



On the  
Bright  
Side

Give the Gift of  
a Beautiful  
Smile...

...Smiles  
For Life  
page 4



## Contents

Great Mother's Day Ideas (For Moms, From Moms).....	1
Life, Health & the Environment.....	2
Patient News.....	3
Dental Success Story.....	3
Smile Secret.....	4

Name  
000 Street  
City, ST 00000

May 2009

# Great Mother's Day Ideas (For Moms, From Moms)<sup>12</sup>

Call  
Mom

Mother's Day

So, once again you're not sure what to do for Mother's Day. No worries, we're hear to help you out. This month our crack research team has gone to great lengths to find out just what it is that MOM would like to have on her special day and we're proud to present you with the list (in no particular order of popularity).



## How to "TREAT" on Your Diet

There is a HUGE difference between Cheating on your diet and Treating on your diet. Cheating is "giving in to temptation" whereas Treating means "enjoying in moderation". Every diet should incorporate treats because diets that don't, set you up for cheating, which is usually much more harmful than going ahead and enjoying a planned treat.

**Accept that Your Willpower Will Fail** - Know that you are not perfect and will never be. If you don't plan ahead, you will likely choose meals and snacks less than ideal in a pinch. Try to keep your focus on your goals and do not rely on your willpower alone to accomplish them.

**Fantasize about The NEW You** - People who lose sight of what they are working towards are far more likely to cheat. They want the overnight cure and when it doesn't happen they become discouraged and end up cheating. Review your goals daily and fantasize about what it will be like to

achieve them; especially when you feel tempted to undo all your hard work with a binge.

**Plan Breaks from The Good Food** - It is highly unlikely to go the rest of your life without having so much as a small cookie. So, it only makes sense to go ahead and plan for it. PLAN to treat yourself once a day, once a week or once a month. It doesn't matter what you choose, just pick a time/day when you will give yourself a treat.

**When You Treat, Enjoy It!** - You've planned for this treat. You've worked hard and you've exercised patience. You aren't giving in to some craving, you are deliberately enjoying the food you've chosen to treat yourself with. Cheating should produce guilt...treating should not. If you allow guilt to creep into your treating...it can turn into cheating. When you build enjoyable, guilt-free, treating into your diet plan you are far more likely to stick to it long-term. You are also more likely to reach your goals as a result.

(Great Mother's Day Ideas continued...)

### The Top Ten Things Moms Want for Mother's Day:

**1** Not being Mom for a day. That's right, you and the kids take care of everything mom does on a normal day; errands, shopping, cooking – whatever it is she does regularly she just wants to forget about it for a day and relax and let you take care of it.

**2** Speaking of relaxing – she'd love to be able to sleep in and have a day to pamper herself without interruptions.

**3** Take a professional family photo of you and the kids, have it nicely framed and hang it on the wall.

**4** Help the kids make her a hand made and heart felt gift (no ashtrays or the like!). Knowing that you spent some time and energy on the gift makes it that much more special.

**5** Take the whole clan out for a nice dinner. Don't ask her where she wants to go just plan the whole event yourself (and be sure to pick up the tab!).

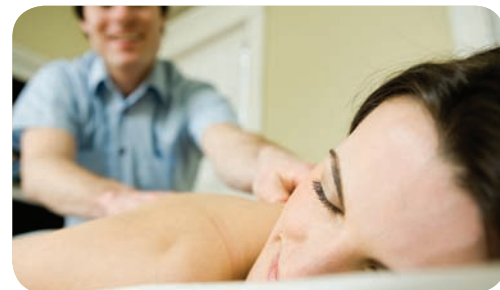
**6** Surprise her by arranging a nice sit-down lunch for her and her friends. Get together with the other husbands and have all the ladies meet at a great lunch spot without them knowing what's going on.

**7** Let her spend the day all to herself. Take the kids for the day and just let the poor woman rest! (This one probably should have been #1).

**8** Flowers are always appreciated just don't get roses with baby's breath. A beautiful bouquet for every room in the house is a nice touch.



**9** Send her to a spa for the day (or at least for a half day). Nothing says love like the pampering she gets at a nice full service spa.



**10** Hide love notes for her all over the house. Sit down with the kids and write out little note about why you love her so much. Now go and hide those notes all over the place – she'll find some on Mother's Day but the ones she doesn't find will make her day when she does happen upon them!

We hope all of you the mom's out there have a great Mother's Day and we'll see you next month!

## Welcome New Patients!

Doris K.	Bernice L.	Gail M.
Ruth N.	Bob W.	Khiry B.
Ashley C.	Diane E.	Doug F.
Bonnie K.	Lauren M.	Jenna M.
Vilma O.	Don A.	Erica C.
Kevin D.	Joseph F.	Mariana G.
Sharon L.	Diana M.	Heather N.
Roberta R.	Cara B.	Ebony C.
Linda D.	Sharief F.	Veronica H.

All of us at  
Dr. Reilly's  
Dental Office  
Wish All of the  
Mothers a  
Very Happy  
Mother's Day!

## Thank You For Your Referrals!

Chris Z.	Bill M.
Phyllis S.	Nora G.
Peggy M.	John B.

## Dental Success Story

“Before I came to Dr. Reilly, I sought different opinions from other dentists. Every one of them told me the cosmetic end of it, but nobody ever addressed the real problem, which is the underlying tooth structure.

Thanks to Dr. Reilly, for he recognized the problem right away. He told me what my options were and came up with a plan. I was extremely happy and satisfied with my results. I have never felt this way before about my mouth, and everybody commented on my teeth!! I will recommend Dr. Reilly to everyone- especially those who had bad experiences in the past.

I also want to thank Dr. Reilly's staff for their support. They were always friendly, pleasant, caring and understanding. You can just tell that they were highly trained in their profession. They answered all of my questions regarding my procedure. This is very important to me, I wouldn't go to any place if I was being treated poorly.

I still go to Dr. Reilly for my routine cleanings and check-ups, albeit I live very far from his office. Because I know that I am getting the right treatment and I wouldn't trust anybody else to work in my mouth.” -- Gail R. of Colts Neck, NJ

# Smile Secret

We know that during your exam we often times ask you questions that may seem odd to you. We want to assure you that these questions do help us in providing you with the best care and treatment plan possible. Below are two questions that you may wonder about:

### Which toothpaste do you use?

These days people commonly use a fluoride toothpaste to prevent tooth decay and many people also select from many additional special formulations: to help whiten their teeth, gum health, sensitivity and promoting fresh breath. Depending on your personal preferences and the condition of your dental health, we may recommend a particular toothpaste to suit your needs.

### What are your lifestyle habits?

It has been said over and over that sugary foods and drinks can lead to the production of plaque acids, which attack teeth and cause decay. However, what many people don't realize is that a poor diet can also affect the immune system and make it easier for bacteria to multiply in the mouth.

In order for us to help you maintain your oral health, we need to know a few special details about you and your lifestyle. Our goal is always to provide you with the very best in dental care and helping you maintain overall good health.



PUT YOUR THINKING CAPS BACK ON!! WE HAVE A NEW BRAINTEASER TO TEST YOUR TRIVIA KNOWLEDGE THIS MONTH.

# Trivia

### Who Were They?

There was a man one night. He started to run straight forward. Then he turned left. Soon after, he turned left again. Then he started running toward home. When he got there, two masked men were waiting for him. Who were they?

*Last months trivia (question & answer):*

*Question: In the sun it likes to play, In the rain is goes away, Walk or run it always follows, In the mud it always walows.*

*Answer: A shadow*

Congratulations to **John B. of Middlesex**. He was the winner of last month's trivia question.

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!



## Don't Miss Your Opportunity

Our annual **SMILES FOR LIFE SPECIAL** is available now thru June 30th, 2009.

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