**

## Your Newsletter

### Proudly brought to you by Dr. Siegelman and Team

Dr. Siegelman would like to thank all of his patients for their wonderful feedback and is very pleased to know that his patients find the newsletter to be educational and informative. He wanted to let you know that his newsletter is produced by his very own hygienist, Melissa working with Louise at Patient News.

If you have any topics you would like to see in an upcoming newsletter please contact the office and Melissa will work on getting your ideas included.