



On the  
Bright  
Side



## Contents

Habits for Healthier Skin (AND Teeth)....	1
Life, Health & the Environment.....	2
Patient News & Special Events.....	3
Congratulations Meridith.....	3
Smile Secret.....	4

September 2009

FREE  
EXAM & X-RAYS  
FOR FRIENDS &  
FAMILY!

Details Pg. 4



## Habits for Healthier Skin (AND Teeth!)

September is National Skin Care Awareness Month, and we'd like to use this time to reflect on the issues surrounding the health of your skin.

As you age, your skin gradually becomes thinner and finely wrinkled. Oil-producing glands grow less active, and skin becomes drier. The number of blood vessels in your skin decreases, and your skin does become more fragile. Good skin care — such as avoiding the sun, washing your skin gently and applying moisturizer regularly — can help delay the natural aging process and prevent many skin problems.

These directives might make it appear you only need to care for your skin from the OUTSIDE. That is not the case. Your skin also reflects what you do and do not put INTO your body as well. What does that mean? Well, diet and lifestyle matter. And, as luck would have it, these internal factors also affect your teeth and smile as well as your skin.

### Drink Water

The older you get the more likely you are to get dehydrated. You might not even notice you're thirsty, so

make drinking water a habit. Drinking lots of water cleanses the body and hydrates the skin. Water will also help keep the bacteria in your mouth to a minimum. Drinking water has a lot of health benefits, and preventing bad breath is one of them.

### Limit Alcohol Consumption

Everyone knows that alcohol abuse damages your health, but excessive drinking can ruin your looks too. Heavy drinking can cause dilating and sometimes bursting of blood vessels that are close to the skin, causing ugly red veins in the nose and cheeks. Even in the short term, drinking can cause a bloated, puffy look and an overall "hard" look to the face.

What you may not know is alcohol can also be harmful to your mouth. Your tooth enamel can become eroded by the alcohol or any mixers it contains. Although alcohol initially leads to an increase in salivary flow, long term heavy drinking leads to degeneration of the salivary tissue leading to dry mouth. More disturbing is that drinking large amounts of alcohol has been linked to an increased risk of mouth cancer.

(Continued on page 2) ▶

# Sleep and Your Weight

Recent scientific studies show a strong relationship between sleep deprivation and weight gain, even though we don't know exactly why this occurs. Here are some findings:

- People who slept less than six hours a night experienced a greater increase in their body mass index (height-to-weight ratio) than those who slept seven to eight hours.
- Women who slept five hours a day, or less, gained more weight than those who slept seven hours a day (according to a 16-year study).
- People who slept less than eight hours a day had larger increases in body fat than those who slept more.

## How does sleep affect the body?

Our bodies' major activities, run on a 24 hour cycle. When our bodies aren't in a regular sleep pattern (think jet lag), the hormones that regulate whether we feel full or hungry get out of whack. Thus,

all of our normal cues for eating are altered.

## How can sleep habits affect our eating habits?

Often our mental stress prevents sleep, even when we set aside seven to eight hours. This is a double whammy for weight loss: we eat to relieve stress, but also can't sleep because we're too stressed out!

When we're tired, or feeling fatigued, we don't always make the healthy food choices:

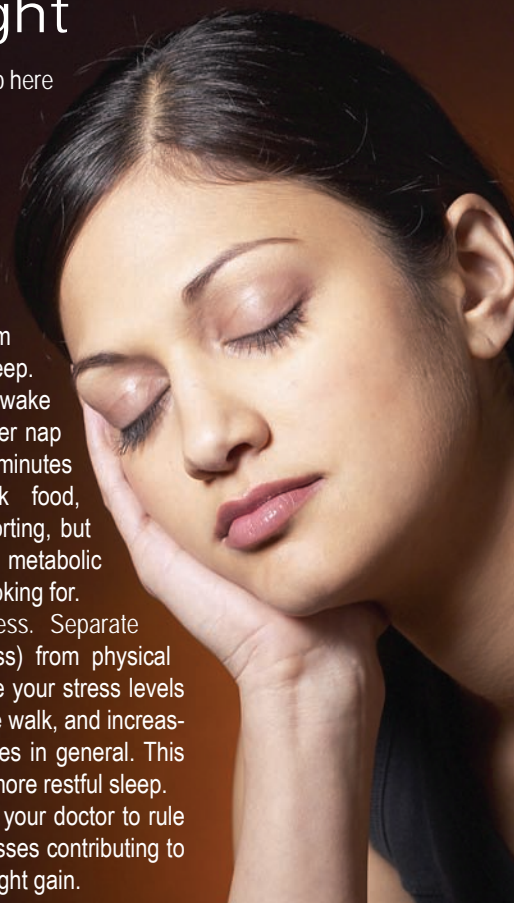
- Snacking before we go to bed to relax.
- Quick pick-me-up snack during the day, when we're feeling sleepy or fatigued.
- Fail to stick with our healthy eating plan, making poor food choices, and relying on higher calorie comfort food.

## What can you do?

While the obvious solution is to sleep eight hours each night, the real-life an-

swer is not so easy so here some suggestions:

- Create some structure in your life and make sleep a priority. Eat regularly — at least three to four times each day. Aim for seven hours of sleep.
- Don't use food to "wake you up." Take a power nap between 15 and 20 minutes instead. Avoid junk food, which may be comforting, but won't give you the metabolic pick-me-up you're looking for.
- Address your stress. Separate mental fatigue (stress) from physical fatigue. Try to reduce your stress levels by taking a 20 minute walk, and increasing your daily activities in general. This can help promote a more restful sleep.
- And of course, see your doctor to rule out any medical illnesses contributing to lack of sleep and weight gain.



## (Habits for Healthier Skin (AND Teeth) continued...)

### Don't Smoke

Smoking accelerates aging of your skin and increases wrinkles. Skin changes from smoking can appear in young adults after 10 years of smoking. Mayoclinic.com explains that smoking causes narrowing of the tiny blood vessels in the outermost layers of skin. This decreases blood flow, depleting the skin of oxygen and nutrients, such as vitamin A, that are important to skin health. All of these factors increase damage to the elastic fibers (elastin) and collagen, which give your skin strength and elasticity.

The effects of smoking are also evident in your mouth. Smokers can expect to develop some combination of the following, depending on the amount and length of time they have smoked: persistent bad breath, discolored teeth, an increase of tartar build-up, periodontal disease, oral cancers, mouth sores and an altered sense of taste and smell. Another way your smile is affected by smoking; the repetitive facial expressions you make when smoking — pursing your lips when inhaling and squinting your eyes to keep out smoke — may contribute to wrinkles.

### Benefits of a Healthy Diet

Vitamins A, C, E, selenium, and zinc are especially important to maintain beautiful and healthy skin. Foods that are rich in these vitamins and minerals include: Apricots, cantaloupe, carrots, eggs, broccoli, citrus fruits, tomatoes, papaya, almonds, avocado, olive oil, walnuts, sunflower seeds, cabbage, chicken liver, onions, seafood, oats, tuna and cauliflower.

As with promoting healthy skin, eating healthy foods (such as lots of fresh fruits and vegetables) also helps encourage healthy teeth. These foods tend to help scrub the plaque off of our teeth before it can turn into tartar. It is tartar that can cause pockets in the gums where bacteria can take root and cause decay.

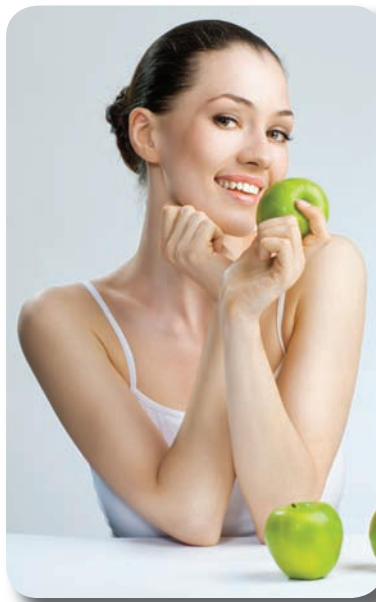
Vitamin C deficiencies can result in bleeding gums

and loose teeth as well as mouth sores The Vitamin B complex is also essential to a healthy mouth as deficiencies can cause cracking and bleeding of the lips as well as open sores and lesions on both the inside and outside of the mouth.

Calcium is the super nutrient that keeps bones and teeth strong. Vitamin D is another important factor in keeping your teeth and bones healthy.

Remember, your skin and teeth mirror the health of your whole body. There's no way around it; the best way to maintain your overall health is by leading a healthy lifestyle. Cut down on the bad habits or cut them out entirely, eat a well-rounded diet

with proper nutrients and as a result, you will have a healthy body; and as an extra benefit, healthy skin and smile too!



## Welcome New Patients!

Biage A.	Douglas P.
Sean D.	Stella Z.
Jesse M.	Donna C.
Jessica V.	Jeffrey L.
Edzer A.	Jennifer S.
Pankaj D.	Virginia C.
Kimberly N.	Jessica L.
Christina V.	Bruce S.
Salome A.	Becky C.
Adam F.	Frank M.
Randall N.	Karen S.
Tracy V.	Jennifer C.
Gail A.	Mae M.
Joanne G.	Anthony T.
Micaela O.	Elsie D.
Debra W.	Sandra M.
Agnes B.	Robert T.
Barbara L.	

## Thank You For Referring!

Robert A.	James M.
Randall N.	Jessica L.
Doris M.	Danielle D.
Michael V.	Erica C.
Jacqueline A.	Victoria T.
Alfred P.	Mae M.
Elena V.	

*Referrals are the highest honor  
and compliment we can receive.  
The trust and confidence you  
show when you refer your friends  
and family to our office is  
always appreciated!*

CONGRATULATIONS  
MERIDITH!

We would like to extend our congratulations to Meridith (our former hygienist) and her husband Leonard on the new addition to their family.

On August 8th at 8:52 am, Meridith and Leonard welcomed a beautiful, healthy, baby girl. The proud parents have named her Marlayna "Marlee" Paige Gonzales. Marlee was 6lbs 13 oz and 18 1/2 inches long.

Meridith said, "Everything is going perfect and I'm just so in love!!"

We wish the new parents happiness and good health.



## Smile Secret

### Is Your Mouth Closing Correctly?

Have you ever noticed that your teeth don't seem to align just right? The dental term for this condition is malocclusion -- when your mouth isn't closing correctly due to tooth or jaw alignment.

There are a number of causes for poor alignment, including biting fingernails, thumb sucking, grinding teeth, missing teeth, and extra teeth. If your mouth isn't closing correctly, it's important to find out the actual cause of the malocclusion.

We classify malocclusion in three different categories. They include crooked or crowded teeth, overbite, or an under bite. It's not just a cosmetic problem. It can lead to problems like tooth decay, so make sure to get it checked.

The primary fix for malocclusion is braces. However, in extreme circumstances it may require surgery. Only a dentist can determine the best method for dealing with your malocclusion. Contact our office at (732)356-9120 to schedule an appointment and discuss your options. Don't delay...longer delay in treatment can result in the need for more aggressive treatment.

PUT YOUR THINKING  
CAPS BACK ON!!

## Trivia

WE HAVE ANOTHER WORD SCRAMBLE  
THIS MONTH...GOOD LUCK!

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

G N A I I L

Hint: There are 6 - three letter words, 3 - four letter words, 1 - five letter word, and 1 - six letter word.

*Last months trivia (question & answer):*

*Question:* What words can you make when you unscramble the following letters? R S K B I C

*Answer:* sic, sir, sib, bic, risk, crib, rick, sick, brisk, brick, cribs, ricks, bricks

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!

FREE Exam & X-Rays for Friends & Family  
-- AND -- \$50 CREDIT to 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**