



On the  
Bright  
Side



Referral  
Rewards  
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May 2010

# Women's Health Awareness Events in May

Women are often the caregivers for spouses, children, and aging parents. Too often, women feel too busy to focus on their own health. However, research shows that when women take care of themselves, the health of the whole family improves. There are several women's health awareness events in May designed to remind women that taking care of themselves is essential to living longer, healthier, and happier lives. Get these onto the calendar, ASAP!

The 11th annual **National Women's Health Week** kicks off on Mother's Day, May 9, 2010 and runs through May 15th. The purpose of this event is to encourage women to pursue a healthier lifestyle by adopting these simple steps:

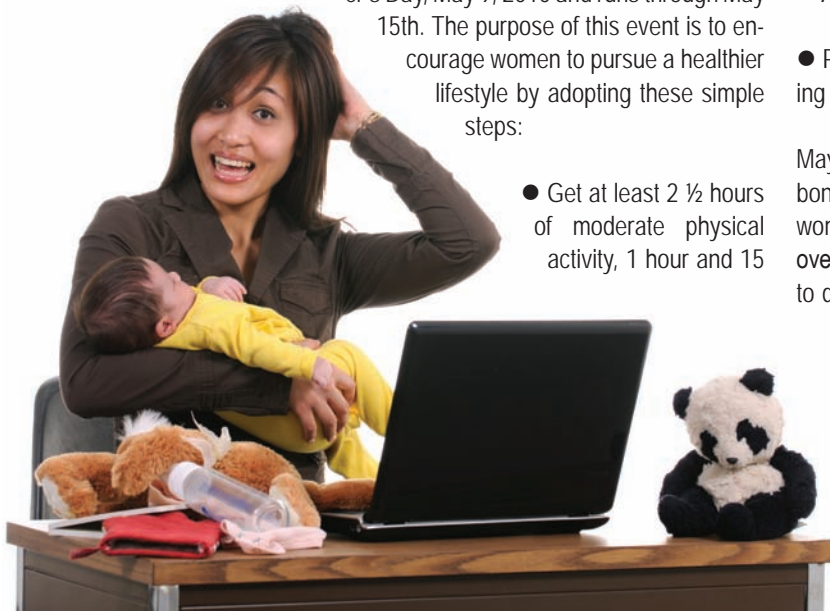
- Get at least 2 ½ hours of moderate physical activity, 1 hour and 15

minutes of vigorous physical activity, or a combination of both each week.

- Follow a balanced and nutritious diet.
- Visit a health care professional to receive regular checkups and preventive screenings – **TIP: Monday May 10th is National Women's Checkup Day!**
- Avoid risky behaviors, such as smoking and not wearing a seatbelt.
- Pay attention to mental health, including getting enough sleep and managing stress.

May is also National Osteoporosis Awareness and Prevention Month. Total bone mass density peaks at around age 35; then all adults, both men and women start to lose it. However, osteoporosis strikes one in three women over 50 worldwide, compared to one in five men. Women are more likely to develop osteoporosis than men because 1) women have less bone mass to start with than men, 2) tend to live longer and 3) take in less calcium. Plus, the rate of bone loss speeds up after menopause when estrogen levels fall.

Osteoporosis does not have to be a natural part of aging. There are five steps (provided by the National Osteoporosis Foundation) which can help prevent osteoporosis:



# Osteoporosis and Your Teeth

May is National Osteoporosis Awareness and Prevention Month so we thought this would be a good time to discuss the disease as it relates to your oral health.

Research suggests a link between osteoporosis and bone loss in the jaw. As your dentist, I am in a unique position of being able to detect the first stages of osteoporosis. Dental x-rays show the amount of jawbone loss from year to year, signifying advancing stages of the disease. Other early warning signs of osteoporosis that I might notice at your check-up include:

- Gums detaching from the teeth or receding gums
- Severe gum disease
- Bone loss around the teeth
- Loose teeth or tooth loss
- Oversized, loose, or ill-fitting dentures

According to The American Academy of Periodontology, patients with osteoporosis may suffer from more than just bone density loss. Patients may also experience broken teeth and gum disease. This is because the teeth, like the bones, begin to deteriorate, and may lose their ability to stay strong despite regular dental care.

So what can osteoporosis sufferers do to protect their teeth?

**Increase Frequency of Care** - Brush three times and floss twice daily. Visit the dentist 3 times per year.

**Improve Your Technique** - Osteoporosis can make your teeth more brittle and susceptible to breakages, so be gentle. Use a soft-bristled brush and run it in circles over your teeth without adding undue pressure. This will clean your teeth just as effectively, but won't push on already brittle teeth.

**Avoid Tough Foods** that can crack and break your teeth. Pizza crusts, ice cubes, croutons and other tough foods can cause a loose tooth or weakening of the gums, and might result in bleeding. If you must eat tougher foods, break them into bite-sized pieces and chew with your back teeth.

Remember, your mouth is a window to your body's health. The state of your oral health can offer us lots of clues about your overall health.

See you at your next appointment!



## (Women's Health Awareness Events in May continued...)

- 1) Talk to your health care provider about bone health
- 2) Engage in regular weight-bearing and muscle-strengthening exercise - TIP: Adopt a "Move it or Lose it" attitude - bone is a living tissue that renews itself continuously, and requires regular stimulation from physical activity to prevent deterioration.
- 3) Avoid smoking and excessive alcohol
- 4) Get the daily recommended amounts of calcium and vitamin D - TIP: a healthy dose of sun exposure can help generate vitamin D
- 5) Have a bone density test and take medication when appropriate

**May is "Better Sleep Month."** Surveys show the majority of us are not getting the quantity or quality of sleep our bodies need. Multitasking and overcommitting, women tend to put sleep low on the priority totem pole. However, sufficient sleep is necessary for good health and for mental alertness. Sleep helps you



maintain a better disposition, increases your level of patience, and basically just helps you have a better attitude throughout the day. This May, all of us (and women in particular) are encouraged to establish better sleep patterns. Webmd.com provides these "10 Tips to Get Better Sleep".

- 1) **Cut off caffeine intake 4 - 6 hours before bedtime** to help you fall asleep easier.
- 2) **Alcohol is NOT a sleep aid.** While it may initially help you fall asleep, alcohol causes sleep disturbances resulting in less restful sleep.
- 3) **Relax before bedtime.** Develop a pre-sleep ritual to break the connection between all the day's stress and bedtime.

4) **Exercise at the right time.** The timing and intensity of exercise seems to play a key role on sleep. If you are the type of person who gets energized or becomes more alert after exercise, it may be best not to exercise in

the evening.

- 5) **Keep your bedroom quiet, dark, and comfortable.**
- 6) **Eat right, sleep tight.** Don't go to bed hungry, but avoid heavy meals before bedtime. Try not to drink fluids after 8 p.m. to avoid having to get up to use the bathroom.
- 7) **Restrict nicotine.** Like caffeine, it's a stimulant.
- 8) **Avoid napping.** Napping can only make matters worse if you usually have problems falling asleep.
- 9) **Keep pets off the bed.** Pets can wake you up during the night, either from allergies or moving around and crowding your bed.
- 10) **Avoid watching TV, eating, and discussing emotional issues in bed.** Otherwise, you can end up associating the bed with distracting activities that could make it difficult for you to fall asleep.

If you are a woman, take time for your health this month. And men, remind the important women in your life how much they mean to you. Encourage them to take care of themselves. When women take even the simplest steps to improve their health, the results can be significant and everyone can benefit. See you next month!

## Welcome New Patients!

Joseph L.	Anna S.	Jeffrey B.
Michael M.	Sharmi S.	Tim B.
Linda P.	Kiari S.	Alicia B.
Dominic S.	Gail V.	Margaret C.
Loan L.	Lindianne W.	Daren D.
Chris S.	Candice A.	Kepler G.

## Thank You For Your Referrals!

David D.	Richard W.	Jonathan W.
Debra S.	Kyle S.	Kurt M.
Janna B.	Pamela C.	Elaine W.
Lauren L.	Anthony R.	Megan C.

WISHING  
ALL THE  
MOTHER'S  
A VERY  
HAPPY  
MOTHER'S  
DAY!

## SMILES FOR LIFE

### SMILE EVEN BRIGHTER!

For the months of May and June we have joined the **Smiles for Life** program, which enables our practice to give 100% of all whitening fees to a great cause.

Smiles for Life takes all of the donated funds and distributes them in our community and around the world for children with disabilities and illness.

### *Thinking of a bright smile?*

Why not give one to a child in need. Simply mention **"Smiles for Life"** when you make your appointment.

Call us today at (732)356-9120 to schedule!



## MOM'S TO BE, PREGNANCY, & THEIR TEETH

A woman's hormones during pregnancy can cause weight fluctuations and mood swings. As if that's not enough, hormones can affect dental health too.

Pregnancy places a ton of demands on your body. That baby may be small, but he or she is demanding when it comes to nutrients. Your body does a great job making sure the baby gets everything he or she needs. So, it's important to make sure your body gets what it needs.

Calcium and Vitamin D are essential to your dental health. A lack of these can lead to gum problems so be sure to include plenty of food in your diet with these nutrients. Milk, cereal grains, and fatty fish contain calcium and vitamin D.

Schedule an appointment with your dentist as soon as you become pregnant. We'll be able to keep an eye on your gums and make sure you are getting the needed nutrients. Also, watch out for those cravings-- sweet foods will cause problems too.

Pregnancy is a great time but also includes some stress. You'll be getting the baby's room ready, deciding on names, and stressing about finances. Make sure you get the needed nutrients, so the first thing that baby sees is a great smile from Mom.

In honor of all the moms out there, we have a very special trivia this month. C

## Trivia

CAN YOU MATCH THE TELEVISION MOM TO HER CHILD AND THE SHOW NAME?

Missy	Vanessa	King of the Hill
Marge	Pebbles	Everybody Loves Raymond
Nancy	Robert	Family Ties
Jane	Snoopy	The Simpsons
Marion	Maggy	Peanuts
Peggy	Richard	Married with Children
Marie	Mallory	The Cosby Show
Claire	Bud	The Flintstones
Elyse	Elroy	The Jetsons
Wilma	Joseph	Happy Days

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).

April Trivia Question & Answer (in red):

Forward I am heavy, but backward I am not, What am I? **A Ton**

Ralph Reilly, DMD



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.**