



On the  
Bright  
Side



Reshape & Whiten  
Your Smile  
Details on Page 4



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July 2009



## Are You Drinking Enough Water?



You probably already know that it's important to drink enough water. Typically, it was advised to drink a minimum of eight glasses of water a day. New research shows that the health benefits of drinking water when a person is thirsty, is actually better than consuming a specific number of glassfuls a day.

### You May Need More If...

You may need to increase your intake if it is really hot, or if you work out and sweat a lot. The leaner a person is, the more water they need in order to remain adequately hydrated. This is because muscle contains more water than fat, so water becomes more important to keep muscles functioning properly. If a person is ill, water is helpful in flushing all systems within the body. Water can also help decrease body temperature if fever is a factor.

Getting enough water in your body will prevent you from getting dehydrated. Early signs of de-

hydration include increased thirst, dry mouth, and sticky saliva and reduced urine output with dark yellow urine. You may also experience a lack of energy and a headache.

### Visual Reference

A good way to determine if you have enough water in your system is to look at your urine. If it appears clear more than yellow than this is a sign you are good and hydrated. Remember that when you sweat or drink caffeine you tend to dehydrate faster. Try to drink enough water to urinate and take a look. Golden yellow (almost dark yellow) or stinky pee, implies that you are not getting enough water; lighter yellow implies enough; if your pee is clear, you may be getting too much water. Yes, it IS possible to drink too much water to the point you suffer water suffocation, which can lead to death. Remember to also replace your electrolytes. (Potassium, salt, magnesium).

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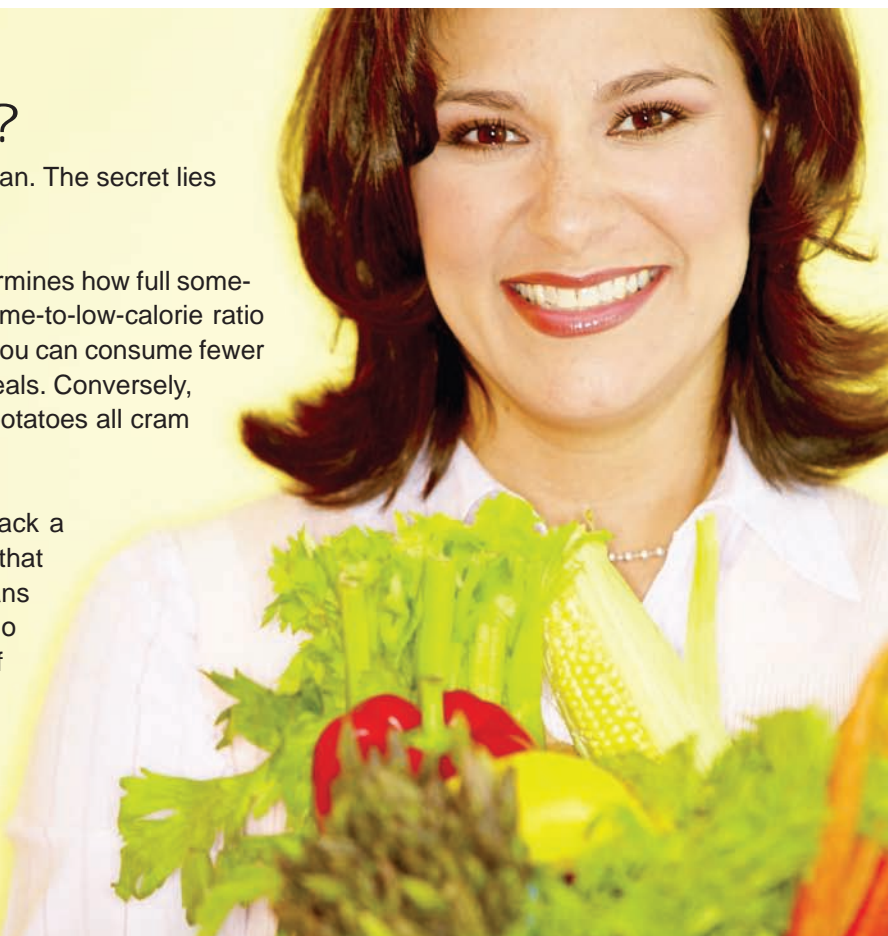
## Lose Weight, Eat More?

Would you like to lose weight and eat more? You really can. The secret lies in choosing high-volume, low-calorie foods.

Research has shown that total volume, not calories, determines how full someone feels after a meal. By eating foods with a high-volume-to-low-calorie ratio – such as fruits, vegetables, salads, and lean proteins – you can consume fewer calories while upping your overall satisfaction with the meals. Conversely, foods like pastas, pizza, fast food, bagels, breads, and potatoes all cram a ton of calories into a small space.

Take pasta, for example: Spaghetti and other pastas pack a considerable caloric punch (220 calories per cup, and that doesn't even include the sauce). But a cup of green beans totals only 27 calories, half of which are fiber. If you do the math, you'd have to consume more than 8 cups of green beans to equal the calorie content of a single cup of pasta.

So, here's a suggestion - Go Green! Add vegetables to every meal. Basically, cut back on the high-calorie dishes and pick lower-calorie, higher-volume foods. You'll fill your belly without filling out your waistline!



*(Are You Drinking Enough Water continued...)*

### Benefits of Hydration

Water is an important regulator in the body and helps with the filtering process. Nutrients in the body are carried throughout in the blood, which is made up of mostly water.

Water is important to the digestive system. It can help to digest food better as well as reduce the occurrence of constipation. It may seem counterintuitive, but drinking lots of water can also decrease bloating. The body processes and flushes out unwanted waste matter using water.

Drinking enough water will help your skin appear fresh and soft. This is because when skin cells are hydrated, they expand and the skin appears smooth. Hair and nails will also appear healthier. Muscles also require a good deal of water. Muscles that have enough water often look more toned.

### Other Hidden Benefits Water

People who drink enough water every day are less likely to experience depression and irritability. Blood pressure and body temperature can also benefit from water. Health levels of both are more easily maintained with additional water consumption.

Anyone interested in shedding some extra weight may want to consider drinking more water. Water helps to metabolize fat and helps the stomach to feel full. People who drink plenty of water are likely to eat less because their stomach already feels satisfied.

When in doubt about how much water to consume, listen to the body. If the mouth is dry, or you have an overall feeling of being unwell, water may just be what your body needs.

See you next month!



## Welcome New Patients!

Theresa B.	Dina C.	Jennifer E.
Laurie L.	Amitabh P.	John S.
Eugenia T.	Grace V.	Joseph F.
Jana B.	Maryann C.	Christopher S.
Theresa M.	Shweta P.	Kathleen F.
Ute B.	Julie D.	Kristen S.
Janna O.	Dhaval P.	Maureen H.
Marcella T.	Edmund D.	Donald S.
	Cheryl P.	

**All Of Us At  
Advanced  
Dentistry Would  
Like To  
Wish Everyone  
A Very Happy &  
Safe Fourth of July  
Weekend and  
Celebration!**

## Thank You For Your Referrals!

Ginny M.	Jennifer T.
Tracy G.	Stephanie T.
James S.	MaryAnne S.

## A Bittersweet Farewell

### To My Advanced Dentistry Family

It is with both great joy and great sadness that I am writing this to you. I will be leaving Dr. Reilly and the Advanced Dentistry team in July. My husband and I are expecting our first child in August and couldn't be more thrilled. Although I will miss Advanced Dentistry, I am excited to begin this next phase of my life.

I loved being a part of the Advanced Dentistry team for the past six years. It is not every day that you are given an opportunity to work in an environment like this one. Dr. Reilly's commitment to quality care and uncompromised restorative excellence has taught me that truly great dentistry can change lives, both for those receiving the care and for those of us providing it.

Dr. Reilly and I have discussed the option of me returning on a limited basis in the Fall. I am hoping that I will see you all again in the future. Thank you all for giving me the opportunity to be your hygienist. Many of you have become very good friends to me and I will genuinely miss you.

Sincerely,  
Meridith



## JUDGE FREE ZONE

Two of the most common reasons people avoid seeing the dentist are anxiety of being judged and embarrassment of their teeth or smile. If you think about it and put it into perspective it is actually understandable.

People are judging one another everyday in business and socially. **So why would they think their dental office would be any different?**

In reality most people are aware of their own flaws and imperfections, thus they can appreciate how someone else may be feeling.

At our office we strive to make you feel as comfortable as possible. When you enter of office you are entering a **JUDGE FREE ZONE**, we just want to provide the best treatment possible.

Our goal is to do everything possible to help give you a healthy smile that provides you with greater self-confidence. After all, your smile is the first thing people see and you should be proud of it!

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

# Trivia

### THE DECLARATION & JEFFERSON

What did the Stable across the street where Jefferson wrote the Declaration of Independence have that he complained about?

*Last months trivia (question & answer):*

*Question:* The first zoological park in the United States opened its doors in 1868. What was it named and in which city did it open? **The Lincoln Park Zoological Park in Chicago, IL and it is still open today.**

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!**

# FREE Exam & X-Rays for Friends & Family -- AND -- \$50 Deposited into Your Dental Account for EACH Referral!



- Those you refer will receive a **FREE Exam & FREE X-rays** (That's a \$220 savings!!!)
- You will receive a **\$50 credit** on your account as a thank you from us for expressing your confidence in Advanced Dentistry.

## RALPH REILLY, DMD (732) 356-9120