

by Dr. Robin Lucas

Produced to improve your dental health and awareness

Winter 2011

fromthedentist

Best Wishes

Thanks for 2010

As we look ahead to 2011, I would like to thank each of you for your continued loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience. I sincerely hope all who tried to get appointments before December 31st were able to do so, as this is the most challenging time of year to accommodate our patients.

As you have noticed we added a lot of exciting new features to our services last year, like the digital x-rays, and email and texting of appointment reminders and promotions. The goal here is to be more efficient. We thank you in advance for your patience as we implement these upgrades.

We wish you and your family good health for 2011 and look forward to seeing you in this New Year.

Here's to a great 2011!

Dr. Lucas, Dr. Laskis and team



Team Work Is Never Done...

Another year has passed and we continue to learn from each other. As we all know working in a group no matter how large or small, will present us with challenges. How we overcome or fail to overcome these challenges says volumes about the members of that team. It is never easy; however I am proud and pleased to know that this team demonstrates this skill on a daily basis, all in an effort to deliver the best care we are capable of. I would like commend this team and say a hearty thank you.

There is nothing better than knowing that your hygienists love and care about dental hygiene. If you have had the opportunity to be seen by any of these hygienists I know you would agree with me. Sara and Phyllis are our dental assistants who perform countless duties. As dentists it's like working

with one hand and one eye in the dark without a good assistant. These ladies are phenomenal as most of you can attest. Finally there is the front office staff; Shirley, Giovanna and Meliza. Their job is truly difficult due to the fast pace they contend with and accuracy I expect from them. They never give up and are constantly looking for ways to improve the patient experience.

Below (from left to right): Giovanna (patient care coordinator), Dr. Stacey Laskis who most of you have met, has been with us for 2 ½ years. She is wonderful fit to our practice style and patient population. Mira (hygienist), Sara (dental assistant), Elvia (hygienist), Angela (front office, but has moved on to hygiene), myself, Phyllis (dental assistant), Meliza (Front office coordinator), and finally Shirley who is not pictured here.



Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

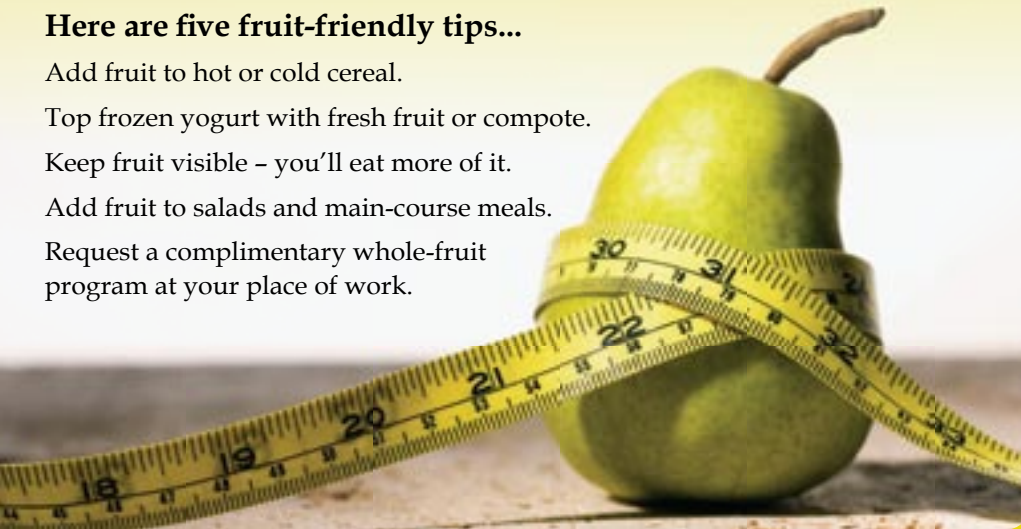
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

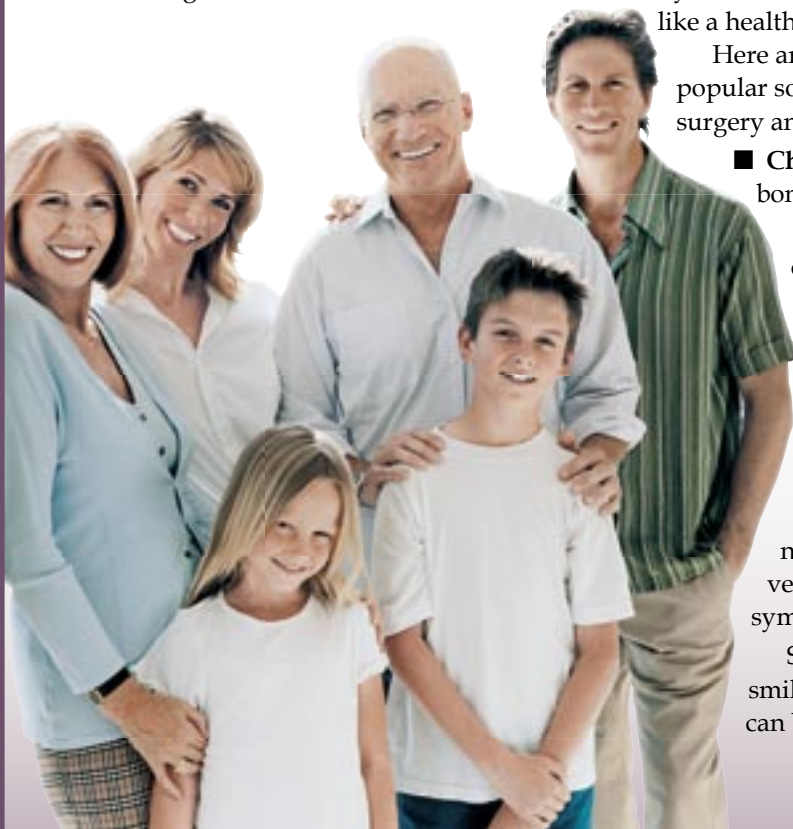
Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life – and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away – like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

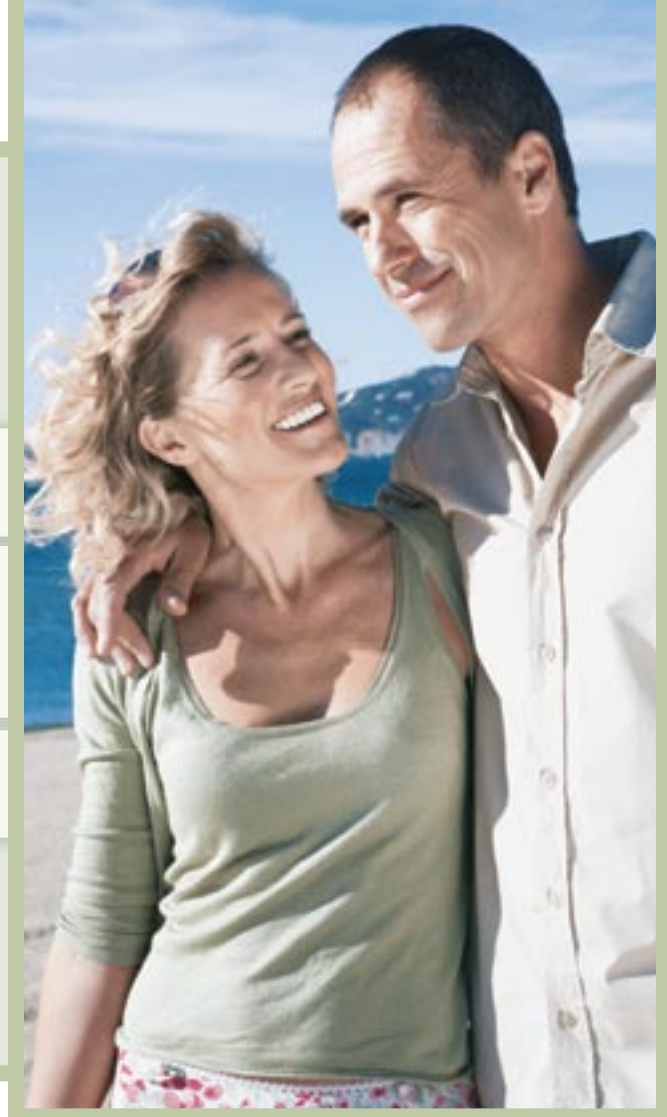
About The Mouth-Body Link – Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort – Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance – Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

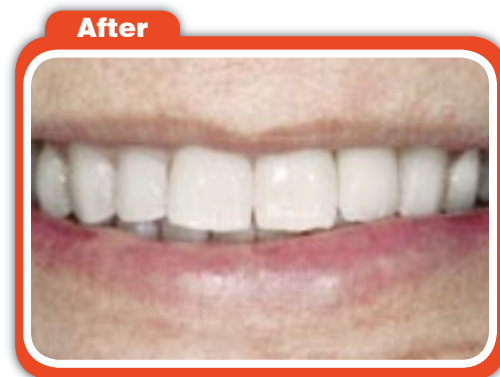
Smile with dental implants

Nobody wants to lose teeth, but let's face it – it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1 Implants require only normal brushing and flossing – no special home-care routines.
- 2 There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3 There is no metal visible above your gumline.
- 4 Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Acid Overload

When what we eat ... eats back!

Many foods naturally contain acids like Vitamin C, which if consumed in moderation are good for you and which can cause enamel erosion only if consumed excessively – something that is in your control. However, our modern, consumer-based lifestyle has created another *hidden* epidemic of acid erosion.

Preservatives like Benzoic Acid and its salt forms, Sodium Benzoate and Potassium Benzoate have been added by manufacturers to prolong shelf life. Apparently one acid is not enough. Others which can do significant harm to tooth enamel are commonly added to magnify Benzoic Acid's preservative power. When combined with high sugar content, your teeth – and body – receive a double-dose-acid-attack.

These synthetic "acid bombs" can dramatically over-tax your body's natural alkaline reserves and create a condition known as chronic acidosis. Harmful effects include leaching of minerals from organs and bones, kidney stones, diminished capacity to digest food, increased cellular ageing, diabetes, chronic fatigue, and chronic weight-gain.

To help prevent acid erosion, you can avoid high-acid foods or beverages, rinse your mouth with water after eating, and try *Prospec™ MI Paste™*. Applying MI Paste after brushing can help remineralize your teeth, reduce sensitivity, enhance the effects of fluoride, relieve symptoms of dry mouth, prevent or treat early cavities, and protect your teeth from acid erosion.

Let's talk during your next visit about acid erosion and your options for the restoration and preservation of your smile.



officeinformation

Robin Lucas, DMD

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

Office	(201) 798-8899
Fax	(201) 798-7560
Email	info@lucasdental.com
Web site	www.lucasdental.com

Office Staff

MelizaPatient Financial/ Front Office Coordinator
Giovanna, ShirleyPatient Care Coordinators
Mira, ElviaHygienists
Sara, PhyllisAssistants

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

Don't Worry!

Be happy!

Easier said than done, but it's so important. We want you, and all of our patients, to feel great when you're at our practice. We do not want you to feel anxious or stressed, and keeping our appointment commitments is a big part of that.

But we all get busy, and sometimes a patient will run late, and sometimes we will run late, but what I want you to know is that my team is committed to doing their best to keep everyone on schedule. I also want you to know that we really appreciate it when you arrive on schedule.

We can't wait to see you soon, and as always, if you have any concerns or are experiencing any discomfort, definitely call us immediately. And if you have any questions about improving your smile (like what your options might be for whitening your teeth), call and we'll schedule a free consultation.

Oral Cancer Checkups

Detect it early!

In the United States, one person dies from oral cancer each hour of each day. In fact, more people die from oral cancers than either cervical or skin cancer. And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor. When discovered late, the 5-year survival rate is a frightening 50%. It is imperative that oral cancer is detected early, before the disease advances. Conscientious dentists keep a keen eye for telltale signs like lumps and discoloration, and many are employing high tech devices to detect changes even before they are visible. But patients can have a role in early detection too, through the self-exam process – see www.oralcancerselfexam.com for a complete tutorial or call today for a comprehensive exam.