



On the
Bright
Side



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August 2009

August 6th: National Fresh Breath Day



ALL of us have at one time or another experienced bad breath. Most times, it's just situational; it's when we wake up, or after eating garlic bread, or raw onions on your hotdog. But chronic bad breath, or Halitosis is one of life's most personal problems. It can kill business deals and ruin relationships. Halitosis plagues many people, and if left untreated, it can make you (and those around you) miserable.

Mouthwash commercials would have us all believe that all you need to do is rinse and swish your Halitosis away. Mouthwash does not get to the root cause of your halitosis. It just covers up the odors for a while. With chronic bad breath, there is usually a bigger underlying problem such as a buildup of bad bacteria or an infection.

What You Can Do

Your first line of defense: Brush and floss your teeth! Bacteria can build up between your teeth and cause odor. If the bacteria are not flossed away, it hardens and can begin to cause tooth damage, which can create bad breath halitosis. Also know that persistent bad breath and red tender, or easily bleeding gums may be a sign of gum disease.

Brush your teeth after every meal and especially before you go to bed. Brush your tongue and the inside of your cheeks gently with your toothbrush. This helps keep the debris and buildup of the bacteria knocked down and your breath fresher. You should be sure that you brush your teeth for five minutes or more. Any less time and you are not reaching all the places in your mouth that can cause bad breath.

**FREE
EXAM & X-RAYS
FOR FRIENDS &
FAMILY!
Details Pg. 4**

Portion D I S T O R T I O N

If you feel you're making healthy food choices but still aren't reaching your weight goals, you might be able to attribute your growing waistline to the amount of food you pile on your plate. If you're eating at a restaurant or ordering take-out food, the serving size is usually double the amount that the average person actually needs.

If you think you are suffering from "Portion Distortion", visit mypyramid.org to learn more about just how much of each category of food you need. Learn how much food you need daily from each category and keep that in mind as you plan your menus and as you eat.

Once you determine what the amount of food in a recommended serving is, measure it out. For example, fill a measuring

cup with the proper sized portion of vegetables, rice, etc. and then empty it onto a plate and you will learn what appropriate serving sizes look like. Take note of how much of the plate is covered. You will soon be able to "eyeball" the amount of food and know whether there is too much or too little.

Start Eating Smaller

- Use smaller plates to make your meals appear larger and use smaller spoons so that it takes longer to eat your meals.
- Have a glass of water with your meal and take several sips between bites.
- Eat slowly and chew each bite. Even put your utensils down between bites.
- While eating, focus on eating and not other things. The more distracted you are, the more you will eat.

● Serve food in the appropriate portion amounts and don't go back for seconds.

● Put away any leftovers in separate, portion-controlled amounts. Consider freezing the portions you likely won't eat for a while.

● Never eat out of the bag or carton.

● Don't keep platters of food on the table; you are more likely to "pick" at it or have a second serving without even realizing it.

● If you're still hungry right after you've finished your meal, wait 20 minutes. This is the length of time it takes for your brain to tell your body you are full.

By being aware of your portion sizes and realizing you don't always have to finish everything on your plate, you will be more likely to shed pounds and reach the goals of your weight loss plan.



(Fresh Breath continued...)



Remember, your toothbrush is a disposable item. Replace it every 2-3 three months or sooner if the bristles become worn out or splayed. Keep your toothbrush dry and uncovered with bristles facing downside as micro organisms will thrive in moist toothbrush.

Dietary Factors

Are you drinking enough water? Saliva enzymes help keep the odor causing bacteria down and when you don't produce enough saliva, or your medications have a side effect of dry mouth, you can get bad breath. Same thing happens when you drink alcoholic and caffeinated beverages. To off-

set the effects of dry mouth, drink water and swish it around after you eat. It moistens the mouth and can wash away some of the food particles that may contribute to odor.

Mouthwash is just a quick and temporary fix but if you use it, stay away from those with alcohol and artificial coloring. The alcohol will actually dry out your mouth tissues and return your bad breath with even more force, just like it does when you're drinking an alcoholic beverage. And the artificial coloring is something neither your mouth nor body needs. Instead look for products that contain one or more of the following ingredients: stabilized chlorine dioxide or zinc.

Those on low-carb diets are more likely to suffer from a seldom discussed side effect - bad breath. Bad breath is often caused by certain chemicals called ketones that are released in the breath as the body burns fat. Since carbohydrates aren't readily available, you use other fats and proteins as your source of energy, entering into a fat-burning state of ketosis and as a result you get a breath problem.

Cranberries have great potential in improving oral health. Cranberry fruit contain proanthocyanidins which prevent gingivitis bacteria from adhering to

the teeth below the gum line, helping ward off Periodontitis or severe gum disease by serving as a powerful anti-inflammatory agent.

Other Health Issues

Sinus or throat infections can cause halitosis. Strep throat sometimes has a particular odor. As well, tooth decay or abscessed teeth can put off bad odors.

Another cause of bad breath may be a white coating you find on the back of your tongue. This can be an indication of a candida infection. Many people start a regimen of Probiotics to re inoculate the digestive tract with abundant good bacteria to fight the candida.

August 6th, National Fresh Breath Day is a nice reminder for us to consider the state of our breath rather than assume our breath is fine. The most important thing to know is that fresh breath is the happy by-product of a healthy body and mouth. No fresh breath product can help if your mouth isn't healthy to begin with - so don't skip your annual dental checkups. And, if someone just happens to offer you a breath mint or piece of chewing gum on August 6th, come in and see us!

Welcome New Patients!

Jennifer A.	Zhanna G.	Jacob P.
Salome A.	Chevon K.	Christine P.
Jessie C.	Rachel K.	Teresa R.
Sammy C.	Leslie L.	Nilda S.
Gloria C.	Lidia L.	Ashlee T.
Jennifer C.	Henrietta M.	Eugenia T.
Darlene D.	Eugene M.	Joanne Y.
Larry E.	Doris M.	Poorna Y.
Kimberly F.	Florence N.	Rebekka Z.

Wishing All of the Students Good Luck in
the Upcoming School Year.

Remember to Make Your Bi-annual Dental
Appoint for a Check-up & Cleaning!



Thank You For Your Referrals!

Heather M.	Liz K.
Norberto N.	Catherine T.
Jamaal T.	Melissa S.
James L.	Jonathan M.

WELCOME JOYCE

We Welcome Joyce To Our Advanced Dentistry Family

After our long and tedious search through many applicants for a new dental hygienist to join our team, we can now announce that our newest addition to Advanced Dentistry started on July 27th.

A 2005 graduate of Middlesex County College Dental Hygiene Program, Joyce, is on the leading edge of dental hygiene treatment options and techniques. As a high honors graduate, Joyce maintained a 4.0 GPA throughout the length of her studies. She has recently completed the extensive training program and is now certified to administer local anesthesia in the State of New Jersey.

Joyce has over twenty years of experience in the dental field which includes being a dentist in her native country, Lebanon. Her passion for the art of dentistry will make her a perfect fit for the Advanced Dentistry team.

Smile Secret

Mouthguards: Just Wear Them

Mouthguards are not just recommended for sleep problems and teeth grinding. They are now being recommended for sports -- and rightly so!

Dental injuries are the most common type of orofacial injury sustained while participating in sports.

One-third of all dental injuries is related to some type of sports activity.

Facial and head injuries can be sustained in nearly every game, from "contact" sports such as football, basketball and hockey, to "non-contact" sports like baseball, volleyball, and many more.



Wearing a mouthguard just makes sense! Take advantage of our fall sports special...make an appointment today and SAVE on a custom mouthguard for you or your child! Your teeth and mouth will thank you!

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

Trivia

What words can you make when you unscramble the following letters?:

R S K B I C

*Hint: There are 5 - three letter words, 6 - four letter words, 4 - five letter words, and 1 - six letter word.

Last months trivia (question & answer):

Question: What did the stable across the street where Jefferson wrote the Declaration of Independence have that he complained about? *Answer: Horseflies*

Last months questions must have been a tough one as we did not have a winner --- try again this 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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- Those you refer will receive a **FREE Exam & FREE X-rays** (That's a \$220 savings!!!)
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RALPH REILLY, DMD (732) 356-9120