

## LAURA, OUR TOOTH FAIRY IN RESIDENCE SAYS:

This coming week is the time of year when your cavities can really start to bother you. If you notice any sensitivity after eating sweets, it's a good sign that a cavity is getting



close to the nerve. Make note of the location, and make an appointment to get it checked before it turns into something more serious than just a filling (be sure to read the last article). Stay away from hard candies and caramels, they tend to break teeth and pull out crowns and fillings.

As far as the kids are concerned, be sure that until they are 9 -12, depending on their self-assuredness, **you** should be brushing their teeth. Sit cross-legged on the floor, put their head in your lap so you can look down and see all their teeth, and, of course, make it FUN!!! Be sure to brush after all candy, and they should be rinsing with water after all carbonated beverages, fruit juices, Gatorade and energy drinks. Any questions, call our office. All children should have their first dental check up before the age of 3.

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## PROOF THAT OUR PHILOSOPHY WORKS



Meet Harry Brooks, Dr. Markus' father-in-law who became a patient

on the very first day of our practice opening on White Horse Pike on February 22, 1976.

Harry is shown here, celebrating his 93rd birthday, and in the 36 years he's been our patient, he has kept every tooth in his head. In fact, about four years ago he wanted a whiter smile for his first grandson's wedding. Dr. Phillips did a beautiful job with his veneers and crowns, didn't she?

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MANY OF OUR PATIENTS THANKED ME FOR THIS INFORMATION  
WHICH WAS IN OUR NEWSLETTER A FEW WEEKS AGO SO I AM  
REPEATING IT



With every pharmacy offering flu shots, and every MD pushing them, and all hospital employees having these forced on them, there are a lot of things you should know, and not let them make you think these innoculations are so innocuous. Foremost, there's a tremendous ruse they're playing on you by asking you "Are you allergic to Thimerosal?"

Very few people know what Thimerosal is, but you should be aware that it was supposed to have been banned in vaccines years ago. Do you remember the Swine Flu Vaccines of the Seventies that caused a lot of people to develop neurologic problems? Thimerosal, a derivative of mercury is used as a preservative agent, and one is not ALLERGIC to Thimerosal. The problem is some people's systems cannot DETOXIFY this poison as well as others can.

While there is no question that there are some people (like the elderly) who need to have this protection. I, for one, haven't taken a flu shot since the late seventies because of the Thimerosal. I prefer to increase the amount of antioxidant I take in wintertime to ward off the flu and colds. At the first sign of a cold, I increase my antioxidants. If you are building up a lot of mucous, always blow it out of your system.

Wash your hands frequently, use disinfectant wipes. There's much more about this on our blog. Be sure to visit it.

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The Dream Team in Paradise

At the beginning of October, Shannon, Tina, Gloria and Laura went with Dr. Markus to a dental conference in the Florida Keys. During some down time from the seminars, they explored Key West. Of course, one of the more popular sites is Jimmy Buffett's Original Margaritaville Cafe.

You didn't think we'd miss this part of the trip, did you?

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There's a Dental Connection with Pine Valley

For those of you who aren't golfers, would you be surprised to learn that the number one course in the world, and the one rated the most difficult, is right in our backyard.....if you can find it!

I lived in Pine Hill during my years at the University of Pennsylvania School of Dental Medicine, and could never find the front door to this most exclusive of golf courses!

The course was built by George Crump, a native of Camden and Merchantville, back in the early 1900's. To learn more about Pine Valley, ask Dr. Markus to see a book he has at the office entitled Pine Valley Chronicals. It shows how the course was built using primitive earth and tree-moving equipment. Be sure to ask Dr. Markus about Al Capone's involvement at Pine Valley, it's an interesting local tale.

Mr. Crump never saw his golf course completed. He died from an infection caused by an abscessed tooth.

Scratching your head about that one? It still happens today. Don't blow-off your check-ups because you don't have dental insurance. As Mr. Crump found out, it could be a matter of life and death.