



Louis Siegelman, DDS

advancing the art of dentistry

Produced to improve your dental health and awareness

from the dentist

Summertime...

And the livin' is easy

Summer is here! And the living, we hope, will be easy. Summertime means vacation time, a chance to spend extended time with our spouse and kids, go to summer weddings ... and relax our daily rules and routines.

Children can't wait to get outside to play and often forget safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts!

If your kids are going to summer camp, make sure you pack extra toothbrushes, toothpaste, sugar-free gum, reinforce the importance of daily dental care. Just a few weeks of lazy care can really affect their oral health.

Have a happy, safe, and healthy summer!

*Yours in good dental health,
Dr. Siegelman*

Get Outside!

Enjoy the warm sun

Is it me, or do we feel happier when the sun is shining? It really has been a long tough winter and even when the winter sun was shining, it was too cold to go out and enjoy the rays!

For years we have been told to cover up in the sun to cut the risk of getting skin cancer, but exposure in moderation is good for you. Our skin makes vitamin D from the UVB light rays, helping our bodies absorb calcium for strong bones and other health benefits. It also helps us maintain high levels of serotonin, the "Happiness Hormone" as it elevates our mood and keeps us in a wakeful state. During the winter months our vitamin D production maybe substantially decreased, thus our serotonin is reduced, leaving us sluggish and blue.

According to Dr. Michael Holick, we get 90-95% of our vitamin D from the sun. He advises to get 5-15 minutes a day in the sun without sunblock at least 3 times/week in the spring and summer to boost vitamin D levels. Top it up with vitamin D from your diet – salt-water fish such as swordfish, tuna, cod, salmon, and sardines is a good source. So is beef liver, egg yolks, and fortified breakfast cereals. But despite these options, most of us don't eat healthfully enough to get adequate amounts of vitamin D, leaving the sun as the primary source of this important vitamin.

Get outside and enjoy the sun, soak up that vitamin D, and start feeling good!



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Exercising in the Summer Heat

When the nice weather rolls around, we all want to go outside and have fun. Summer is the perfect time to go outside and enjoy your favorite activity. Whether you like swimming, running, playing ball or cycling, there are so many things we like to do outdoors. Exercising in the summer when it's hot can be a problem if you're not careful. When you're exercising in the heat and humidity it's important to stay hydrated and maintain your body's electrolytes and salt. When you sweat, your body loses not only water but electrolytes and salt too. This delicate balance of water and electrolytes is crucial to keep your body functioning properly.

If you don't drink enough water, you can get dehydrated and suffer from: Lightheadedness, Confusion, Dizziness, Nausea, Fainting, Headache, Muscle and Stomach Cramps, Profuse Sweating, Vomiting, Diarrhea and Rapid Heartbeat.

Here are some things to keep in mind when it comes to exercising in the heat:

The Time of Day is Important

– Try to avoid exercising in the daytime heat, 10:00am to 3:00pm

It's the hottest part of the day so early morning is the best time to workout.

Wear Loose, Light-colored Clothes – Lighter colored clothes will help reflect the heat and cotton material will help the evaporation of sweat. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

Sunscreen is a must – Use an SPF of 45 or higher. It's important to protect your skin and lips. You can get burned and suffer sun damage, even on cloudy days.

Stay Hydrated – Before you go out, drink a glass or two of water. Carry a bottle of water and take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water. Try to avoid any caffeine and alcohol.

Check the Weather Forecast – Before you start your workout you might want to see what the weather forecast is. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors or choose a shaded trail or

pathway that keep you out of the sun. The risk of heat related illness dramatically increases when the heat index climbs to 90 degrees or more. So it's important, especially during heat waves to pay attention to the reported heat index.

Listen to Your Body – Most importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous

Treatment for Heat Exhaustion – If you, or anyone else has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest – preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place. Drink plenty of fluids and remove any tight or unnecessary clothing. Apply other cooling measures such as ice packs/towels or fans.

If such measures fail to provide relief within 15 minutes, seek emergency medical help because untreated heat exhaustion can progress to heat stroke, which is extremely dangerous!



Sun Safety to Prevent Lip Cancer

Most of us are aware that over exposure to the sun can lead to skin cancer, and that also includes the lips. The best way to protect lip cancer is to take sun safety seriously. Simple steps can offer a world of protection. Experts recommend that you wear protective clothing, a broad-brimmed hat that shades your face, neck and ears. Don't forget those stylish sunglasses to protect your eyes and make sure you use a lip balm with SPF of 15 or higher to help block out UV rays. Try to avoid the midday sun when you can and remember the shadow rule: If your shadow is shorter than you are, the sun's rays are at their strongest!

If you've got a funny mark on your lip and it's been there for over 2 weeks, don't ignore it, or try to cover it up. It would be wise to make an appointment with a dermatologist because if it's lip cancer and caught early, your chances of curing that are good – 95% curable. Please don't wait: Once lip cancer spreads into a lymph node, the cure rate drops.



Getting The Most From Your Insurance

We're here to help!

We realize that understanding your insurance benefits and regulations can be a time-consuming and daunting task. Often patients will let us know that they're struggling with questions about their insurance. Am I covered? For how much? When? What if I'm not?

Because your health is our top priority we really want to "get it out there" that we care sincerely and can easily help answer these questions.

- **We'll review your insurance plan with you so we both understand what is available.**
- **We can prioritize your treatment over a pre-determined length of time.**
- **We can make certain you receive all the benefits you're entitled to.**

We'll help you take care of it all including filing your claims for you. With electronic filing and depositing, you will usually receive payment within a few weeks.

At some point, everyone has questions, so please call us when you do. For starters, let's make sure you're not missing out on any benefits owed during any fiscal period. And remember, we're always here to help.



There's A Camera!

Book now to get the smile you want

After a harsh winter, I think we're all ready for the excitement and social events that warm weather brings. Let our team turn anticipation into dazzling results in time for that wedding or graduation by booking your summer smile appointment!

Booking ahead is a must-do if you want your smile to blossom in time for any planned occasion. There are two reasons for this. First, as weddings, graduations, and other photo-filled events approach, we always anticipate the very high demand for cosmetic dental services. Second, we want you to have time to enjoy the process – to consult and ensure that your terrific updated look is really you!

Be prepared and smile for the camera – with confidence! Teeth whitening can take as little as one visit or a few weeks in the privacy of your home and make a remarkable difference in the impression you make. Other transformative techniques like bonding, cosmetic veneers, crowns and implants can completely rebalance and enhance the dimensions of your smile.

Don't wait for the camera to find you – book your appointment now!

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

Summer Fun ... And Food

No need to suffer with sensitive teeth!

Summer's a time that almost demands we throw caution to the winds. Indulgence lives in the air we breathe ... and in the food we eat. Who can't resist a cold ice cream cone on a hot day? Or say no to a Popsicle or freezie for your child on a steamy afternoon?

Well, a little summer food indulgence certainly doesn't hurt our overall health and well-being. But for some people, those ice-cold treats can be a truly painful and unpleasant experience. People with sensitive teeth can experience a sharp pain when eating frozen yogurt or slurping a chilly lemonade. If the hard enamel on your teeth is worn down or if your gums have receded, tiny, very sensitive microscopic cells may become exposed. Hot or cold foods, or even exposure to moving air, can cause pain.

As many as 30% of patients are subject to what's known as *ice cream headache* that occurs shortly after we eat or drink something very cold. Science has yet to discover the cause of these headaches, although rapid change in the temperature of the sinuses may be to blame.

If you suffer from any of these conditions, please let us know at your next consultation so we can help. And a quick tip... Don't chew ice! It puts needless stress on your teeth and your enamel.

Have a happy, indulgent, and safe summer!

