



On the
Bright
Side



Improve Your Smile,
Improve
Your
Life!
page 4



Contents

Dental Implants Improve Quality of Life.....1

Life, Health & the Environment.....2

Patient News & Special Events.....3

Smiles For Life.....4

April 2010



Dental Implants Improve Quality of Life

Teeth can be lost as a result of an accident, gum disease or decay. Replacing missing teeth with something removable, such as a denture, is not ideal. Why you ask? Well, since dentures sit on top of the jawbone and gums, continuous shrinkage of the jaw bone alters the fit of the denture resulting in slipping or rocking of the dentures. Exposed nerves and irritation of the gum tissue add to the discomfort. Dental implants are more like natural teeth than dentures because they are anchored securely to your jawbone. Gum irritation and the pain of exposed nerves associated with conventional dentures are eliminated.

Are you missing teeth?

If you have experienced tooth loss, you are not alone. According to the American Dental Association, more than 100 million Americans have replaced at least one lost tooth that would have been visible if it were not replaced. The typical adult over

the age of 50 is missing an average of 10 teeth! The average adult over the age of 60 is missing 18 teeth! 42% of the population over 65 has no natural teeth!

Why it's a Problem

Facial structures and overall appearance change when teeth are lost. Your teeth support the jaw bone. When teeth are lost, the bone begins to melt away and your facial tissues lose support. This change can cause wrinkles, a "sunk-in" look, and the illusion that a person is mad or frowning. While it may seem far fetched, social isolation can result from a person missing teeth. And further, lack of self esteem can play a major role in overall mental and physical health.

Even if you have no self esteem issues what-so-ever, consider this: If you are missing teeth, your ability to eat and chew is reduced dramatically.

The average denture patient with an excellent fitting denture eats at 15-20% efficiency when compared to a person with natural teeth. Why is this? As the jawbone shrinks, your chewing efficiency is reduced making it difficult to eat certain foods. Dental implants can restore chewing efficiency comparable to that of natural teeth.



Cook More Often



One reason stressed and busy people tend to gain weight is that we go out to eat more often. To top it off, many times our choice is fast food. Solution: Make it your goal to cook at home more and eat out less.

It's no surprise that cooking and eating at home is usually much better for you. Meals are generally healthier than fast food. Portions are smaller and lower in fat and sodium than in restaurants. People consume 50% more calories, fat and sodium when they eat out than when they cook at home. And cooking at home can save you money!

Breaking old habits is never easy (like picking up dinner to go). It may seem painful to come home and cook after a long day, but it's easier than you think. Here are some tips to help you eat more meals at home:

Plan Ahead: Plan the week's meals, then grocery shop once a week. You'll have all the ingredients you need, and there will be no stress in deciding what to eat each night.

Simplify: You don't always have to work with fresh fruits and veggies. Buy frozen, pre-cut vegetables

or pre-washed greens. Toss vegetables into salads, pasta sauces, stews, lasagna, pizzas, quiches, sandwiches or omelets. Use frozen berries for a breakfast smoothy. Add one or two steamed or microwavable vegetables to mac 'n cheese or jarred pasta. Choosing the right ingredients can also help you cut corners. For example, red or tan new potatoes give a meal extra fiber and don't need to be peeled.

Cook Ahead: Maximize your time. Cook more than you need, and divide it into individual servings and save for later. Reheat meals later in the week or month. Or take them for lunch rather than eating out during the day.

Use a Crock Pot: Toss in a few ingredients in the morning and come home to the aroma of a meal ready to be eaten!

Hopefully, these tips will help empower you to break out of the eating-out rut. Once you get into the habit of eating more meals at home, you'll get more efficient at it and be whipping up healthy meals in fifteen minutes or less—about what it takes to go through the drive-thru and less time than it takes to go out to a sit-down restaurant. Your body and your wallet will both thank you.

(Dental Implants Improve Quality of Life continued...)

Digestion starts in your mouth. If you are not able to properly chew your food, your body cannot absorb the nutrients that you need to stay healthy. As a result, the average person that is missing teeth is typically on 25% more medications than someone who has their teeth. Patients without teeth will experience a 10-year shorter life expectancy than someone who has teeth. The number one reason for loss of a tooth is the absence of one posterior (molars or premolars) tooth.

The Best Option: Dental Implants

Dental implants are titanium "roots" carefully placed in positions that were once occupied by your natural teeth to support replacements that look and feel like your teeth. Within a few months, they become secure in the bone. Implants do not require altering adjacent teeth to replace a single missing tooth. Implants are non-removable root replacements to which you can securely snap a denture, or on top of which you can place a non-removable crown or

bridge. Implants never decay and they never need Root Canal Therapy. With proper care, implants can last a lifetime.



Dental implants can improve your quality of life. They can help you chew as well as enhance your satisfaction while chewing. Dental implants can help prevent bone atrophy (shrinkage) by maintaining your present level of bone.

Implants have been known to enhance one's speech. With ill fitting dentures, the teeth slip and slide around the mouth. The facial muscles become tense in an attempt to hold the teeth in place. This often results in mumbling, slurred speech or clicking noises.) With Dental Implants, the issue of bad breath caused by temporary mouth appliances (such as dentures) is eliminated.

Proper planning, implementation and maintenance are the three keys to successful dental implant treatments. Here at Dr. Reilly's Dental office we are very experienced and take full advantage of all the latest technologies. Whether you require one single dental implant or full mouth rehabilitation, you will feel comfortable and confident throughout the process. If you are seeking an implant dentist with impeccable qualifications, contact Dr. Reilly's Dental office today for a complimentary Dental Implant Consultation. (see special offer on page 4)

See you next month!

Welcome New Patients!

Candice A.	Lisa L.	Kiari S.
Allen B.	Joseph L.	Lindianne W.
Michael C.	Sofia M.	Joe Y.
Wayne C.	Ulla S.	Ray Z.
David D.	Chris S.	Barry W.
	Anna s.	

Thank You For Your Referrals!

Debra S.	Thomas Q.	Wayne T.
Pamela C.	Mary M.	Michele V.
Ana G.	Rob D.	Roxy M.

Your referrals are our greatest compliment!

What's New?

GREAT NEWS for our patients participating in a Delta Dental Plan!

We have enrolled as a participating dentist in the large network of Delta Dental. What this means is we will be accepting direct partial payments from Delta Dental programs.

What will this mean to you and your friends? If you are a Delta Dental member, your out-of-pocket expense will be greatly reduced.

Call the office (732-356-9120) to find out more and ask your neighbors if they are a Delta Dental member...you will be doing them a great service.

Dr. Reilly Offers New Dental Technique



YOUR SMILE, BETTER THAN BEFORE!

Want a beautiful smile but don't want to wear braces?

This is your opportunity to have it all!

We are now offering **ClearCorrect™** -- it is our newest technique to straighten your smile. It is a simple and virtually invisible alternative to wearing braces.

ClearCorrect™ enables you to achieve a perfect smile without hardware. If you are a candidate for this procedure, you will wear a clear guard that will gently move your teeth into the correct position. This process has been used for years. I am sure you are familiar with a product called invisalign that has changed the way people think about braces. Our research has chosen **ClearCorrect™** because of their outstanding results and the ease with which we have implemented their program.

Call our office (732-356-9120) today for a Complimentary evaluation and begin practicing your smile.

WHITEN YOUR TEETH AND HELP A CHILD IN NEED!

We have opted to participate in a very special cause. **During the months of March 2010 thru June 2010**, we are offering to professionally whiten your teeth at a deeply discounted fee of **ONLY \$250**.

100% of the proceeds received from this **VERY SPECIAL OFFER** will go to seriously ill and disabled children in your community and around the world! What a deal -- you get a Whiter, Brighter, Smile and will also help children that truly need it!

We are even offering a **payment plan option** for those that need it. We can set up automatic payments deducted each month from your checking account OR credit card (over a number of months).

Join us in helping children get the assistance they need. Help us give them something to **SMILE** about! Contact our office (732-356-9120) to schedule your appointment today!

We are switching it up this month to keep you on your toes. Can you provide the correct answer to this month's quiz?

Trivia

Forward I am heavy, but
backward I am not.
What am I?

Congratulations to Thomas S. He was the winner of last months trivia question.

Be the 1st person to answer the trivia question correctly and we will send you a \$25 American Express Gift Card. Your answers can be submitted by phone (732-356-9120), fax (732-356-0870), or email (reillydmd@aol.com).

March Trivia Question & Answer (in red):

Unscramble the letters **W E R I N E** to create as many **3, 4, 5, and 6 letter words as you can** (8 -- three letter words, 7 -- four letter words, 2 -- five letter word, and 1 -- six letter word):

nee	wee	rein	weir	newer
new	wen	ewer	wire	wiener
ere	win	wren	wine	
ewe	ire	were	renew	

FREE Exam & X-Rays For Friends & Family... And **\$50 Deposited** Into Your Dental Account For EACH New Referral!



Those you refer will receive a **FREE** Exam &
FREE X-Rays.

(A \$220 savings!!!)

You will receive a \$50 Credit on your dental account as a thank you from us for **expressing your confidence in Advanced Dentistry.**

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