

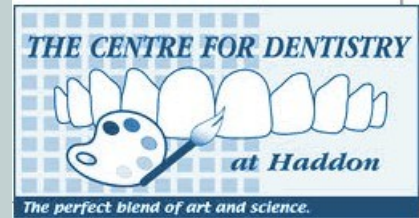


# The “Centre Piece”

News you and your family can use, from The Centre for Dentistry at Haddon -

February 2015

See Our Entire Library of Monthly Newsletters on [Cent4Dent.com](http://Cent4Dent.com)



## Special points of interest:

- How to avoid annoying pop-up ads while playing a game
- Special Idea to have Lost Cell Phones Returned
- Watch an Ambulance that Flies to Emergencies, and it's the size of a Piggy Bank
- Did Tiger Really Get Hit by a Camera Lens?
- Great Ideas for Valentines Day

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## Introduction.

Since there is a blizzard, I am getting the February Newsletter out a few days early so you have something interesting to read today! And this should be a very interesting issue because of the extensiveness of the articles and ideas sent to me by my patients. If you have something you'd like to share with your family of caregivers at “The Centre” and our entire family of patients, Email me at [docmarkus@cent4dent.com](mailto:docmarkus@cent4dent.com)

As always, we ask that you share the newsletter with friends and family. Especially when you read something that you know will influence someone's life, please forward them a link to the [newsletter page of our website](#).

One of the leading stories of the past week was the dental trauma suffered by the gentleman on the left. Tiger Woods, will therefore be memorialized as having made the cover of The Centrepiece!



I can't wait to share a couple of great ideas for problem solving that I learned about in an email—one of the best tips in this series of 10, is how to start a charcoal fire without starter fluid, and eliminate that chemical taste from barbequed food.

I am very proud to announce that a documentary, that I helped underwrite will be shown, and judged at the Garden State Film Festival. More about it, inside.

For your enjoyment, I am sharing some entertaining items I've saved from your emails throughout this issue. We'll start with these, below

## I hope you enjoy these:



Ask most dentists what the first thing they notice about someone, and the answer is obviously, their smile. In fact many of my patients tell me they are very observant, often envious, of others' smiles. But how many of you ever noticed the shade variation between Tiger's two front teeth?

I can tell you, many cosmetic dentists always wondered why a man of his stature had never had that dark tooth taken care of. In case you missed it, here's a blow up of the cover picture's smile:



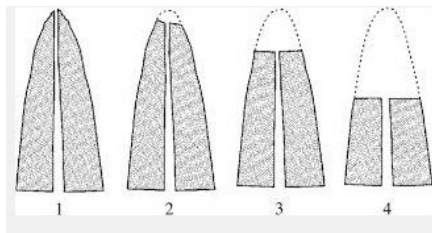
The shade variance is obvious, especially in a smile as white as Tiger's. So what could have caused this?

It could be a veneer placed on a dark tooth by a dentist who couldn't compensate for the underlying darkness of a dead tooth. (see page 4) More likely it was a tooth that was injured (baseball bat, swimming pool wall, elbow playing hoops) and the nerve of the tooth died.

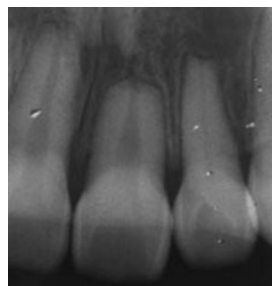
### SYMPTOMS OF TOOTH NERVE DEATH

Anyone who's ever had a root canal can attest to the fact that prior to needing the treatment, the tooth was sensitive to heat, or cold, or chewing (or a combination). But there are some teeth that die and never cause any pain, but undergo a darkening because the tooth stops receiving blood flow and becomes lifeless.

Just like with an autoimmune disease, the tooth begins to destroy itself, a process called resorption. The root of the tooth



starts to dissolve away. You can see how this tooth over time becomes less anchored because of this process. The tooth in the middle of the x-ray on the right should be as long as the tooth to its left, but it is undergoing resorption, and growing dark.



And so it was that this photo was snapped while he was watching Lindsey Vonn ski in Europe.

Look at the scarf he is wearing. Those are teeth on the scarf! How ironic.

It will be interesting, at least for me, to find out (if I can) how the missing tooth issue plays out. Boy is he injury-prone!



When radiologists take a selfie

# DOCUMENTARY ABOUT MERCURY FILLINGS TO SHOW AT THE GARDEN STATE FILM FESTIVAL

Those of you who have been my patients for a long time know about my stance about the use of mercury in fillings, as well as the toxic effects of its use on the body, and on the environment.

It was in 2006 that I met people producing a video about the issue that was before a panel of experts at the Food and Drug Administration examining the use of dental mercury, and whether it needed to be better regulated. I had gone there as an observer, but after hearing the first day of testimony, decided my voice needed to be heard.

I was there again in 2010 when the FDA was again dallying on ruling on the topic. After all the compelling evidence, the FDA has failed to rule. But, I believe, they have been superseded by a Global Initiative underwritten by concerned citizens and dentists. There will be a total phase out, globally, of the use of mercury, in the coming years thanks to the work of Consumers for Dental Choice. As I reported on Facebook, Freya Koss, from the Philly area won a landmark suit against her dentist, for health issues she felt were related to the mercury



fillings (there are some people who are more susceptible to mercury than others—a fact that Dr. Boyd Haley will be reporting on in the documentary).

I never thought, that in my lifetime, I would see the progress that's been made in the past 25 years. I always had hoped that my legacy would be that my children would learn that my tilting at this windmill wasn't a case of misplaced priorities.

I am thrilled to report, that if all goes according to plan, I will be very much alive when the truth comes out.

I would like to invite all health-conscious patients, providers and friends to come to the screening of

YOU  
PUT WHAT IN  
MY MOUTH?

For further information about the documentary click

on the underlined words, above.

*You are invited to join Dr. Markus and the Dental Dreamteam from the Centre for Dentistry for the screening of this important documentary.*

**[Click here for more information about tickets.](#)**





LOOKING BACK—as I begin my 40th year practicing here on the White Horse Pike, there are some cases that really stand out in my memory.

This is one of them.



This woman came to me after a friend of her husband's had placed these veneers on her upper teeth. She was very upset with the results because the shapes of the teeth were all different, and the underlying shade of the teeth was showing through.

If you look at the lower teeth, you can see how dark these teeth must have been before her husband's friend started treating her.



When the veneers were removed this is how dark the underlying teeth were. The piece of porcelain where the arrow is pointing is the darkest sample of porcelain we can use to convey information to the ceramist about how much change would be necessary to achieve the result of a beautiful, white smile.

The ceramist has to execute a shade change from the darkest dark to a bright white, in a thickness of porcelain less than 1.5 mm.

^ This result, achieved over 8 years ago is a lasting one. The patient opted not to take care of the lower teeth, because she loves her smile, and has learned to show her upper teeth and not her lowers, and saved herself a lot of money and potential sensitivity (because the lower teeth would also require extensive reduction, and are small to begin with.

I think the result, below, speaks for itself. There is so much more than most people realize that goes into creating a gorgeous smile.

## THE AMBULANCE DRONE

Imagine an individual at the food court at the mall suddenly dropping to the ground clutching his heart. You look around, nobody is making a move. You move into action (if you haven't learned CPR yet, it's much simpler than ever before—and important to know). There's no pulse. You dial 911, and they tell you to stay on the line, take off the man's shirt, and begin chest compressions until you hear from them again. You put your phone on speaker and begin compressions. Less than a minute later, instructions over your phone: "Stop CPR—go outside the mall door nearest you, and retrieve the drone....." [Click here.](#)



The Centrepiece is brought to you monthly by Dr. Steve Markus and the team at The Centre for Dentistry at Haddon

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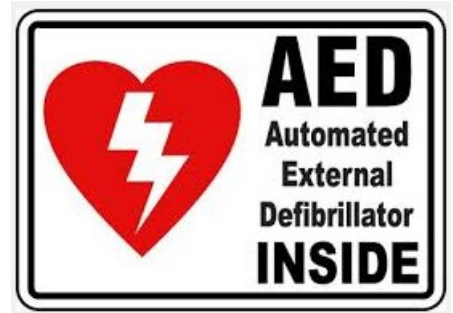
WWW.SMILESOUTHJERSEY.COM

WWW.MercurySafeDentistryNJ.com



## A QUICK QUIZ ON RESPONDING TO A MEDICAL EMERGENCY

We have all walked past the defibrillator signs in airports or malls or gyms, even at the Centre for Dentistry. Do you know what is in them and how to use it?



Try this [video](#) and see what you think. If you pick the wrong choice, the man dies. Choose wisely. You may just save a life.

## AN AMAZING INVENTION.

If you follow us on [Facebook](#), you would have seen the following article and video on our [Facebook](#) Page. Click on the link where it says Facebook above, and “Like” our page, and be sure to “Share” anything you find relevant (including this and future newsletters) with your Friends. The only way our practice continues to thrive and grow is from the referrals of our family of patients.

The following is one of the most amazing inventions I have seen. Why aren't we here in the US doing this? Why haven't we been doing this for years? Where are the entrepreneurs, the investors on this one?

The sound is in Japanese, just read the subtitles. [Click here to view.](#)

## LIFEHACKS

Start a barbeque without starter fluid—no more chemical taste in your food; no more annoying ads while playing games on your iPhone; retrieving lost cell phones, and so much more.

[Watch this.](#)

## CONSIDER THESE GIFT OPTIONS FROM THE CENTRE, FOR YOUR VALENTINE

We are happy to provide gift certificates to your Valentine. Just call the office, put it on your credit card, and we'll email you the certificate for you to give as a gift.

Smile Whitening (trays and gel only \$300)

Zoom Whitening \$450

Sonicare Brush \$115

