

## Spreading The Word

### *Thank you so much*

Spoken words, when used to help improve the lives of others, not only bring positive change, they often bring life-long results. And, when spoken as a referral or “personal testimonial,” all kinds of good things happen.

That’s how we measure the quality of care we provide for you. Every time you return here, give us your positive feedback, and tell your friends, family, and colleagues to come see us, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your feedback, loyalty, and ongoing new patient referrals.

*Yours in good dental health,  
Dr. Siegelman*



## Spring Is In The Air!



### Winning against allergies & asthma

Most of us look forward to spring after a long cold winter, but if you have asthma and/or allergies, the season can be rough. Seasonal pollens can cause airway inflammation, causing sniffing, sneezing, and itchy eyes, and worsen underlying asthma.

#### ***Need some much-needed relief this season? Try this:***

1. Know your triggers. You may think that pollen is causing your suffering, but there could be another reason. An allergist can help you find the source of your suffering and help to stop it, not just treat the symptoms.
2. Work with your allergist to devise strategies to avoid your triggers including monitoring pollen and mold, keeping windows and doors shut, and in your car, using the air conditioning and ensuring a clean AC filter.
3. Stay inside in the afternoons when pollen counts are highest.
4. Shower, wash your hair, and change clothes after you’ve been outdoors.
5. Ask your allergist to recommend an over-the-counter drug.
6. If you have asthma, ask your doctor for a prescription for preventive medication which can make asthma attacks less severe. Ensure you have your asthma inhaler with you at all times.



# Are You Crazy About The Latest Craze?

## The benefits of oil pulling

Several patients have asked me for my opinion on a recent craze – oil pulling. Also known as *kavala* or *gundusha*, oil pulling is an ancient Ayurvedic dental technique that involves swishing a tablespoon of oil (coconut oil is very popular right now) in your mouth for 20 minutes on an empty stomach. Theoretically it draws toxins from your body, primarily to improve oral health (cavity and gum disease prevention), but also to improve your overall health.

After doing some research on the topic, I found there is relatively little formal trial data about oil pulling, but that coconut oil does make a great organic substitute for mouthwash. It contains vitamin E, which acts as an antioxidant, and also has anti-bacterial and anti-fungal properties thanks to its lauric acid and momolaurin.

Coconut oil has other proven benefits, too. It contains a lot of easily digestible fat-soluble vitamins: A, D, E, and K.

- vitamin A is good for the immune system
- vitamin D is promotes strong bones and teeth
- vitamin E has strong antioxidant properties for the skin and can provide some protection against UV rays
- vitamin K assists with blood clotting.

I'm not against oil pulling, but I do think spending 20 minutes swishing with oil in your mouth is time-consuming. Just concentrate on brushing your teeth twice a day for 2½ minutes each time. Use an electric toothbrush and floss properly daily. You'll be amazed at the results! – **Melissa McEnerney RDH**



## Longevity Benefits Of Taurine

The Japanese have a life expectancy that is among the highest in the world. Undoubtedly, there are many factors that play into the life span of the longest-living populations, but evidence shows that they all have one thing in common – dietary intake of an amino acid called taurine, the most abundant amino acid you've never heard of.

Taurine supplementation can mitigate the damaging effects of fat, glucose, and excess insulin. It strengthens and protects heart muscle cells and the system of blood vessels that supplies blood throughout the body, helping to protect against atherosclerosis, heart attacks, and strokes. It helps protect vision and hearing and can prevent and alleviate seizures. It's also been shown to treat the most common cause of liver disease in the United States. Trained athletes who supplement with taurine experience better exercise performance and cyclists ride longer distances with less fatigue. Taurine also helps muscles work harder, longer, and safer. It's benefits are so broad and extensive that scientists have described taurine as a wonder molecule.

Taurine occurs naturally in food, especially in seafood and meat. The amount consumed in most societies is quite low, less than 58mg a day, even in individuals eating a high-meat diet. Daily doses that have been successful in clinical studies are 1,500 to 3,000 mg. It's challenging to obtain this amount of taurine from traditional dietary sources, thus making taurine supplementation desirable.

Considering the benefits of taurine, it's no wonder people want to take effective supplements to help them live a longer healthier life!

Your Newsletters are Proudly brought to you by Dr. Siegelman and written by his own Hygienist, Melissa with Patient News. If you have any topics you would like to see in an upcoming newsletter, please give the office a call and let Melissa know and she will work on getting your ideas included!



## A Fresh Take On Berries

Bright & flavorful berries have a long list of health benefits. They're high in antioxidants and polyphenols, which help fight chronic disease and cancer, and their health benefits just keep getting sweeter!

**Blueberries** – May help your memory. Help widen arteries which help blood to flow smoothly. Rich in antioxidants. Low in fat. Free of saturated fat. Good source of fiber and vitamin C. No wonder they're linked to a lower risk of heart attack!

**Strawberries** – Quite possibly the most popular berry in the world! Heart-healthy and packed with vitamin C. Excellent source of folate, suspected (but not proven) to help protect your heart. They too help widen the arteries which may prevent plaque buildup.

**Raspberries** – Rich in heart-healthy fiber; just half a cup delivers 4 grams. 25% of your recommended intake for vitamin C and manganese!

**Blackberries** – Rich in polyphenols which may help prevent cardiovascular disease and cancer. High fiber compared to other types of fruit: One cup has about 7g. High vitamin C. Contain iron, calcium, and vitamin A.

**Cranberries** – Tart! May increase HDL (good cholesterol). May help prevent or alleviate urinary tract infections.

**Acai Berries** – When it comes to antioxidants, this Brazilian fruit smashes rivals like blackberries, strawberries, and blueberries. Good source of fiber. Mixing them in smoothies, oatmeal, or yogurt helps temper the bitterness.

**Take Note:** berries can increase mouth acid that can damage tooth enamel. Reduce the risk by matching them up with less acidic foods. It will keep your body and teeth in peaceful harmony. Try with nuts to stimulate saliva production, which helps maintain tooth enamel. Mix with plain yogurt or cheese to neutralize the acidity.

Remember, anytime of the year is a great time to enjoy these healthy fruits!

## Eat Your Greens

The #1 food you can eat regularly to help improve your health are leafy green vegetables that brim with fiber, vitamins, minerals, and plant-based substances that may help protect you from heart disease, diabetes, and perhaps even cancer. Here are the country's most widely-eaten greens from the most nutritious to least.

- 1. Kale:** A powerhouse vegetable. Excellent source of vitamins A, C, and K. Good calcium, folate & potassium.
- 2. Collards:** Similar nutrition to Kale with a heartier chewier texture & stronger cabbage-like taste.
- 3. Turnip Greens:** Tender & needs less cooking. Sharp-flavored. Low in calories. Loaded with vitamins A, C & K, as well as calcium.
- 4. Swiss Chard:** Beet-like taste. Soft texture.
- 5. Spinach:** Popeye's favorite! Packed with vitamins A and C, plus folate. Heighten nutrition by cooking.
- 6. Mustard Greens:** Similar nutrition profile to Turnip Greens and Collards. Peppery taste. Mustard-like smell when cooked.
- 7. Broccoli:** Rich in vitamin C. Good source of vitamin A, potassium, and folate.
- 8. Romaine Lettuce:** High in vitamin A. Some folate. Healthier than iceberg lettuce.
- 9. Cabbage:** Great source of cancer-fighting compounds and vitamin C.
- 10. Iceberg Lettuce:** Mostly water & most of us eat about 17 pounds a year! Not devoid of all nutrition, but it's pretty close.



# Making Doctor Visits Easier For Everyone

## Things to bring to every appointment

### 1. Medical History Card

You can create a card on your computer or visit a website like MedIDs.com, which offers free templates that you can print out and Laminate to keep in your wallet so that you'll have it with you. Also, in an emergency situation, most EMTs will look inside your wallet for your identification and any medical information you may carry. Key information includes:

- Medical conditions
- Dates of past surgeries
- Current medications
- Emergency contact information
- Other doctors' names & phone numbers
- Health insurance information
- Drug allergies
- Blood Type.



## office information

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Sara Helms.....Business Administrator  
Eileen Mackesy ..... Dental Assistant  
Paddy Beston..... Dental Assistant  
Fernanda Lorange..... Dental Assistant

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

### 2. Changes To Your Medical Record

If you've had any new test results since your last visit, bring that information with you, even if you believe your doctor has already seen the report(s). They will help your doctor have the most-complete picture of your health and reduce the need for additional testing. It will also remind you to review it face-to-face which is especially important if you're seeing a new practitioner.

### 3. Prescription Drug Record

Many can't remember the names of medications or how much they're taking. Either write a list (check it twice) or gather and put all your medication in a zip-lock bag and take it with you. Tell your doctor if you've stopped taking any or haven't followed dosage instructions. *Be honest.* If you mislead doctors about prescription compliance, they may assume your medications are not working which could lead to dangerous or unnecessary adjustments.

### 4. List Of Alternative Therapies

Let your doctor know if you're taking/using any alternative medicine, vitamins, or herbal remedies.

### 5. Journal Of Symptoms

Keep a journal that documents your symptoms and note how they affect your daily life.

### 6. List Of Questions

Seeing the doctor can make you nervous and you can forget the question(s) you wanted to ask. Write them down ahead of time so you don't leave the office without asking them and getting the answers you need.

### 7. Notebook And Pen

Take notes throughout your visit. If there's anything you don't understand, don't hesitate to ask your doctor for clarification.

### 8. Friend Or Family Member

Having someone with you can provide crucial moral support. They can remind you of your primary question and concerns and help take notes.