



Lucas Dental
ASSOCIATES

Compassionate care resulting in
beautiful smiles.

Smile!
Pass It On!

Produced to improve your dental health and awareness

Summer 2011

fromthedentists

Reaching Out In Hoboken...



Practice Update *Time for change*

Here's to another
edition of our

newsletter! As we are well into 2011,
we wonder where has the time gone?

Speaking of things that are gone,
did you notice that the toothbrush has
disappeared? About a year ago, we
decided it was time for a change. Long
story short, we designed a new logo.
It was completed and installed this
spring – and it's a long way from the
toothbrush. We hope you like it. This was
the first step in 'unifying' our office and
streamlining our look.

As far as other new things go, Dr.
Laskis is expecting her first baby. By
the time you get this newsletter, she
would have given birth. We pray for
a safe delivery and her speedy return.
Meanwhile, we may be adding another
doctor to our team to help us take care
of you all. We will keep you posted.

Lastly, we'd like to let you know
that you will be receiving e-blasts
asking for you to "like" us on
facebook®. This is just one more way
for us to keep in touch and we thank
you in advance.

Yours in good dental health,

Dr. Lucas, Dr. Laskis and team

On February 4th, we celebrated *Give Kids a Smile (GKAS) Day*. This event is part
of a national outreach effort organized by the *American Dental Association* and *New
Jersey Dental Association*. Through this amazing campaign, hundreds of dental
offices throughout the nation opened their doors to children of families who are
uninsured or of low income bracket, providing them with free dental care and
follow-up services.

The services offered through GKAS ranged from simple screenings and
cleanings to actual extractions if needed. This was our first time being involved,
but it certainly will not be the last. Our entire team was ready to volunteer their
time to this cause. We had a blast! And the kids? Well, judge that for yourself.

Lucas
Dental
says

*Give Kids
A Smile*



We also wish to acknowledge *Vito's Deli* for providing lunch to all our
volunteers, and *Ivan Koremba*, of *CareCredit® Corporation*, for his support as well.
All in all, the day was a great success and we're so happy with the response!

www.lucasdental.com

5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



"Ascared" Of The Dentist?

Not your kid!

Kids' fear of "going to the dentist" is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for "brain freeze." It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!

It's Not Cool To Be Groovy

We all have molars if we are lucky. Molars are the back teeth that are responsible for most of our chewing and grinding function. What is remarkable about them is that they appear 'groovy' with nooks and crannies which help form the anatomy that helps them function. The problem is that these grooves are not completely closed in most people. This problem arises as a result of the development of the molars in utero and as an infant. The enamel layer (hardest protective cover) forms externally, but on the inside enamel formation is incomplete. This results in nanometers of unsealed dentin which is now at risk for contact with plaque bacteria, foods, acids, sugars etc.

'Sealants' - are a hard protective plastic or resin coat that we dentists place in good clean grooves to keep them protected. They have been a wonderful tool in the battle of prevention against decay. Younger patients receive these sealants on a routine basis. Adults ... not so often due to lack of insurance coverage. As a result we find young adults presenting with their first set of cavities while in college and beyond. At this point it is usually too late to place sealants and fillings become necessary.

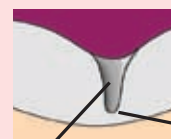
What must you do to address this very common problem? Ask your dentist to evaluate the integrity of your molar grooves. Check those brown crevices to make sure it is not just staining that is present. Follow or monitor suspicious grooves every 6 months to make sure they are stable and do not convert into internal decay, which is challenging to detect and very destructive. Finally, if you happen to be very 'groovy' with a history of previous decay, have your good molars sealed before it is too late.



As teeth develop, deep grooves called fissures naturally occur and where these grooves cross is called pits. These areas account for more than 50% of cavities among children.



Dental sealant is applied to the teeth and flows into the pits and fissures. It is a plastic tooth-colored material that creates an impenetrable barrier to bacteria and decay.



Dental sealant provides lasting protection against decay as long as the seal remains intact.

Sealant
Tooth fissure

office information

Lucas Dental
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!*



Looking For Us? Try Facebook!

I suppose that "geek" would be the last word to come to mind when you think of me, but even dentists and dental teams can be cool.

We've been hip for some time now, actually, but I'm amazed now that I didn't sign up for Facebook® sooner.

Not only is it a great way to get information out, it's a terrific way to reconnect with old friends and maintain personal and professional relationships when face-to-face contact is interrupted.

I'm pleased that a number of you have found me already and flattered to have been "friended" by you. I would like to invite all of my patients to connect with me on facebook.com. Just look me up under *Lucas Dental Associates*.

An Open Invitation To you & yours

We appreciate your business and friendship, and though you may not realize it, your referrals are also crucial to our success. Your ongoing recommendations let us continue to grow. In turn, we can invest in technology, additional staff, expanded hours, and other improvements to offer you and yours the most convenient and very best dental treatment.

Your referrals are our number-one source of new patients and not one of our team members takes that for granted. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with only the highest quality of service and care.

Thank you in advance! We look forward to welcoming your friends, family, and colleagues with a smile!