



Season's Greetings from "The Centre"

November 30, 2013

In this issue:

Children's teeth and Fluoride

Case of the Month - Instant Orthodontics - Butterfilled Front Teeth

Your Dental Benefits are Expiring December 31st. Don't squander them!

I created this little cartoon years ago, when I started explaining dental benefits to patients. Don't call it insurance. It barely covers anything. Twenty five years ago, when I created the cartoon, dental benefits capped at \$1000. Now where are they? It's not insurance, it's a



rich uncle who gives you \$1000 to spend on your teeth every January First, and whatever you haven't used, you have to give back to him on Dec 31.

I HAVE TO REPEAT AN ARTICLE FROM LAST MONTH ABOUT THE FACT THAT IF YOU HAVE TREATMENT PENDING, AND YOU DON'T COMPLETE IT BEFORE THE END OF DECEMBER, YOU'VE LET YOUR BENEFITS GO TO WASTE:

DON'T WASTE PAPER - The reason this is sent electronically

Another way to "Waste Paper" is to not maximize your dental benefits. You are given a certain amount to spend on dental care, every year. But if you leave that money on the table, you give the insurance companies what they are hoping for, and what enhances their bottom line every year (unused benefit dollars). Don't waste time, the end of the year gets very busy with patients who are all trying to strategize this way.

Featured Article - Fluoride in the Water Supply

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From Barbara Battisco

Dr. Markus, in your newsletter you wrote that Israel had banned the fluoridation of water, and you applauded that. I thought that most dentists wanted fluoridation. Can you explain your stance?

Dear Barbara,

Great question Barb. BTW - I have posted some of my pictures from our recent Israel trip in our [photo art gallery online](#). The answer to your question is quite simple. If the dermatologists wanted to prevent skin cancer by putting Coppertone SPF 50 in the water supply, would you drink the water? I hope not, Coppertone, or any uv ray protectant is meant to be applied to the skin.

I'm a firm believer in using topical treatments rather than swallowing a pill that distributes throughout the body, and doesn't target the problem specifically. Fluoride, when placed on enamel forms a compound (fluorhydroxyapatite) which is less prone to acid erosion (decay) than hydroxyapatite (enamel). Additionally, fluoride is a waste product from the manufacture of fertilizer. I encourage you to learn more at www.fluoridealert.org

There is good news though, if you pay your water bill to New Jersey American Water, there is no fluoride in their water. I have asked our health columnist, Julia Scalise to comment further on the use of fluoride.



Excerpt of Julia's article:

Fluoride also impacts thyroid function in a major way. Build up of fluoride, over time, from water supply and dental products, contributes to many thyroid disorders such as underactive autoimmune thyroiditis (Hashimoto's Thyroiditis), and overactive thyroid disease (Grave's Disease). If you want to learn more, I encourage you to visit her recent article on this [on our blog](#).

BE SURE YOUR CHILDREN AND GRANDCHILDREN EXPECTORATE THE TOOTHPASTE WITH FLUORIDE IN IT, AND DON'T SWALLOW IT. JUST A PEA-SIZED DOLLOP ON THE BRUSH IS ALL AN ADULT NEEDS.

Back before Mangled Care, and Obama Care pediatricians took the time to explain a lot of things to parents about their children's teeth. They don't have that kind of time now. All of our patients are offered a chapter of a book that I helped to write, From Womb to Wisdom. If you don't have one, be sure to request it the next time you're in.

NEVER LET AN INFANT GO TO SLEEP WITH ANYTHING IN A BOTTLE BUT WATER. HAVE YOU EVER HEARD OF BABY BOTTLE DECAY? VERY TRAUMATIC FOR A YOUNG CHILD TO HAVE TO EXPERIENCE THIS SORT OF EXTREME NEED. ([Link to photos – not for the squeamish](#)).

CASE OF THE MONTH - BUTTERFLIED FRONT TEETH



Notice how severely rotated the front teeth were, and after less than two months of 6 Month Smiles ([see more cases](#)) and a little cosmetic revision, this man's smile is well on its way to being as handsome as the rest of him.

WHILE WE'RE ON THE TOPIC OF FEATS THAT WILL ASTOUND AND AMAZE

Stupid Human Tricks

How to get a wine bottle [uncorked without a corkscrew](#). Sent by Joe Capic

Okay, so you're out to dinner with friends, and you bet the check with them. You tell them that you're going to push a cork into the bottom of an empty bottle of wine, and you're going to get it out without breaking the bottle. One problem, you can only do this once for every couple, so pick an expensive restaurant. [PRACTICE BEFORE YOU MAKE THE BET!](#)

Iphone TIPS (send us yours)

Is your Iphone battery needing constant recharging? [Here are some helpful hints I found:](#)

[Lost Keys:](#) [Key me](#) is a cloud based service that allows you to scan a key with your smart phone, then keep it stored securely in the cloud. If you ever lose your keys or lock yourself out, they claim they can deliver a key to you within one hour.. pretty cool.- sent by Gary Henkle

And Finally:

My Living Will

Last night, my kids and I were sitting in the family room and I said to them, “I never want to live in a vegetative state, dependent on machine and fluids from a bottle. If that ever happens, just pull the plug.”

They got up, unplugged the computer and threw out my drink! - sent by Joe Capik



Have a great day!

The Centre for Dentistry

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