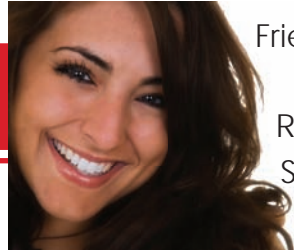




On the
Bright
Side



Friends &
Family
Referral
Special
pg. 4



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Name
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City, ST 00000

February 2010

American Heart Month

February is always filled with thoughts of love and valentines, but it's also American heart month – a perfect time to think about heart health.

Cardiovascular diseases, including stroke, are our nation's No. 1 killer. Even though most people associate heart disease with men, it's also the leading cause of death among women. Around 630,000 Americans die of the condition each year. That is more than one in every four deaths in the United States. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one Cardiovascular diseases, including stroke.

The American Heart Association has identified several factors that increase your risk for coronary heart disease and heart attack. Some factors can be modified, treated or controlled, and some can't. The more risk factors you have, the greater your chance of developing coronary heart disease, so it helps to take control of the factors you can.

Risk Factors

There are three major risk factors that we cannot control. They include **increasing age** (Over 83% of people

who die of coronary heart disease are 65 or older), **gender** (Men have a greater risk of heart attack than women do, and they have attacks earlier in life) and **heredity** (Children of parents with heart disease are more likely to develop it themselves. African Americans have more severe high blood pressure than Caucasians and a higher risk of heart disease). We can't control our age, sex, race or family history. Therefore, if you are in one or more of these high risk groups, it's even more important to treat and control the risk factors you can.

The major risk factors for heart disease you can modify, treat or control by changing your lifestyle or taking medicine include: **Smoking tobacco, high blood cholesterol, high blood pressure, being physically inactive, being obese or overweight, and having diabetes mellitus.** Other controllable factors include how an individual responds to stress and drinking too much alcohol.



Water: Bottled vs Tap, for Kids & Babies



The standards for allowable contaminant levels in both tap and bottled water are very similar. However, there are some differences to be aware of.

Pollution Levels: According to a study by the Environmental Working Group, bottled water is just as polluted as a tap water. 20% of bottled water has more chlorine than California's state regulations will allow in tap water.

Health Standards: The FDA sets standards for bottled water, while the EPA sets standards for tap water. Tap water is tested for contaminants hundreds of times a month while bottled water gets tested only once a week. Although the FDA attempts to follow the EPA's tap-water standards, it is not required to do so, thus allowing a greater range of bacterial contaminants to be present in bottled water.

Lead Levels can be slightly higher in tap water because water flows through lead pipes to our faucets. Lead pipes are not used in bottled water production so quantities of lead in bottled water are usually lower.

Fluoride: Most bottled waters don't have enough. The incidence of cavities in children is on the rise and many dentists attribute this to the shift from tap to bot-

tlled water. Fluoride is especially critical to the health and development of teeth in children. Children who drink mostly bottled water may need to use supplemental fluoride that is available by prescription from their dentists and doctors.

Bottled Water vs Tap Water for Baby

Tap water is generally considered safe for babies and it is not necessary to sterilize. A child's bowel tract will get colonized by the appropriate organisms for where you live by using regular tap water. One possible issue with bottled water is that it may contain too many minerals, for your baby.

The question of whether bottled water is better than tap water is debatable so make your choice an informed one. Research your local water supply. Your child's doctor or dentist may know whether your water supply contains adequate levels of fluoride (between 0.7 and 1.2 parts fluoride per million parts of water). You can also call your local water authority or public health department, or check online at the Environmental Protection Agency's (EPA) database of local water safety reports.

(American Heart Month continued...)

Prevention

The American Heart Association breaks prevention down into these six simple recommendations for healthy living: avoid tobacco smoke, monitor high blood pressure, eat food low in cholesterol and saturated fats, be physically active, maintain a healthy weight, and have regular medical exams.

Dietary habits, exercise and weight control all go hand in hand. Unfortunately as we age we tend to put on weight. And this weight gain tends to be fat rather than muscle. Excess weight can lead to high blood pressure, high cholesterol and diabetes. What can you do?

Physical activity helps you control your weight and can reduce your chances of developing other conditions that may put a strain on your heart. It also reduces stress, which may also be a factor in heart disease. While it's recommended you get at least 30 to 60 minutes of moderately intense physical activity most days of the week, shorter amounts of exercise still help. You don't have to exercise strenuously to achieve benefits, but you can see

bigger benefits by increasing the intensity, duration and frequency of your workouts.



The Dietary Approaches to Stop Hypertension (DASH) eating plan is designed to help protect your heart. The DASH diet recommends eating foods low in fat, cholesterol and salt. DASH is rich in fruits, vegetables, whole grains and low-fat dairy products that can help protect your heart. Legumes, low-fat sources of protein and certain types of fish also can reduce your risk of heart disease. (for DASH recipes visit: mayoclinic.com/health/dash-diet-recipes/RE00089)

Even **small increases in activity and reductions in weight** can be beneficial. Reducing your weight by just 10 percent can decrease your blood pressure, lower your blood cholesterol level and reduce your risk of diabetes.

High blood pressure and high cholesterol can damage your heart and blood vessels. But without testing for them, you may not even know you have these conditions. **Regular screening** can tell you what your numbers are and whether you need to take action.

If there is only one big takeaway that you get from American Heart Month, it should be this - prevention pays. Heart disease is often avoidable. Following a heart-healthy lifestyle doesn't have to be complicated. Find ways to include heart-healthy habits into your lifestyle — and you better your chances of enjoying a healthier life for years to come.

See you next month!

Welcome New Patients!

Asimawu A.	Katie B.	Jennifer M.
Paul E.	Holly M.	Mary C.
Anthony S.	Cathy T.	Jacob O.
Julie B.	Betty Ann B.	Sarah C.
Bethe F.	Mampela M.	Anthony P.
Kyle S.	Elaine W.	April D.
Kelly B.	Ardist B.	Don P.
Kelly L.	Anna M.	Jelsey D.
Felicia S.	Renee B.	Paula R.

Thank You For Your Referrals!

Karen O.	Greg R.	Keith U.
Mary F.	Philip B.	Judie M.
Kyle S.	Ann Marie N.	Ken M.
Donald B.	Mansuri A.	Tony N.
Sally B.	Kevin C.	Nancy R.
	Anna B.	

Valentine's Day Special

Is Your Smile In Need Of An Extreme Make-Over?

Are your teeth somewhat yellow, dull, dark, or stained?
Are there spaces between any of your teeth?
Are you missing any of your teeth?
Do you have teeth that are crooked or out of line?
Do any of your teeth appear too small or too large?
Do you grind your teeth?
Have your gums receded or do they appear red or puffy?

If you answered yes to ANY of these questions, we can help give you a better, more beautiful smile.

Call today and make an Appointment to get a Free consultation!

**Offer expires 2/28/2010.*

Recipe of the Month



INGREDIENTS

- 1 (8 ounce) package brownie mix
- 1 egg
- 3 tablespoons oil
- 1/2 cup mini semi-sweet chocolate chips
- 3 (8 ounce) packages cream cheese, at room temperature
- 3/4 cup sugar
- 3 eggs
- 1 (21 ounce) can Cherry Pie Filling
- Frozen whipped dessert topping, thawed (such as cool whip)

Cherry Chocolate Brownie Cheesecake

DIRECTIONS

1. Preheat oven to 350 degrees. Coat a 9-inch springform pan with cooking spray; set aside.
2. In a medium bowl, stir together brownie mix, one egg and oil until combined. Stir in chocolate pieces. Spread batter in prepared pan. Bake for 10 to 12 minutes or until brownie is just set. (It will not be completely done at this point.)
3. Meanwhile, in a large bowl, beat cream cheese and sugar on medium speed until well combined and smooth. Add in the eggs on low speed and set the mixture aside. Carefully spoon 1/2 can (1 cup) of pie filling into center of brownie, leaving a 2-inch brownie border along sides of pan. Dollop cream cheese mixture over surface; carefully spread to edges of pan.
4. Bake for 35 to 40 minutes or until center is set, but jiggles when the pan is lightly tapped. Cool in pan on a wire rack for 1 hour. Cover and chill at least 4 hours before serving. Top cheesecake with remaining cherry pie filling. Garnish with whipped topping, if desired.

Smile Secret

Parent's Checklist for Good Dental Health Practices with their Children

Are You Carrying out the following practices in your home?

Eating healthy foods

- Children should eat nutritious foods like fruits, vegetables, grains and dairy products (milk, cheese and yogurt) instead of foods high in sugar.
- Children should be drinking water throughout the day.
- Limit the amount of juice drank each day to 4 to 6 oz. (serve juice in a cup if possible)

Brushing teeth

- Children should brush after every meal when possible (using only a small amount of fluoride toothpaste)
- Children should always rinse with water after eating

Visiting a dentist

- It is important that children see a dentist by age 3 or 4.

Wearing a helmet when riding a tricycle or bike

- Children should always wear a helmet!

Trivia

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

E C I I L T

HINT: There are 8 - three letter words, 4 - **four letter words**, 1 - **five letter word**, and 1 - six letter word.

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).

January Trivia Questions & Answers (in red):

Each of the clues below describe the name of a candy. Can you name them?

1. Sign of Affection (**KISSES**)
2. Favorite Day for Working People (**PAYDAY**)
3. Can't Hold on to Anything (**BUTTERFINGERS**)
4. Famous Swashbuckling Trio (**THREE MUSKETEERS**)
5. SUN EXPLOSIONS (**STARBURSTS**)

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(That's a \$ 220 savings!!!)

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