



On the  
Bright  
Side



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October 2009

# FREE EXAM & X-RAYS FOR FRIENDS & FAMILY!

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## Halloween Safety

Halloween is here again – children love dressing up and roaming the neighborhoods, trick-or-treating in search of their favorite candy. Here are some tips to help keep this a great and safe Halloween season.

### Plan the Route

Parents, you should plan out a safe route in advance. This is especially important if your children are old enough and will be going out by themselves. This will give you some idea of where your trick-or-treaters are at any given point in the evening. If you do have an older child going out without adult supervision, give them a light up wrist watch (or cell phone) and set the alarm (or call) to signal when trick or treating is over.

These few rules are smart guidelines for both children and adults on Halloween: do not cut across strangers' yards or driveways; only visit houses that have lights on; always use the front door, never go to the back of a house. Stay away from

any animals you don't know, and don't pet animals whether you know them or not.

### Walk this Way...

Trick or treating is very exciting and the adrenaline gets going, but to avoid injury encourage your trick-or-treaters to WALK, not run. Everyone should use the sidewalks. If there is no sidewalk, the safest path is to walk on the left side of the road in SINGLE file, facing the traffic, obeying traffic signals. Kids should cross only at corners, preferably with adults. At crosswalks, nobody should ever assume they have the right of way, and just because one car stops, doesn't mean others will. DO NOT, repeat, DO NOT use rollerblades to go out trick-or-treating. You and your trick-or-treaters should wear comfortable shoes – I know, some costumes call for high heels or cowboy boots, but if someone in your party rolls an ankle or get blisters, then everybody's night is called short.

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# The Caffeine Theory

IF you are working out while eating properly, recent studies have shown that a little caffeine about 30 minutes prior to your workout will help you get a better workout. The energy boost is supposed to make you more alert and therefore more willing to do your workout. It is also to give you a small boost in strength allowing you to lift a little more weight.

For the majority of overweight people caffeine HINDERS weight loss. If you have insulin resistance, caffeine will have a bad effect on your metabolism. Going off caffeine will increase your energy and metabolism. Caffeine can also hinder digestive absorption of essential minerals such as iron and calcium.

Caffeine as a performance enhancer in the gym or in competition is only effective if you do not drink it on a regular basis and the most effective is 330 mg (3 cups of black home brewed coffee) about 15 minutes before working out.

There have been some studies that show caffeine may hinder metabolism in the long run. When caffeine has been used long term in

large doses (as with daily coffee drinkers) there can be 'withdrawal' like symptoms that cause the individual to have low energy, from the absence of caffeine, or dependency. With first use, the initial 'spike' is felt giving more energy but as caffeine is consumed long term the individual returns to normal energy/ metabolism. Similar to the 'numbing' or tolerance of drugs, where an individual needs more and more to get that initial effectiveness.

Instead of coffee, you might try green tea. What is neat about green tea is that the caffeine breaks down slowly (time released) in relation to other compounds in the plants. Because caffeine is released slowly, the boost is gradual (so no ups and downs in blood sugar, which would encourage fat storing). Tea and coffee act in the same way as high GI foods. Green tea is like a low GI food and the crash is non-existent.



## (Halloween Safety continued...)

### Light it up

Don't rely on streetlights alone. Give your trick-or-treaters a bright flashlight to illuminate the way and remember to put fresh batteries BEFORE leaving the house. Glow sticks, glow necklaces and light up shoes are fun and will help others more aware of your little goblin. Flashing "In Sight at Night Safety Strobe Lights" can also be attached to costumes.

### Proper Attire

Plan costumes according to the weather in your region; for instance, don't plan on a Little Mermaid costume for your daughter with exposed skin if you live in Chicago, and don't plan on a heavily furry loveable lion for your son if you live in Miami. Do let your child have some say in their costume, within reason of course. Some things are just not appropriate for a young child.

Make sure costumes don't drag on the ground. Avoid pointed props such as knives, spears, and

wands that endanger other children's eyes. If your child does have such accessories, make sure they are soft and flexible.

Make your child remove their masks while walking from house to house and even so, be sure a child's mask allows full visibility and breathing. Try on your trick-or-treaters' masks and not hesitate to cut out larger openings if necessary.

It's a good idea to pick costumes for you and your kids that are bathroom-friendly as well. On this same subject, have everyone go to the bathroom just before going out to trick and treat. As you're planning out your route incorporate a bathroom stop along the way, maybe at a friend's house



where you can also get a quick drink of water.

### The Candy

Feed your kids a healthy meal prior to going to trick-or-treat. It will help reduce their temptation of wanting to devour their candy while still out. You never want to allow

children to eat candy before it is inspected. Any opened candy should be thrown away, and unless you personally know the families who make them, it is recommended that you dispose of homemade treats.

Be polite and say "Thank You". Finally, always carry a spare Halloween bag just in case yours breaks. It would be just awful for your child to lose all those hard earned and delicious treats.

## Welcome New Patients!

Carlton B.

Robert N.

Donald B.

Roger O.

Jordan D.

Martin R.

Michael D.

Michelle S.

Gillian D.

Katrina S.

Sabrina F.

Grace S.

Georgine F.

Dina T.

Carol G.

Tracy W.

Olivia G.

Pocahantas H.

Peter M.

Pat M.

## Thank You For Your Referrals!

Anthony,H

Louanne,K

## Whitehall Seminar

On September 24th the entire team of Advanced Dentistry flew to Phoenix, AZ to attend a team building conference.

The conference was a very memorable experience for the whole team. We learned a lot of valuable new pieces of information that will continue to assist in creating a great team. We will give you more detail about our trip in our November newsletter. Stay tuned!

## Kind Words From Our Patients

Dear Dr. Reilly & the gang,

I still remember when the flyer about you and your services arrived in the mail over 4 years ago. Even though I hadn't heard about you and your office before, I took the chance because I decided that it was time for me to take better care of my health. Boy! Did I hit the jackpot!

You and your office have made it possible for me to accomplish this huge task at my own pace and with the best plan and guidance.

However, nothing can compare to the superb craftsmanship that my teeth have received. I totally believe that the money I spent on my teeth is the best investment I have made so far.

All of you have welcomed me with warm smiles and made me feel like a close friend stopping by on every visit. That is not an easy thing to do for an appointment at a dentist's office, but it came natural to all of you.

But more importantly to you, Dr. Riley, I am grateful for the OUTSTANDING work that you have done on my teeth. You have helped me accomplish a big part of having a healthy life and for that I am grateful to you. Now I can smile with confidence!

Again, I want to sincerely thank you for all the work that you and your staff have done on my teeth. This was a long time coming for me.

Sincerely  
Pam T.

## National Dental Hygiene Month A Healthy Smile Lasts a Lifetime!

Dental Hygiene is defined by the American Heritage Dictionary as, "the practice of keeping the mouth, teeth, and gums clean and healthy to prevent disease, as by regular brushing and flossing and visits to the dentist.

October is National Dental Hygiene Month. It is a month worth taking note and learning more about how important your oral health is to your overall health.

### Dental Hygiene Facts:

- Over 100 species of bacteria, and hundreds of species of fungi, protozoa and viruses take up residence in our mouths.
- Saliva contains 40 essential proteins.
- 50% of Americans do not receive regular oral health care.
- The average person only brushes for 45 to 70 seconds per day. *(The recommended time is 2 to 3 minutes per brushing.)*
- It is possible to have periodontal disease with no warning signs.
- Dental Hygiene begins in the womb -- prenatal care, proper diet and vitamin supplements are necessary.

Celebrate Dental Hygiene month and use it as a tool to learn more about YOUR dental health. Contact our office to schedule your next appointment -- Keep a Healthy Smile for Life!

# Trivia

PUT YOUR THINKING CAPS BACK ON!!  
WE HAVE ANOTHER WORD SCRAMBLE THIS MONTH...GOOD LUCK!

Each group of words has one four letter prefix that fits in front of them to form another word or phrase. Can you figure out which word it is for each group? *(Example: Nail, man, out, ten = Hangnail, Hangman, Hangout, & Hangten)*

1. sick, work, room, plate
2. do, up, shift, believe
3. range, shot, horn, bow
4. back, baked, way, hour

*Last months trivia (question & answer):*  
*Question: What different words can you make when you unscramble the following letters? G N A I L L*  
*Answer: Gin, Gal, Nil, Nag, Lag, Ail, Gain, Nail, Lain, Align, and Ailing*

We didn't have a winner to last month's trivia...keep trying as this just may be your lucky month!

Please continue to try so we can send you a **\$25 American Express** gift card. You must be the 1st person to answer it correctly. Your answers can be submitted by phone (732-356-9120), fax (732-356-0870), or email (reillydmd@aol.com). GOOD LUCK!

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