



On the
Bright
Side



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Name
000 Street
City, ST 00000

February 2009

Cosmetic
Dental
Treatments



Is your smile just not what you want? You are brushing daily and flossing on a regular basis. We know that you come in for your periodic dental cleanings as part of your regular tooth health maintenance.

But you've noticed that more and more people are flashing great big beautiful smiles, and you've taken to hiding your smile behind your hand, or stopped smiling at all. You know that it bothers you when you look at photographs and you always zero in on your teeth, thinking that they could look better, they should look better. **What can be done?**

This brings us to the subject of cosmetic dentistry. This is much more than you may think it is. Most people have experienced general or family dental care that deals with the necessary treatment to keep your teeth healthy. Cosmetic dentistry gives you elective options, treatments that you choose in order to have a better looking smile. Two of the most common cosmetic dentistry practices that are done include

the use of dental fillings that are either porcelain or composite materials that we can closely match to the color of your existing teeth preserving the natural appearance of your teeth and your smile. The second most common cosmetic dental choice is tooth whitening.

Tooth whitening can be done either at home or here in the office. At home whitening kits usually give only temporary results. By having your teeth whitened here at our office, you will experience greater whitening benefits. You must remember that any pre-existing dental work such as crowns, bonding, composite fillings in your front teeth will not whiten in the way your natural teeth will. This is something that we will discuss individually when you come in.

100 Calories = 10 Pounds a Year

According to national spokesperson for the American Dietetics Association, trimming just 100 calories each day can take off up to 10 pounds a year. Here's how:

Burn An Extra

100 Calories A Day

Walk an extra 2000 steps per day or do an extra 15 minutes of aerobics.

Rake leaves for 20-25 minutes or shovel snow for 10-15 minutes.

Clean/vacuum/mop floor for 25-35 minutes.

Play tennis or golf (walking course) for 20-25 minutes.

As you can see, eliminating 100 extra calories per day or burning them is fairly painless. There's no need for miracle weight loss pills, starvation detox or fad diet plans. Just cut 100 calories each day and you can prevent weight becoming a big problem for you. Use this simple 100 calorie solution and take control of your weight in a way that will have long lasting effects but won't restrict your life.

1 pound = 3500 calories

100 calories per day x 365 days =
36,500 calories per year (or 10.43 pounds)

100-Calorie Cutouts

Select nonfat or 1% milk instead of whole milk.

Put lettuce, tomato, onions, and pickles on your burger or sandwich instead of cheese.

Quench your thirst with bottled water instead of soda from the vending machine.

Drink light beer — limit yourself to 1 or 2 — instead of regular.

Skip the super-size promotions.



Cosmetic Dental Treatments continued...)



to your jawbone. An implant is permanent, differing from the dental bridge which is temporary. The implant will act as a root to anchor an artificial tooth. Dental implants can also help maintain your youthful appearance (missing teeth tend to allow

Orthodontic Treatment – Not just for kids anymore, more and more adults are looking for that perfect smile. Orthodontic care can correct many mouth problems.

If you're not sure about any of the above options, come in and talk to us. We're here to help you make the most of your smile. Conditions you've lived with all your life can often be changed. Call us today for your beautiful smile of tomorrow.

Other cosmetic dentistry options that go beyond natural colored fillings and whitening are readily available and can give you a beautiful smile.

Dental Implants – An implant is a metal device that is used to replace one or more missing teeth. It is made out of titanium and surgically attached

your face to collapse giving you an older look).

Crowns – Also called caps, these are designed to fit over an entire tooth after we have reshaped it. They are made out of acrylic or porcelain that has been fused to metal, helping it to withstand biting pressure.

Cosmetic Dentistry:

- natural colored fillings
- teeth whitening
- veneers
- implants
- crowns
- orthodontic treatment

Welcome New Patients!

Barbara B. Louise D.
Stephanie H, Angie G.
Jennifer C. Richard W.

Thank You For Your Referrals

RoseAnn C. Joseph L.
Catherine N. Karen P.
Edwina K.

FEBRUARY EVENTS

This month is jam packed with holidays, events, and observances! Below are just a few:

Month Long Observances:

American Heart Month
National African American History Month
National Cherry Pie Month
National Children's Dental Month
Relationship Wellness Month
Sweet Potato Month

Day Long Observances:

Feb 1	Freedom Day
Feb 1	Superbowl XLIII
Feb 2	Groundhog Day
Feb 7	Chinese New Year's Day
Feb 8	Grammy Awards
Feb 14	Valentines Day
Feb 15	Susan B. Anthony Day
Feb 16	George Washington's Birthday
Feb 22	Academy Awards
Feb 25	Ash Wednesday
Feb 28	National Tooth Fairy Day

Dental Success Story

Dear Dr. Reilly

I want to thank you so much, not only for my beautiful smile, but also for the incredible care and concern that you showed me in a very devastating time.

When I fell down a full flight of concrete stairs at school, I broke my two front teeth; the shock of what had happened hit me like a ton of bricks. I felt that my life would never be the same, how could I possibly recover.

Although, in a state of shock, I was able to call my parents to ask for help; my father came for me immediately and brought me to the hospital. After, asking my Father for help, my first words were I need your dentist!

As you know my father reached out to you early Sunday morning and you were so gracious to come to the hospital to examine me. After examining me in your office and providing temporary treatment you offered comfort and reassurance that you could "fix me".

The very next day you cleared your schedule and devoted

your efforts to fixing me. I went home with temporaries that looked better than my original teeth; I couldn't wait for my new permanent teeth. Your immediate care allowed me to miss only 1 ½ days thus saving not only my smile, but my college semester.

Right on schedule you finished my smile during the Thanksgiving break, working late on the holiday eve.

Your skill as a dentist is well known, your care and compassion as a person will never be forgotten.

Although a very sobering experience, there is a silver lining; you fixed my smile better than it was before my accident.

If necessary please feel free to share my experience and photos with another young person that may experience the same trauma.

I know my parents share in my thankfulness for your great skills and kindness; your entire staff could not have been more courteous and caring.

Sincerely,
Heather M.

Smile Secret

8 Easy Steps to Maintain a Healthy Smile!

To help alleviate avoidable dental problems and additional procedures, we recommend you follow these 8 easy steps. Below is a guide to help you maintain a healthy smile for life!

1. Brush Your Teeth
2. Floss Your Teeth
3. Get Regular Cleanings
4. Get Your Cavities Filled
5. Eat A Healthy Diet
6. Avoid Toothaches (through routine check-ups)
7. Prevent Bad Breath
8. Learn About Your Dental Insurance



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

TRIVIA

On the Boat

While walking across a bridge I saw a boat full of people. Yet on the boat there wasn't a single person. Why?

Congratulations to **Gregg P. of Flemington**. 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!**

Advanced Dentistry

Do You Love Your Smile?

Are all of your teeth bright white or are they somewhat yellow, dark, or stained?

Do you have spaces between any of your teeth?

Do you have any missing teeth?

Do you have teeth that are crooked, uneven, or out of line?

Do any of your teeth appear short and fat or too small or too large?

Do you grind your teeth?

Are any of the biting edges of your teeth chipped or worn down?

Have your gums receded or do they appear red or puffy?

Do you have any gray, black or silver (mercury) dental fillings?

If you answered yes to ANY of these questions, we can help give you a better, more beautiful smile.

Ralph Reilly, DMD
(732) 356-9120

FREE
Smile Makeover Consultation
Expires 2/28/09