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"I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a Congress" - John Adams

### **Headache Treatments - and much more**

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## **Great Valentines' Day Gift Ideas**

There's no better way to put a great smile on your Valentine's face than a gift certificate for whitening. Wouldn't you love to put a smile on your significant other like the couple you see on the right? All you need to do is call our office, and we'll do the rest. We offer two different Valentine's Day Specials:

**Now thru February 28<sup>th</sup> \$100 off Whitening Gift Certificates**

**Tray Whitening regularly \$300 + \$12 tax - NOW \$208**

**Zoom Whitening (much better results, faster) regularly \$450 + tax, now \$364**

If for any reason we find that we cannot whiten, the gift certificate will convert to a certificate for needed treatment. If you'd rather give a certificate for treatment to someone who needs care, we are happy to provide a gift in any dollar value you request, and will give you a certificate for \$25 for every \$500 spent

## **WHY?**

**Why do supermarkets make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?**

**Why do banks leave vault doors open and then chain the pens to the counters?**

**Why can't women put on mascara with their mouth closed?**

**Why don't you ever see the headline 'Psychic Wins Lottery'?**

Why is 'abbreviated' such a long word?  
Why is lemon juice made with artificial flavoring, and dish washing liquid made with real lemons?

Why isn't there mouse-flavored cat food?  
Why didn't Noah swat those two mosquitoes?  
Why do they sterilize the needle for lethal injections?



## Vaccinations

Following my October newsletter article, I got a lot of requests for more information and background,. This article is written in response to that, and I will tell it as my personal journey of discovery of the facts over the past 20 + years.

You can find it in its entirety on my blog, [Read more](#) complete with annotations and links to other resources to help you understand, so, where to begin? How about looking at today and working backwards. Have you noticed that The Flu outbreak is no longer the big news it was two short weeks ago. Do you think it could have anything to do with the fact that the government's campaign was successful? If you look at nothing else on this topic, be sure to [look at this link](#) that one of our many health-minded patients sent in. After seeing that, and it's humorous but very very serious, you will probably want to hit the Read More hyperlink, above.

## Lumineers Get Fried on TV –

I've been telling my patients for 25 years to avoid certain brand-name veneers. You should read what happened to JWOW. Don't want anyone to get the idea that I watch this show, but it was a great channel surfing discovery to hear her fiance' and I posted it on the [Smile South Jersey Facebook page](#), and [this link](#) will help you understand why not everyone is a cosmetic dentist.

## Cosmetic Case of the Month and Six Month Smiles Case of the Month



This month, I am showing a combined case of a 50 year old woman who never smiled until we changed her life with a little orthodontic movement, and 6 porcelain laminate veneers from one of the finest ceramists in the US. [Click here](#) to view how this was done.

### **International Accord on the Toxicity and Environmental Impact of Mercury**

While our opponents argued that amalgam was a health issue like vaccines that should be exempted from the mercury treaty, we showed that amalgam is a serious environmental problem. By the fifth and final treaty negotiating session (which just concluded), amalgam was being compared to the notorious pesticide DDT. No one doubted that this major source of mercury pollution from products belonged in an environmental treaty. Now, the mercury treaty is done – and amalgam is in it! We did it! Congratulations to [Consumers for Dental Choice](#) for their persistence. This is a major victory! [Read more:](#)

### **We Don't Want You to Feel a Thing**

Lou Rawls made the following lyric famous: *"Well I'm not braggin' on myself baby..."*

We all pride ourselves at The Centre on our numbing technique. Did you know that a decade ago, we conducted a double blind study in our office to determine whether the dentists could give a better injection than a device called The Wand, touted as the "ultimate" in injection comfort, and we beat the Wand, every time. The other day I had a nurse in my chair, who confided that despite the fact that she gave injections all day long, she hated being on the other end. It was her first time in my chair, so I made her the following deal:

I asked her to rate my injection after I was finished on a scale of 1 to 10, with 1 being "get that rusty fat nail out of my mouth" and 10 being defined as "when are you getting started?" Using my three-phase technique, I convinced her that I hadn't started yet, after I played around for a minute. And then the numbness started creeping in.....

When you understand what it's like to be the patient, there's a whole lot more empathy being on the doctor-side of things. It's the way we've built the practice since 1976.

### **Congratulations to Amelia Nelson**

Since 1977 we have had the privilege to be associated with Amelia Nelson, a Rocabado-trained Physical Therapist, who helps our TMD patients get better. She is now a Certified Cervical and Temporomandibular Therapist (CCTT). These are therapists who specialize in the evaluation and treatment of patients with cervical spine disorders, headaches, orofacial pain, and TMD.

## **What is TMD?**

Temporomandibular Joint Disorder (TMD) is a term referring to a number of clinical problems involving the Temporomandibular Joints (TMJs) and associated muscles and structures of the jaw area. Several researchers have found clicking and popping noises in the jaw joints to be present in 40-60% of the general population. Considering that normal, healthy TMJs are completely silent at all times, the 40-60% figure is a rather staggering one to consider. The good news is that TMD symptoms are variable in nature, with most being a mild annoyance. A small percentage of patients with TMD have symptoms which degenerate into crippling chronic pain and limited jaw mobility. A recent National Institute of Health study indicates that over nine million Americans suffer from TMJ pain of some level on a regular basis.

What are the symptoms of TMD? [Read the entire article on our blog.](#)

## **We Hold These Truths to Be Self Evident – from the email box, sent by Benny Bentman**

1. In my many years I have come to a conclusion that one useless man is a shame, two is a law firm and three or more is a Congress.  
-- John Adams
2. If you don't read the newspaper you are uninformed, if you do read the newspaper you are misinformed.  
-- Mark Twain
3. Suppose you were an idiot. And suppose you were a member of Congress. But then I repeat myself.  
-- Mark Twain [read the rest](#)

## **Dental News Briefs:**

### ***Dental Stem Cells***

Stem cells can be extremely helpful in therapy for people suffering from an array of ailments including forms of leukemia, blood disorders, immune system disorders, and degenerative diseases. While most people interested in stem cell research know that they can bank stem cells from umbilical cord blood, they are often less aware of the fact that stem cells can also be extracted from the pulp (nerve tissue) in extracted teeth. [Read more](#)

### ***Premedication No Longer Necessary Prior to Dental Treatment***

On January 13th the The American Dental Association and The American Board of Orthopedic Surgeons, as we predicted, lifted the need for antibiotics to prevent infection for patients with artificial knees and hips receiving dental treatment. [Read the entire story here.](#)