



Lucas Dental
ASSOCIATES

Compassionate care resulting in
beautiful smiles.

Smile!
Pass It On!

Produced to improve your dental health and awareness

Fall 2011

fromthedentist



Never A Dull Moment!

Lots of updates in this newsletter issue. As you know, we have a definite focus on nutrition, and now we have a new

antioxidant laser scanner which will help you gain greater insight into your nutritional health.

Dr. Laskis is doing well with her new baby! But sadly she will not be returning to the practice. She has decided to take more time off with her new baby boy, as she adjusts to a new personal and professional phase in her life. In the meanwhile we have had the help of Dr. Vaghela and Dr. Fields who some of you have had the pleasure of meeting.

On a similar note, Mira our hygienist, gave birth to a beautiful, healthy baby girl, and is enjoying her time off as well. We hope to have her back in the spring.

Last but not least, be on the lookout for our annual *Invisalign*® Special. This year it's running from November 1st - January 31st. Call for more info!

Yours in good dental health,

Dr. Lucas and team

turn the page

Do you have *Hourglass Syndrome*?
The Fountain of Youth ... is here!
Workout for your tastebuds!

Our Office Announces New Scanning Technology

We are excited to announce the Pharmanex Antioxidant Laser Scanner will now be a part of the services we offer to address your overall health care.

Knowing your antioxidant level is as important as knowing your cholesterol levels, or your blood pressure. Current medical literature suggests that antioxidants can decrease your risk of cancer, heart disease, and complications related to diabetes, as well as many oral health conditions. Antioxidants can slow down the aging the process, boost your immune system, and speed recovery times while decreasing pain and inflammation. Since most Americans do not eat 8-12 servings of fruits and vegetables daily, it is important that you take a vitamin supplement that can provide optimal nutritional support and effectively raise your overall antioxidant level.

We have become aware of new technology called the Pharmanex Biophotonic Scanner which enables us to provide a non-invasive, painless, accurate, and low cost assessment of your nutritional status. We are implementing this technology in our practice so we can assist you in maintaining better health. Safety and scientifically backed recommendations are of utmost importance and will parallel the standard of care you have come to know from us.

This is just one more way we are demonstrating our commitment to offering you and yours the most convenient and very best dental care.



Stop by or call today for more information!

www.lucasdental.com

Tick Tock

Forget the clock!

Even things that are supposed to simplify life, like computers, can become a source of anxiety. One survey team coined the phrase *Hourglass Syndrome* to describe the frustration participants reported while watching the little hourglass icon spin. You know – as you wait ...and wait ... and wait for the connection.

When you experience frustration you could be grinding your teeth and clamping your jaws without realizing it. That can wear down your teeth, place stress on your gums, create aching jaws, and even headaches that seem unrelated.

No matter what it is that gets you going, try to get in touch with your unique signs and symptoms. That way you'll know better when it's time to de-stress, and you'll feel better in no time!



Look Younger Without Surgery!

Ask us about your dental facelift options



One of the things we are seeing more often is patients choosing dentistry as a non-surgical alternative to a face-lift. It's a great option and it's one that can produce excellent results whether you're a mature adult who requires more volume to soften wrinkles, or a younger person whose appearance is prematurely aged because teeth have worn down from grinding and clenching, or from bone loss due to gum disease, for example. The secret is to select the right cosmetic techniques to reshape and re-proportion the face, rather than just focusing on the mouth.

Veneers made from bonding materials and ceramics can be applied to the teeth to do more than mask enamel stains, cracks, and fill small gaps. They can also create greater facial volume and add length which can open up your bite, making you look instantly younger.

Crowns made from natural-looking materials to match your own tooth enamel can protect and strengthen teeth and fill in gaps from tooth loss. Combining them with permanent dental implants and crown-and-bridge restorations can create a more youthful esthetic and proportion to your face.

Cosmetic Dentistry:

The non-surgical alternative to a facelift!

The results of a smile makeover can help you look significantly younger ...without undergoing plastic surgery. If you think you might be interested, we'd be happy to talk to you about your smile and show you options we think will work for you.

Smiles That Go Miles

Home and pro care

A healthy beautiful smile is one of your best assets. It tells people you are conscientious, approachable, and responsible. And frankly, it ramps up your “attractive quotient.” Isn’t it a relief that keeping your smile clean and healthy takes so little daily effort and just a small portion of your personal home care budget? You know the at-home routine: brush at least twice a day, floss every day, eat sensibly, don’t smoke, exercise, and get sufficient sleep. Easy.

By having your teeth professionally cleaned by us at least every six months, you give us the opportunity to keep abreast of your oral health – preventing, detecting, and remedying a number of unwelcomed and harmful conditions such as gum disease, halitosis, cavities, cancer, and even perhaps identifying systemic disease that may be reflected orally. Plus fresh professionally polished teeth. Beautiful.

VIVACIOUS VENEERS

Once we’ve decided together that cosmetic veneers are the best option for you, the fun begins! In addition to your great new look, we’ll take into consideration your face shape and the proportions and symmetry of your face and smile.

We’ll look at these elements...

- overall dimensions of your face
- midline position of your teeth relative to the midline of your lips and face
- position and fullness of your lips
- tilt, angle, and curves of your teeth
- color of your teeth enamel
- contours of your gumline.

Based on these dimensions, your occlusion (bite), and your preferred smile color, contours, and proportions, we can move on to decide what size, shape, and type of veneers will best complement your smile.

A new smile in just a little while

Veneers can immediately provide you with whiter, even, straighter appearing teeth by...

Camouflaging

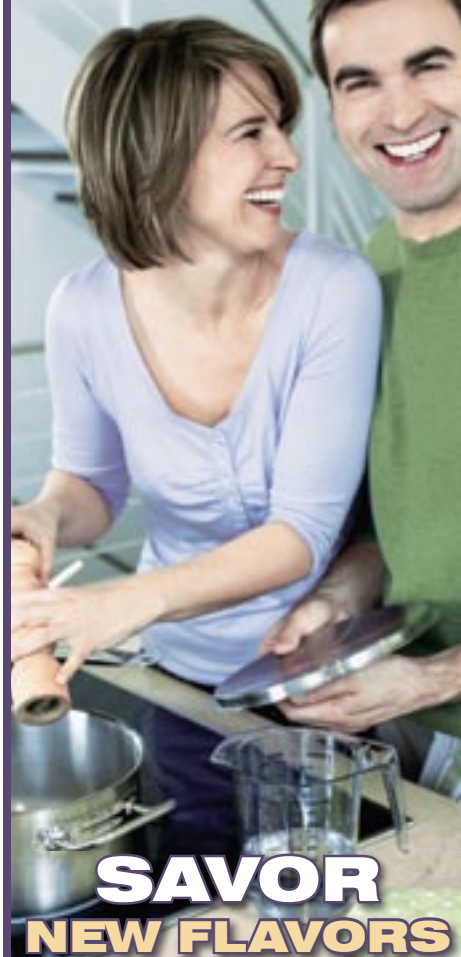
- pitted, worn, and dingy or yellow teeth due to enamel erosion, foods, beverages, age, or medications

- gaps that trap food and make you feel self-conscious about smiling
- overlaps and crowding that create an accordion appearance, especially in profile

- unsightly chips or cracks that catch on dental floss and attract stains like magnets.

Reproportioning

- an uneven or too-gummy gumline
- teeth that appear too long due to receding gums
- poorly shaped or sized teeth that don’t suit the proportions of your smile
- worn down teeth from clenching and grinding or enamel erosion.



SAVOR NEW FLAVORS

Train your taste buds

Ever since you were a kid, you’ve known that sugar is bad for your teeth. Even so, who can resist a sweet now and then? But people with high blood pressure, diabetes, cardiovascular diseases, and other health challenges sometimes have to adjust their diets and retrain their taste buds to appreciate flavors they might otherwise avoid.

The transition need not be painful...

■ Experimenting with aroma, texture, shape, and color can all improve anyone’s dining experience.

■ Scientists say humans can detect six distinct tastes: sweet, sour, salty, fat, bitter, and umami, which means “savory” in Japanese. You can mix ‘n’ match foods and seasonings that are more healthful and yet appeal to your palate.

■ Nutritionists say your taste buds will adjust in only 3-5 servings!

Your health, your teeth, and all of us salute your good taste!

Healing Environment

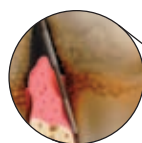
Ask us how Arestin® can save your smile

Preventing and effectively treating or reversing gum disease is a top priority at our practice. Gum disease is chronic, progressive, and inflammatory, it is the number-one cause of tooth loss in adults, and it may affect your overall health. Arestin®, the topically-applied antibiotic that we recommend, is a proven effective weapon in the war against this smile-destroying disease.

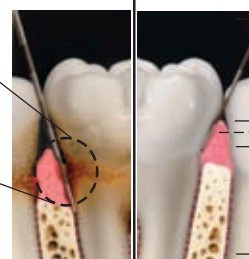
Gum disease can develop silently, without you even knowing it, which is why regular exams are so important. Harmful bacteria can cause infection in your gums without initial symptoms; however, left untreated, infection can lead to inflammation, bleeding, and eventual damage to supporting ligaments and jawbone. Arestin's time-release antibiotic is most effective when used before a critical stage is reached and a more serious intervention like surgery is required.

Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



Tartar



Periodontal disease

Healthy tooth

The crown is the visible part of each tooth.

The gums are the soft pink tissues that cover your tooth and bone.

The root of each tooth is lodged in your supporting jawbone.

Arestin can be...

- applied directly to the infected site at your routine cleaning appointment;
- applied during or after scaling and root planing treatment;
- re-applied if additional treatment is necessary.

According to research, control of gum disease is significantly increased when Arestin is applied in addition

to the thorough cleaning procedures that we provide. This antibiotic fights infection for up to 21 days after treatment and creates a healing environment in which it attacks harmful germs and allows healthy oral bacteria to thrive.

We'd like to help you maintain your healthiest oral environment – and smile – with home care instruction, regular cleaning visits, and Arestin.

office information

LucasDental
ASSOCIATES

Dr. Robin Lucas
Dr. Stacey Laskis
232 Bloomfield Street
Hoboken, NJ 07030-4724

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

Contact Information

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Office Staff

Meliza Patient Financial/
Front Office Coordinator
Giovanna, Shirley
Patient Care Coordinators
Mira, Elvia Hygienists
Sara, Phyllis Assistants

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

Year-End Reminders For life-long smiles

As the year winds to a close, remember that your dental insurance benefits close too. If you and your family do not have your year-end appointments booked, call now and make good use of your remaining 2011 insurance funds. What better way to brighten your outlook for the new year than with a confident healthy smile? And while we are on the topic of smiles, this is the perfect time to have your young athletes fitted for new mouthguards. Remember when kids grow like weeds their dentition is changing too. A proper-fitting mouthguard not only protects teeth from damage, but offers protection from concussions. As you know, concussion can have long-term lingering symptoms affecting balance, concentration, and memory, and can even lead to depression in later life.

TMJ Trauma You don't have to live with it

Have trouble opening your jaw all the way? Experience facial or head pain or jaw joint sensitivity and noises? Those jaw joints are also called temporomandibular joints and millions of North Americans have a debilitating condition called temporomandibular disorder or TMD.

Here are some possible causes of TMD:

Bruxism, or grinding and clenching of the teeth, is the most common. Stress can increase its severity while asleep and awake.

Malocclusion, or bad bite, can place pressure on the joints and strain your jaw muscles.

Trauma caused directly by a car accident, a contact sport, or other event, or indirectly by, for example, holding a sustained position at work.

Although the cause and symptoms of your TMD are unique, you could be one of the many for whom a small dental appliance can provide much-needed relief.