



On the
Bright
Side



Referral
Special

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March 2010

March Madness 101



March Madness is the moniker given to the NCAA Men's and Women's Basketball Tournaments which ultimately determine the national champions of college basketball.

How does it work?

The men's tournament begins with 65 teams vying for the title; the women's tournament starts with 64 teams. The selection process determines which teams

will be allowed into the tournament and where they will be seeded and placed in the bracket. This is done by a special selection committee appointed by the NCAA. Thirty teams earn automatic bids by winning their conference tournament. The Ivy League regular-season champion receives an automatic bid because they do not have a conference tournament.

The remaining teams are selected with what is called an "at-large bid". The at

large bids and overall tournament seedings are based on team rankings, win-loss records and Rating Percentage Index (RPI) data. The index comprises a team's winning percentage (25%), its opponents' winning percentage (50%), and the winning percentage of those opponents' opponents (25%). The selection process primarily takes place on "Selection Sunday" and the days leading up to it. Selection Sunday is also when the brackets and seeds are released to the public-- it has become its own major event.

Why the odd number of teams?

In the men's tournament, the 64th and 65th ranked teams compete in a "play-in" game to determine which will advance into the first round of the tournament. The winner of this play-in earns the 64th slot and advances to the first round of the tournament.

Other than the play-in game, both the men and women's tournaments are set up similarly. The tournament is divided into 4 divisions of 16 teams; Midwest, East, South and West. Teams in each region are ranked and initial opponents are set (#1 plays #16, #2 plays #15 and so on).

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Too Much of a Good Thing Can be a BAD Thing

Vitamins are essential dietary components which the body needs in proper quantities for cell maintenance, function & growth. The body will store essential vitamins and minerals until needed, but when your body is saving more than necessary, vitamins can take a toxic effect.

7 Vitamins to Keep a Close Watch On

If you take any of the following dietary supplements, particularly in mega-dose form*, or if you take a variety of multivitamins everyday, be careful that you are not exceeding a healthy amount.

1) Iron - Too much iron can lead to liver problems, accumulation of fluid in the lungs, fatigue, headache, low blood sugar, coma and testicular problems in men.

2) Vitamin A - Excess vitamin A can increase the risk of birth defects and cause liver damage, reduced bone mineral density (which can lead to osteoporosis), and central nervous system disorders.

3) Vitamin C - Taking large amounts of vitamin C can lead to gastrointestinal upset and diarrhea. There are also reports (that have yet to be confirmed) that it may cause genetic mutations, birth defects, increased oxidative stress, kidney stones and even cancer.

4) Calcium - Excessively high intakes of calcium can lead to hypercalcemia (elevated levels of calcium in the blood), impaired kidney function and decreased absorption of other minerals, including iron, zinc, magnesium, and phosphorus.

5) Vitamin E - Because vitamin E is an anticoagulant, taking too much may increase the risk of bleeding problems.

6) Vitamin D - When taken in excess, vitamin D can raise blood levels of calcium, which can cause mental changes, such as confusion. It can also result in nausea, vomiting, poor appetite, constipation, weakness, and weight loss.

7) Vitamin B6 - At high doses vitamin B6 can result in nerve damage to the arms and legs.

Always check with your physician before taking Vitamins in large amounts; while some patients may "routinely" need supplementation, for others the results can be disastrous!!

** The term "megadosing" refers to the condition in which you intake more than 10 times the determined RDA (Recommended Dietary Allowances), a condition that can ultimately prove to be hazardous to your health.*



(March Madness 101 continued...)



As you can imagine, some games are very lopsided while others come down to a last second shot at the buzzer. After the first round eliminations, 32 teams advance to the second round. The 3rd round is referred to as The "Sweet Sixteen". This is the Regional Semifinals; there are 4 teams left in each of the 4 regions. The "Elite Eight" refers to the remaining 2 teams from each of the 4 Regional Finals. The 4 winners make up The Final Four (1 team from each region).

What creates the "Madness"?

It's "madness" because there are so many games going on across the country at the same time or in rapid succession. The NCAA basketball tournament is a single elimination event, thus a loss means the end of the season. The tournament format provides plenty of drama – big schools, considered basketball dynasties are matched up against smaller universities with, seemingly, no possible chance to win.

Ahh, but this is March Madness and part of the fun is that all 64 teams have a shot at the national title and if one gets hot, anything can happen. Every year a

team seemingly comes from nowhere to make a run deep into the tournament. This team is often called a "Cinderella" team, because it surprises everyone. While these teams rarely win it all, they do make for some memorable moments. Fans get hooked on last-second, buzzer-beating baskets, the euphoria of winning to play another day, and the agony of losing and going home.

It's the element of surprise and chaos that gives the tournament its March Madness nickname. Friendly wagering on the event has also become something of a national pastime, spawning countless office pools. Many fans plan trips to Las Vegas during the tournament. There are large screens at the Sport Books and plenty of sports bars to enjoy every game in every region. Otherwise, the men's tournament games are always on CBS except for the play-in game, which is on ESPN. While the women's game still lags behind the men's in terms of media coverage, it has taken giant leaps since the Internet and dish TV have come to prominence. The March Madness phenomenon begins the first week of March and runs its course through the first week of April.

Welcome New Patients!

Trish M.	Ralph R.	Maria D.
Sofia M.	Elaine W.	Dave F.
Lindsey M.	Richard W.	Alison F.
Barbara M.	Michele W.	Brian F.
Ed M.	Nelson C.	Kevin G.
Rich P.	Ralph R.	Kimberly H.
Donna P.	Anthony B.	Lorinda H.
Linda R.	Christine B.	Holly M.
Shaquania Q.	Mary C.	Al M.
Linda R.	Jelsy D.	Bridget M.

Thank You For Your Referrals!

Dan S.	Dr. M.	Colette C.
Kurt M.	Jennifer C.	Todd K.
Liz K.	Jacqueline A.	J. Varone
	Kimberly K.	

BIRTHDAY WISHES

We recently celebrated Dr. Reilly's birthday [not telling you which one]. It was a celebration with all the gala you would expect from his magnificent team.

He told us spending HIS day with his team and his patients was the best birthday gift he could receive. We appreciate our Doctor and what he does for his patients and our team.

Many more to come!

Your ever smiling team!

Dr. Reilly Offers New Dental Technique

Biocare All-On-Four Implant Technique



Dr. Reilly is excited to offer his patients one of the latest implant techniques available.

The Nobel Biocare All-On-Four Implant Technique utilizes computer simulation, bio-mechanics, and clinical research to determine the optimal use of implants for restoring a full upper or lower arch of teeth. This new technique results in fewer implants, avoids bone graft surgery, and provides high-quality restorative results in the shortest time possible.

With the All-On-Four technique qualified patients have one or two visits to our office to gather information to create an appropriate treat-

ment plan. Then an appointment for the The All-On-Four Procedure. After the consultation, the patient is scheduled for surgery implantation where the new teeth are fitted and adjusted, all in one appointment.

The real appeal is how quickly dentures can be replaced with permanent Implants. Patients come in the morning of their scheduled surgery with unhealthy (or no) teeth and leave that same day with a set of new, nice looking, fixed, functional teeth.

If you would like to learn more about the All-On-Four Implant Technique or to schedule a consultation contact our office at (732)356-9120.

Smile Secret

DENTAL EMERGENCY KITS -- BE PREPARED

Your out hiking with some friends and stopped for water and a snack to refuel. CRACK. You bit down on a nut and cracked a tooth. The pain shoots through your jaw and down to your toes. Your hours away from a dentist. What do you do? Most people are at a loss and just suffer through the pain, but with a Dental Emergency Kit you can get rid of the pain until you can get to our office.

A kit will help the aching mouth deal with cracked teeth, a lost filling, aches, broken bridges, and more. Most kits include:

- Temporary Cement
- Temporary Filling
- Dental Wax
- Toothache Drops
- Instruction Manual

Dental Emergency Kits are available online at sites such as www.dentalkit.com and www.americandentalproducts.com. Find more places to buy by typing "Dental Emergency Kit" into your browser or ask your dentist.

Trivia

Unscramble the following letters to create as many 3, 4, 5, and 6 letter words as you can:

W E R I N E

HINT: There are 8 - three letter words, 7 - **four letter words**, 2 - **five letter word**, and 1 - six letter word.

Congratulations to John B. 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).

February Trivia Questions & Answers (in red):

Unscramble the letters E C I I L T to create as many 3, 4, 5, and 6 letter words as you can (8 -- three letter words, 4 -- four letter words, 1 -- five letter word, and 1 -- six letter word):

- | | | | |
|-----|-----|------|--------|
| tic | lit | tile | licit |
| tie | lie | cite | elicit |
| cel | let | lite | |
| ice | lei | lice | |

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.