

fromthedentist

10 Years And Counting Time to celebrate

Over the last decade, we've watched children become teenagers, seen teenagers become adults, and have built many great relationships in our practice. Now, as we celebrate our 10th Anniversary, we don't do it alone. We know that your loyalty, trust, and referrals have all contributed to the success of our practice ... and we thank you.

Over the years, we've created a practice that is dedicated to providing comfortable, quality dental care – a standard we maintain today. To support this commitment, we will continue to adopt new services and technologies, like our digital x-rays that reduce your exposure to radiation and text and email reminders for your convenience.

So, we thank you for the past decade and look forward to many more to come!

*Yours in good dental health,
Dr. Robin Lucas*



turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

Say Goodbye To 2010...

And hello to a beautiful, straight smile

There's nothing like a straight bright smile to give you self-confidence, improved health, and make you feel happy enough to greet the world every day! So as we approach the end of 2010, maybe you have some extra funds in your flex spending account ... and what better way to use them than by getting that beautiful straight smile with *Invisalign*®? It's an investment that isn't only aesthetically pleasing, but can actually improve your overall wellbeing.

If you have overcrowded, widely spaced, or protruding teeth, Invisalign can correct your alignment – without metallic hardware. Instead, Invisalign uses a custom-made series of nearly invisible aligners.

We take an impression of your teeth so that a series of customized medical-grade plastic aligners can be created to fit snugly and comfortably over your teeth. These aligners are completely removable, so you can enjoy meals in comfort.

Keep in mind that having a straight smile is not only beautiful, but it is also easier to care for. You will find that it is much simpler to effectively remove



plaque from between teeth when they are properly aligned. This will give you a healthier mouth, and therefore have a positive affect on your overall health.

Make an investment in your smile – and overall health. Put your flex care spending dollars into Invisalign. Plus, take advantage of our Invisalign Specials, available right now!

\$1,000 OFF *Invisalign*® Treatment

- complementary consultation • take home whitening
- retainers included

Lock in rate before October 31st, while you fund your flexible spending for 2011.



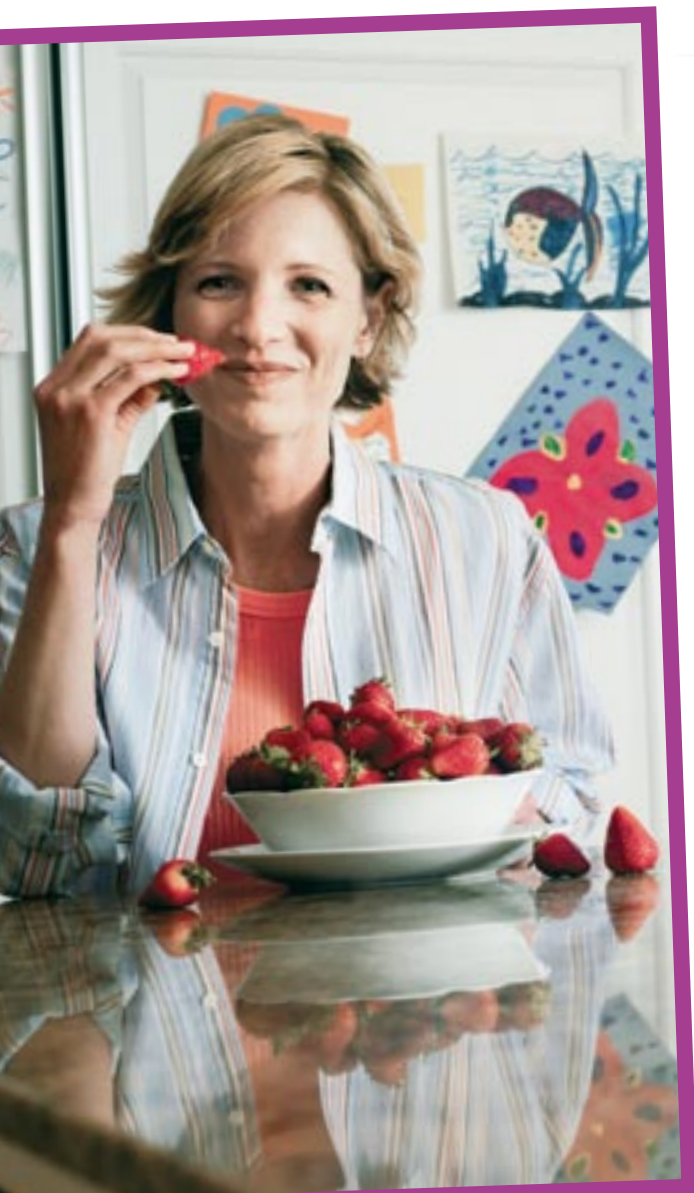
Out Of The Woods

The value of paper

Did you know that the North American wood and paper industry plants millions of trees daily and today's forests are about the same size as they were 100 years ago? Not only that, but the carbon impact of paper mail for a typical household per year is only about equal to using a kitchen coffee maker for a year.

You can help make that footprint even smaller...

- Update your address when you move to reduce waste due to undelivered mail.
- Re-purpose retail and shipping boxes to send gifts.
- Send paper materials that can't be re-purposed to the recycling bin to reduce the demand on forests.
- Share this recyclable *Forest Stewardship Council*-certified newsletter and other publications with family and friends.



Sweet Enough For Nature

Healthy enough for you and your smile

For years consumer groups have actively lobbied for more foods that are lower in fat, salt, and sugar. So you'd expect to find more healthy choices in the grocery aisles. On the contrary – our sugar intake alone has doubled in the past thirty years. A sweet temptation – if only there were no obesity, insulin-release, or tooth decay!

The decay which causes *caries* (cavities) is progressive. Oral bacteria, which feed on sugars left in our mouths after eating, produce the acids which demineralize tooth enamel and destroy your teeth – often painfully. The progress of this all-too-common disease can be hastened by the amount of acid-causing sugar and starches in your diet.

Choosing processed foods and understanding labels designed to confuse can become a minefield, but if you want to avoid tooth decay, there is something you can control.

Eat five servings a day of fruits and vegetables.

Many fruits that are low in naturally occurring sugar are some of the highest in nutritional value, including antioxidants and other phytonutrients. These include **strawberries, papaya, watermelon, peaches, nectarines, blueberries, cantaloupes, honeydew melons, apples, guavas, and apricots.**

What vegetables are low in sugar?

Too many to list here – almost everything, really. You may also enjoy these good-for-you but naturally sugary **beets, carrots, corn, parsnips, peas, plantains, potatoes, and winter squashes.** But you might want to take an extra minute to brush and rinse.

Enjoy your 5-a-day the natural way!

An **Inflammatory** Topic

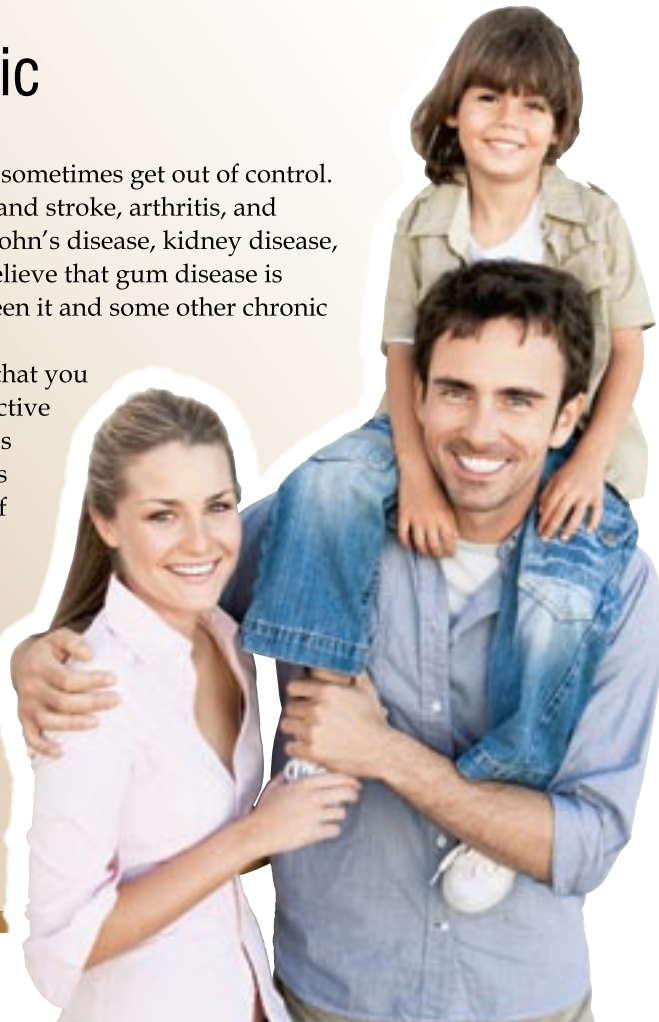
Your oral health could be the key

Inflammation, so essential in your body's fight against infection, can sometimes get out of control. When it does, it contributes to many chronic diseases like heart disease and stroke, arthritis, and diabetes ... and some which may surprise you. How about psoriasis, Crohn's disease, kidney disease, and cancers among others? One thing we do know is that researchers believe that gum disease is essentially inflammatory in nature and that there is a relationship between it and some other chronic inflammatory diseases.

Gum disease is caused when plaque, the soft invisible bacterial film that you can feel on your teeth, hardens into tartar, a hard yellowish and unattractive deposit. Also known as calculus, it causes gum inflammation and creates pockets in your gums where toxic bacteria can thrive. Once this happens it can only be removed by a professional dental cleaning. The outcome if it isn't removed? Infection and inflammation that scientists believe can negatively affect other parts of your body.

Molecular and systems biology, computational simulations, human and animal studies, and nano-technologies are all being applied by scientists who are designing novel ways to treat inflammation. But you can do your part too.

We recommend a low-tech solution – brush at least twice a day and floss daily to remove plaque from between your teeth, especially below the gumline. We are happy to contribute to your plaque- and tartar-fighting program during your regular checkups!



While They Sleep

3 kid facts

1. The rate of **bruxism** (the grinding or clenching of teeth) during sleep seems to be highest in children. About 15% of children brux and about one third continue to do so as adults.

2. About 10% of kids **snore** and although some think it's cute, it could be connected to more serious problems like sleep apnea.

3. 10% of children who snore have **obstructive sleep apnea** which can cause a pause in breathing, reducing oxygen intake.

Of course, just as the majority of children outgrow bruxing, most who snore are completely normal and don't show any signs of ill health. A child may normally and occasionally snore, for example, due to a bad sleeping position.

It's *your* experience that counts. If you're concerned, set your mind at ease – talk to us and your medical professional.

Invisible Strategies

Visible results

Can an invisible procedure improve your looks with results that everyone will notice? Absolutely....

White fillings can be matched precisely to your tooth enamel making your smile brighter and more naturally healthy looking. They won't discolor surrounding tooth enamel or neighboring teeth as silver-colored amalgam sometimes does.

Enamel-colored sealants offer an unsung cosmetic advantage. By preventing the invasion of cavity-causing bacteria, they work invisibly to keep your smile immaculate. They take only a few moments to apply, accommodating your family's busy schedule.

Invisible orthodontics are available in several types: clear aligners, lingual, and clear ceramic.

White bonding material is so strong and beautiful, it can be used as veneers to disguise flaws.

We can help you access these options which are available for every age and every budget!

Veneers & Whitening



Good Gums And Health

Oral health helps with overall health

As if good teeth are not a sufficient reason to keep your gums and mouth in peak condition, your overall good health is ample motivation.

Gum disease — gingivitis — commonly caused by inadequate brushing and flossing, and lack of regular professional cleaning, is present in about 90% of the population; that in turn leads to more serious periodontal disease, which causes or exacerbates other bodily health issues, including holistic well-being.

Conditions caused directly by gingivitis and periodontal disease include: bad breath, gum abscesses, tooth loss, digestive disorders, and oral pain. Plus it results in greater health care costs to you. Prevention is better than the cure!

Because the micro-organisms and bacteria in your mouth travel into your bloodstream, your mouth becomes the gateway to your overall health. For example, there is a labor-inducing fluid in oral bacteria that is proven to cause premature and low-weight births. In diabetics, who are more susceptible to various other diseases, studies show that regular professional dental cleaning helps control their blood sugar levels.

Most of the oral bacteria that enter the bloodstream are harmless, but in a weakened heart or compromised immune system, opportunistic bacteria increase the risk of stroke or heart attack. Periodontal disease can also worsen respiratory problems and complicate osteoporosis.

Be sure to brush at least twice a day and floss daily, but there is no substitute for regular professional cleaning to prevent gum disease. Call today!



Brushing Tips

- 1 Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.
- 2 Maintaining the 45° angle, gently brush using a rolling motion.
- 3 Tilting the brush vertically behind the front teeth, brush up & down using the front tip of the brush.
- 4 For the biting surface of the teeth, brush gently with a back and forth motion.

Don't forget to softly brush the tongue and roof of your mouth to remove odor-producing bacteria.

officeinformation

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Office Hours

Monday 12:00 pm – 8:00 pm
Tuesday 2:00 pm – 8:00 pm
Wednesday 10:00 am – 6:00 pm
Thursday 11:30 am – 8:00 pm
Friday 11:00 am – 5:00 pm
Saturday 9:00 am – 2:00 pm *

*2nd & 4th Saturday of every month

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Office Staff

Meliza Patient Financial Coordinator
Giovanna Patient Care Coordinator
Mira, Elvia Hygienists
Sara, Phyllis Assistants

*Communication is important
to us – don't be
afraid to ask questions!*

Your Referrals Matter

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

Understanding Insurance

Are you covered?

Sometimes understanding exactly what your dental insurance covers can be confusing and frustrating, thus letting your coverage dictate your care can be risky. So, please let us help!

You see, we create your treatment plans based on what is best for your health, not just what your plan covers. This ensures that you receive the best possible care. Plus, we also have years of experience dealing with insurance and can help you plan the best way to make the most of them ... like making sure you effectively use your allotted calendar-year coverage, before it disappears December 31st.

We're here for *you* and will do everything we can to help you achieve your smile goals – while taking full advantage of your insurance coverage. Call today to review your plan.