



On the
Bright
Side



Contents

Advanced Dentistry Is Going GREEN	1
The Correlation Between Gum Disease & Diabetes.....	2
Patient News & Special Events.....	3
IDENTALLOY – <i>A Higher Standard</i>	3
Trivia.....	4
Smile Secret.....	4

Name
000 Street
City, ST 00000

January 2009



Advanced Dentistry Is Going GREEN!

Over the last few months, we have mentioned that our office was working on ways to do our part to better the environment. One of the most obvious solutions we have to make our office more eco-friendly, is to reduce the amount of paper used. Thus, over the last few months, we have been requesting everyone's updated email address so that we may begin communicating with you all via email. This includes sending you all monthly newsletter via email. We have received emails from most of our patients, but there are a few of you that we have still not heard from.

We will continue to update our email database, so please take a moment to email Dr. Reilly (reillydmd@aol.com) with your full name or call our office (732-356-9120) and let Kris or Josie know your email address.

Thank you so much for your cooperation. We know how much you enjoy receiving the newsletter and we don not want you to be left out. If you have any questions or concerns, please do not hesitate to contact

The Correlation Between Gum Disease & Diabetes



Diabetes and Gum Disease What's the Connection?

One of the leading causes of tooth loss among adults is gum disease, which, in its advanced form is called periodontal disease. This is an infection in the gum tissue and bone that has been linked to heart disease and strokes. One more disease that is linked to gum disease is diabetes.

Perhaps because diabetics are more prone to infections, they are much more likely to develop periodontal disease than non-diabetics. Periodontal disease is listed as the sixth most common complication of diabetes, and those who do not have their diabetes under control are at especially high risk. Severe periodontal disease can increase blood sugar levels, creating longer time periods during which the body is coping with the complications of high blood sugar.

Recent research has suggested that the relationship between periodontal disease and diabetes is a two way street.

Diabetics are more prone to periodontal disease, and periodontal disease can make it more difficult for diabetics to control their blood sugar.

Gum Disease and Diabetes:

- Insufficient control over your blood sugar can put you at risk of developing gum disease more frequently than diabetics who have good control over their blood sugars.
- Diabetes can decrease your blood circulation, putting your gum tissues at greater risk to infection.
- Elevated glucose levels in your saliva promote the production of bacteria in your saliva that causes gum disease.
- Smoking diabetics are at greater risk for periodontal disease than non-diabetic smokers.
- Reduced resistance to infection in the diabetic increases the likelihood of developing gum disease.

Look for signs of red and swollen gums, or whether your gums bleed easily. Notice if your gums seem to be loose around your teeth. Loose teeth can also be a sign of gum disease. Recurrent halitosis, or bad breath, can also be a sign that you need to come in for a check up.

To prevent the development of gum disease, especially periodontal disease, you must be very vigilant about your blood glucose levels. Check often and maintain a good blood sugar value. If you are a smoker, this is as good a time as any to stop smoking. Your teeth are too valuable to lose to gum disease. Be sure to practice good oral hygiene and come in for regular dental check ups so that we can help you to prevent a serious disease. Eat a healthy and well balanced diet; get plenty of rest, and regular exercise.

Gingivitis is the earliest form of gum disease. This is signified by red and swollen gums that bleed easily. There is usually no real discomfort at this stage. Untreated gingivitis can lead to advanced periodontal disease and ultimately to tooth loss. If your gum disease is diagnosed at this early stage, it can easily be treated and reversed.

If you are a diabetic with periodontal disease, don't delay. For your overall health, periodontal disease should be treated to eliminate infection, prevent tooth loss, and possible permanent bone loss.



Stop Smoking!



Come in for regular checkups



Eat Healthy



Get Plenty of Rest



Exercise

Welcome New Patients!

John B.	George S.
RoseAnn C.	MaryJane S.
Samuel K.	Ivette S.
Jean M.	Andre W.

Thank You For Your Referrals

Dan S.	Kelly H.
Mark T.	Jane S.
Anne Marie K.	Cathy G.

Please continue to refer you family and friends who may need a new dental home. You can earn a \$50 credit for each person you refer and they receive a \$50 discount. Call today to find out the details.



WE NOW OFFER CHAIRSIDE TOOTH WHITENING!

Treat yourself to a new bright, white **SMILE** for the **New Year!**

Call our office (732-356-9120) to make your appointment today.

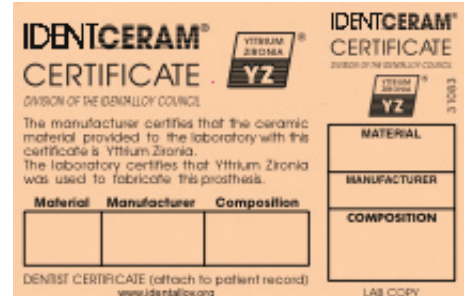
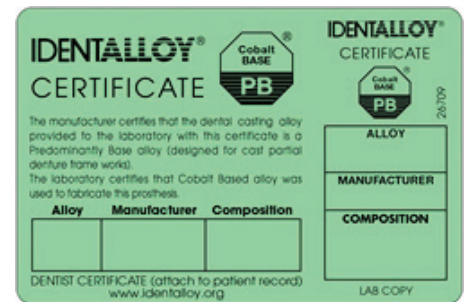
If you have any questions about the procedure, please call and ask to speak with Josie or Kris. They are available to answer any of your questions regarding this state-of-the-art tooth whitening treatment.

IDENTALLOY *A Higher Standard!*

Headlines are full of health scares regarding products made in China and other countries containing dangerous ingredients. Some attention has been focused on dental restorations with unknown components. Our office is proud to let you know that we have NEVER sacrificed the quality of care or the safety of our patients by using far less expensive, off shore laboratories. We insist that ALL of our labs participate in the **IDENTALLOY** Program.

IDENTALLOY is an independent certification system that provides the only commercial oversight of restorative materials for dental laboratories and practices. Manufacturers wishing to participate in the IDENTALLOY Program must supply documentation to show they are abiding by the American Dental Association guidelines determining Alloy content. Each case is returned with a certificate of ingredients that are filed in each of our patient's charts. Again, proving the saying that "the sweetness of low price is ruined by the bitterness of poor quality".

This is part of our continuing commitment to provide the highest quality and standards of treatment to our patient family. We will always do our part to follow A Higher Standard and our IDENTALLOY certification is just one example! If you have any questions, please feel free to contact our office, we are always available to provide you with the answers you seek!



Smile Secret

Proper brushing is essential for cleaning teeth and gums effectively. When selecting a toothbrush, make sure it has soft, nylon, round-ended bristles that will not irritate your teeth or damage your gums. Follow these five steps to get the best brushed teeth:

1. Place your toothbrush at a 45-degree angle against the gums.
2. Move the brush back and forth gently in short (tooth-wide) strokes.
3. Brush the outer tooth surfaces, the inner tooth surfaces, and the chewing surfaces of your teeth.
4. Use the "toe" of the brush to clean the inside surfaces of your front teeth (stroke gently, up and down)
5. Finally, remember to brush your tongue (it will remove bacteria and freshen your breath).

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

TRIVIA

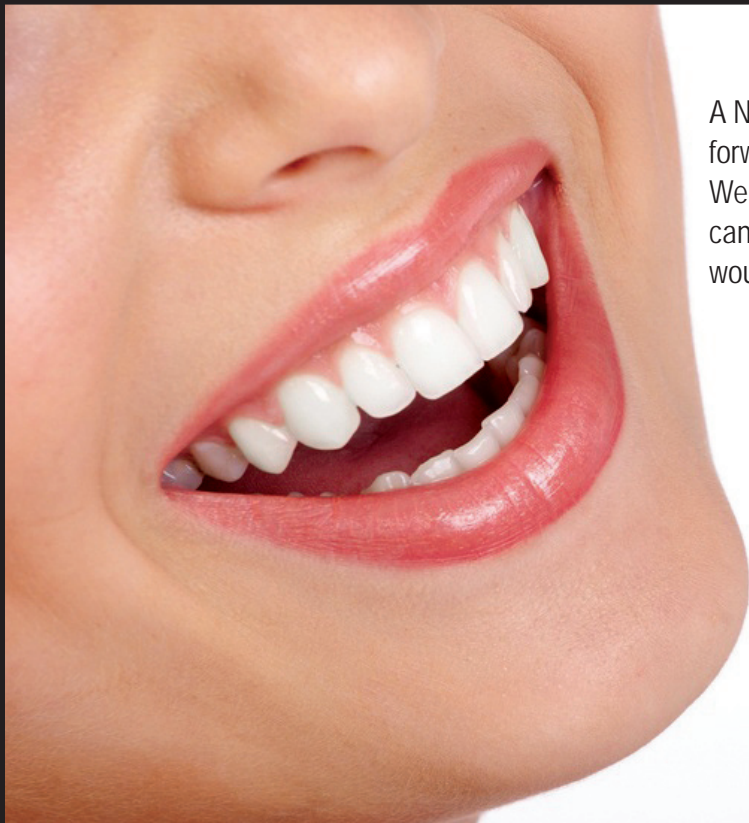
What Word Am I?

There is a seven-letter word in the English language that contains ten words without rearranging any of its letters. What is the word?

Congratulations to **Marjorie** of Middlesex. She 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



Happy New Year!

A New Year means New Beginnings... Maybe you're looking forward to pursuing new relationships, or maybe a new job? Well, a new smile, one that's whiter, brighter and straighter can help you in your pursuits! We at Advanced Dentistry would like to encourage you to get started...

<p>\$275 Professional! Teeth Whitening (Take-Home Treatment)</p> <p><small>\$565 Value. Some restrictions may apply. Expires 01/31/09</small></p>	<p>\$100 OFF Any Dental Treatment of \$1000 (or more)</p> <p><small>Some restrictions may apply. Appointment must be scheduled before 01/31/09</small></p>
--	--

Ralph Reilly, DMD
Call Today
(732) 356-9120