

Louis Siegelman, DDS

Produced to improve your dental health and awareness

from the dentist

It's a positive and exciting time at the office – I've been lining up a few exciting projects for my team that we're all looking forward to. One of them is devoting significant hours to continuing education, ensuring that you benefit from the very latest dental technologies and procedures.

I'm proud to let all of you know about our new office renovations. Here are just a few of the many improvements we are working on.

- a welcoming yet distinctively styled reception area
- updated furniture, and new flooring
- lighting updates and a door for Melissa's room.

We all believe in importance of being a trusted resource for you, our patients, and your families. Always ask any questions you may have about your treatment, your oral health, and our office.

Please accept our thanks once again for being dedicated to healthy happy smiles for life!

Yours in good dental health,

Dr. Louis Siegelman

Let's Head To The Beach!

Ever since I was a little girl the beach has always been a magical place for me, where everything seemed possible. I love the feeling of the sand between my toes, the salt water on my skin and the warmth of the sun. The sound of the waves crashing down and the aromatic sea air always has a tendency to lull me to sleep.

It's a special place for me to go to on the weekends, to unwind, relax and escape my busy weekday schedule. We all lead very busy lives and sometimes we just need to step back and rejuvenate our mind and body. What better place to do that, than the beach! I hope this summer you'll be able to stop by the beach, even if it's just for an hour, and experience the beauty of the ocean.

Wishing you all a magical summer!

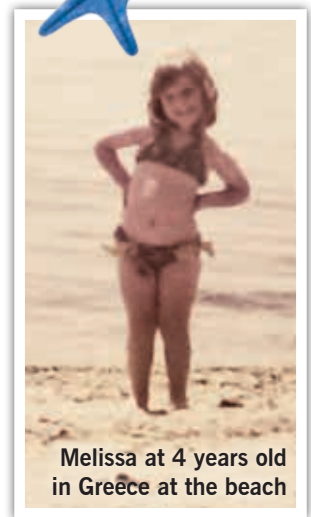
Melissa



Melissa and Billy enjoying the beach



Melissa at 2 years old!



Melissa at 4 years old in Greece at the beach



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Chili-Pepper Days!

Endorphins rule!

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's painkillers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing the superoxides that cause disease and aging, and lowering blood pressure.

Other ways endorphins are released:

- sunshine
- exercise
- meditation
- massage
- smiling and laughing!



Whitening vs. Bleaching

And the debate about activated charcoal

In the quest for whiter teeth, many people are willing to try many things... including using activated charcoal. To be clear, there are many options available – some which whiten teeth and others that bleach teeth. Whitening toothpastes, sticky strips, or gel pens remove the layer of discoloration on the tooth's surface. Bleaching changes the color of the tooth which makes the tooth lighter through a mild chemical reaction.

Many of you have been asking about

whether using activated charcoal is the right choice. While there have been some articles suggesting that activated charcoal can not only whiten teeth, but can also stop and prevent cavities, there are no long-term studies on the effects to your teeth, gums, and health. This means we have no idea how safe it is.

If you have any concern about the color of your teeth, give us a call and we will help you choose the safest option.

CEREC Smiles

Natural, strong, and fast!

We're proud to offer CEREC®; the world's most advanced dental restoration system. With it, we can manufacture lifelike porcelain crowns, veneers, inlays, and fillings right here in our office during only one visit.

CEREC technology allows us to take a picture of the damaged tooth. Our ability to design your restoration is optimized by realistic digital images that are used to accurately and precisely mill the restoration. Our final step? Bonding your finished restoration in place.

The strong ceramic material matches your tooth color, looks like natural enamel, and is biocompatible.

CEREC could transform your smile! Please call for a consultation.



before



Results may vary.

after

CROWNS



Fun In The Sun

Exposure to the sun causes 90% of skin cancers, so it's important to find ways to stay safe while having fun.

- Stay out of the sun from 10am to 2pm when its rays are most intense.
- Always wear a brimmed hat.
- Use a sunscreen with an SPF of at least 15 and one that protects against UVA/UVB rays.
- When possible, wear long-sleeved light-weight shirts and pants. Some athletic clothing is made with sun-blocking fabrics.
- Check your body regularly to identify skin changes. Report changes in existing moles or new growths to your doctor.

Remember to set a good example for the kids! As adults, we have an extra responsibility to practice what we preach.



Healthy Smiles

...Are helped by a healthy body

It's hard to imagine a generation that pays more attention to health and nutrition, yet our focus is often channeled toward our weight. In fact, if your nutrition is poor, the first signs frequently show up as cavities, gum disease, and other painful oral health issues.

Here's a four-step common sense solution: the same balanced nutritious diet that is essential to a healthy body can save your smile too!

1. Fruits &/or vegetables should cover half your plate at each meal.
2. Whole grains provide a healthy amount of fiber.
3. Low-fat or fat-free dairy foods are a good choice, but watch for added sugar!
4. Lean beef, skinless poultry, & fish can be varied with protein-rich eggs, beans, peas, & lentils.



Ask Us If Acid Is Effecting Your Teeth

Studies have illustrated the negative effects our favorite acidic beverages can have on teeth. The acids in many of the drinks we consume every day start attacking teeth as soon as they hit our lips! You may be wondering, what if teeth are brushed immediately after consuming an acidic drink, won't that help? Absolutely not! In fact, even more damage could be done if teeth are brushed right away. Acidic drinks soften enamel and toothpaste can be abrasive to the weakened surface, stripping away even more surface structure. The best practice is to wait at least a half an hour after consumption of an acidic beverage, then brush. But that's not all! Our bodies make our own natural acid.

You may suffer from acid reflux, or heartburn. This condition affects many of us and can have serious consequences for our quality of life and work. It's caused by partially digested food traveling backwards up the esophagus, instead of progressing down to the intestines. The result? Inflammation and tissue damage. Patients with acid reflux are at greater risk of tooth erosion and periodontal

(gum) problems. In addition to possible significant oral damage, long-term untreated acid reflux can significantly damage your general health. If you're affected by acid reflux or consume your fair share of acidic drinks, ask us what effect that is having on your teeth at your next visit! You may be surprised with the answer!



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Fernanda Lorange..... Dental Assistant

Sara Helms..... Marketing

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

What Drinks Are Not Healthy For Our Teeth

Juices, Sports Drinks, Reg./Diet Soda, Lemonade, Carbonated Flavored Drinks, Sugary beverages, and Wine.

The healthiest thing you should drink is water.



Dreaming of Teeth?

Ever dream about losing your teeth? Modern dream interpreters say that dreaming of losing or missing teeth is often a sign of stress. These dreams may also suggest a fear of loss - for example, a loss of a loved one, the feeling of losing control over a situation, the loss of power.

On the other hand, it could just mean it's time to go to the dentist! 😊

