

June Newsletter



The Centre for Dentistry: 209 White Horse Pike -

Haddon Heights, NJ

May 26, 2014

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Greetings Stephen from The Centre for Dentistry

In this issue:

Congrats to Michele and Steve

Great Reviews from New and Existing Patients

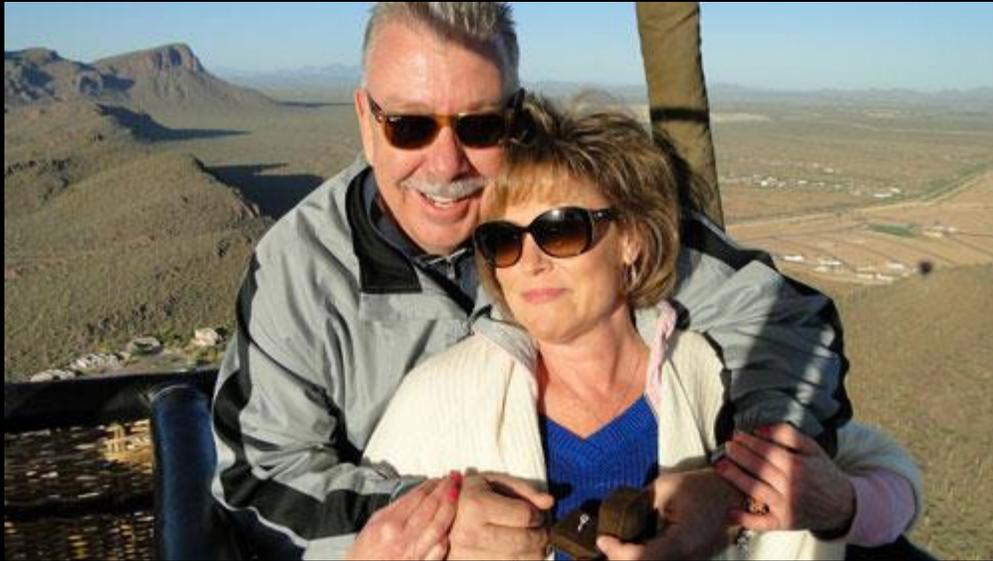
The Loss of Two Great Pioneers

If Anyone You Know Takes Statin Medication to Control Cholesterol

Leading Causes of Tooth Decay

All Links in White Below

Congrats to Michele and Steve



On Monday Morning, April 28th, high above the city of Tucson, our hygienist Michele Theoharis became engaged to Steve Jones. We've all gotten to know Steve over the past few years, and have welcomed him into the "Centre" family as he has been welcomed into the Theoharis family as well. We wish them decades of continuing happiness together!

Great Reviews from New and Existing Patients

I make a deal with all new patients who I am getting numb for the first time: I want you to rate me on a scale of 1-10 on my technique. If I get a 1 or a 2, feel free to tell 10 of your friends, if I get a 9 or a 10, you have to post it on Facebook. Here are a couple of recent ones:

Anxiety free dental treatment — Cynthia S.

Prior to my appt. with Dr. Markus I had not been to dentist in about two years due to anxiety issues. I started out nervous needing a root canal. Dr. Markus made me feel comfortable and explained the process as he went. Not that I would necessarily describe a root canal as a pleasant experience, it was anxiety and pain free. I would and will highly recommend Dr. Markus and the Centre for Dentistry to all my friends.

May 20, 2014

Every member of staff greeted me with warmth, compassion and comfort — Katie

Every member of staff greeted me with warmth, compassion and comfort. I came in to have a painful tooth checked out, and needed a root canal. Dr. Scott and his assistant were amazing! They helped calm my nerves, were very patient with me, and it was a great experience. This was the first good dental experience in my 36 years! And it was a root canal! LOL. I'll be returning,

without a doubt.

May 6, 2014

This is the only doctor's office that clients do not wait a second beyond their scheduled...
— Frani C.

This is the only doctor's office that clients do not wait a second beyond their scheduled appointment time. It's astounding. Very often the doctor or technician takes you before your scheduled time. The atmosphere in the Centre is relaxed yet very professional. I trust no one else for all my dental health. Compassionate. Understanding. Elite. No comparison.

Mar 14, 2014

We welcome your friends, family members and co-workers to our practice. Be sure to send this newsletter to anyone who might be in need of great dental care, and feel free to write a review on Google for us. Thanks

You Read it Here, First!

Have you heard the story about Led Zeppelin having copyright issues with a bunch of their songs on the news lately? I told you the story back in March, three months before the story broke! See our [March Newsletter](#), toward the bottom.

The Loss of Two Great Pioneers



Dr. Andy Landerman, DDS
Pioneering mercury-free dentist
1942 - 2014

As you all know, I have been involved in the cause to eliminate the use of mercury fillings globally. It has been a difficult struggle, since the American Dental Association tells dentists they are not allowed to speak out against mercury, so it took a lot of courage for me to take the podium three times, in the last decade, to speak to the FDA. We are making great strides! In this issue I recall two pioneers who started the battle, long before I joined it in The Nineties. Dr. Andy Landerman of California and Bob Jones of Texas. Learn more about the great things they have done: [Click here](#)

If Anyone You Know Takes Statin Medication to Control Cholesterol

This is not intended as medical advice. I believe everyone needs to know about the medications they are taking, the side effects of those medications, and what current thinking is, and then make up your own minds.

Statin medications are in widespread use to do what our diets, and genetics don't do, and that is keep cholesterol levels under control. Here are some things you might want to be aware of:

Over 15 years ago, I became aware of the need to take Co-Enzyme Q10 in conjunction with statins, to minimize depletion of necessary liver enzymes. There is more information available on our old website. Start your inquiry by [clicking here](#):

[A recent article I read on Medscape](#) indicated that the dosages of statins needs to be reduced:

An older article, published on our website was from the Mayo Clinic, which addressed the issues of side effects, correct dosage, lifestyle changes necessary. More recent information suggests that statins shouldn't be one's first effort to lower cholesterol, UNLESS there's been a cholesterol-related cardiac issue: [click here](#)

The Voice of Reason, Dr. Joe Mercola - [Statin Side Effects](#)

Leading Causes of Tooth Decay

We often see adults who think they've got their oral hygiene habits under control who return to our office for regular check ups, who keep getting cavities. We have to play detective with them a bit to uncover what their sources of sugar are. Please understand, that the development of new decay is not just related to sugar, but the time the sugar stays on the teeth. When I see someone at the 7-11 filling up a Big Gulp I wonder what their teeth must look like. Not only is the sugar content enormous, but they can't be drinking that in one "Big Gulp", but that sugar syrup must be bathing the teeth all day long.

So here is an incomplete list for you to think about:

Do you use TicTacs, mints, cough drops? They promote decay.

Likewise, Gatorade and other athletic drinks are not as healthful as you might imagine.

Do you eat oatmeal with sweeteners after your morning brushing, but 16 hours before your evening brushing and flossing? Think about how long the sugar must remain on your teeth.

Sticky candies like jelly beans are far worse than Hershey's chocolate

Did you know that certain sodas are worse than others? Dentists have a term for the worst offender: Dew Mouth – from Mountain Dew – ravages the teeth of people in the Appalachians, where it is a staple! Dr Markus interviewed on FoxPhilly [click here](#).

Methamphetamines are also horrible because they dry the mouth, and cause sweet craving.

The average American eats 152 pounds of sugar in a year. What is all this sugar doing to our health and why is this one of the greatest health crises of our time? Plus, find out why it's so hard to kick your sugar habit. Dr. Mark Hyman on Katie Curik, [click here](#):



Julia's Corner:

Most people will drink beverages throughout the day and most people will snack throughout the day. The amount of sweetened drinks and sugar laden snacks consumed are wrecking havoc on our total health and well-being, not just on our oral health.

When my clients wish to change unhealthy habits to healthier ones, frequently I'm asked, "What are some alternatives to incorporate for beverages and snacks?"

I am a major advocate of drinking water. In my book "*Do One Thing, Feel Better/ Live Better*", I dedicate the first chapter to the importance of adequate water intake and why. Yet many people don't like the blandness of plain water. So, I suggest adding some fresh lemon, lime, orange, or cucumber slices to give water some taste. It is very refreshing, improves many physiological functions, decreases appetite for many, and most definitely satisfies thirst. I do not like the

flavored fruit waters on the shelves as many contain sweeteners, both refined sugar and artificial, which defeats my clients' goals for decreasing their intake of sugar or chemical laden substances. Surprisingly, once my clients make this change, most say they will never go back to the sodas, sweetened teas, or energy drinks they consumed in the past.

As for snacks, I suggest fruit, nuts, vegetable sticks, and nut butters.

Another way to satisfy both thirst and hunger is to make your own smoothie. Even when my clients test sensitive to cow's milk, they have other options for making smoothies from Coconut, Almond, Rice, Hemp, or Flax milk. By adding in some fruit, vegetables, and nut butters, and consuming these in moderation if one is concerned about caloric intake for weight management goals, most clients report overall satiety for both thirst and hunger without gaining weight.

By making some small changes, everyone can satisfy their thirst and hunger, and improve energy slumps throughout the day, without risking ongoing damage to tooth enamel, encouraging Type II Diabetes, and promoting an expanding waistline.

For further information on my book and the services I provide, please visit my website: www.JuliaScalise.com

Wishing you blessings and living your best life.

Julia Scalise, DN, PhD

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If you've found any of this information beneficial, please share it with your friends, either by forwarding it, or sending them to our Facebook page where there is always a link to our latest newsletter. <https://www.facebook.com/SmileSouthJersey>

Have a great day!

The Centre for Dentistry