



Home of the dental miracle!

GARY GLICK DDS FAGD
COSMETIC FAMILY DENTISTRY

Produced to improve your dental health and awareness

Summer 2009

fromthedentist

With Heartfelt Thanks

There is no question that I have the **BEST** patients on the entire planet. I would like to thank all of you who were kind enough to recommend my services to their friends and family.

Here are the new patients who became members of our practice family last month. We'd like to welcome you and wish you all the best!

Albert D., Stacey B., Trish K., Bob T., Susan T., Glenn S., Paul L., Doretta I., Laura T., Nick B., Kathleen E., Jolena K., Sue Z., Beth N., Doris C., Richard S., and Nancy W.

...and a **BIG CONGRATULATIONS** go out to Tommy K. for landing the "gig" with Lady GaGa!

Yours in good dental health,

Dr. Gary Glick

turnthepage

Brushing, biking, recycling!

Vitamin D-licious!

7 smile-saving solutions!

Cancer Screening

ViziLite™

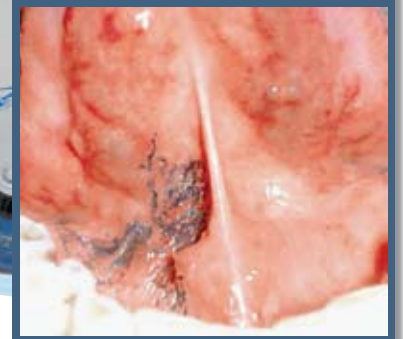
Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired *ViziLite™*, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a ViziLite examination? We'll ask you to rinse vigorously with a safe, non-toxic solution for 30-60 seconds. The solution tastes a bit vinegary. After you rinse, we'll dim the lights and take a look inside your mouth with a special light that looks much like a glow-stick. The entire procedure takes only about ten minutes. All of the screening kit components are discarded after use, so you will be the only patient ever tested with that kit.

Because the chemiluminescent technology will highlight *any* surface irregularities including normal scarring from chewing or rubbing on your gums or cheek, we mark everything down on a map or atlas of your mouth. This gives us a baseline for future reference.

We want all of our patients to have a bright and smiling future. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform this test for you *every* year.

**ViziLite™
enhances
our ability
to identify
abnormalities.**



Thank you for all your referrals. We appreciate them!

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

GARY'S RIBS

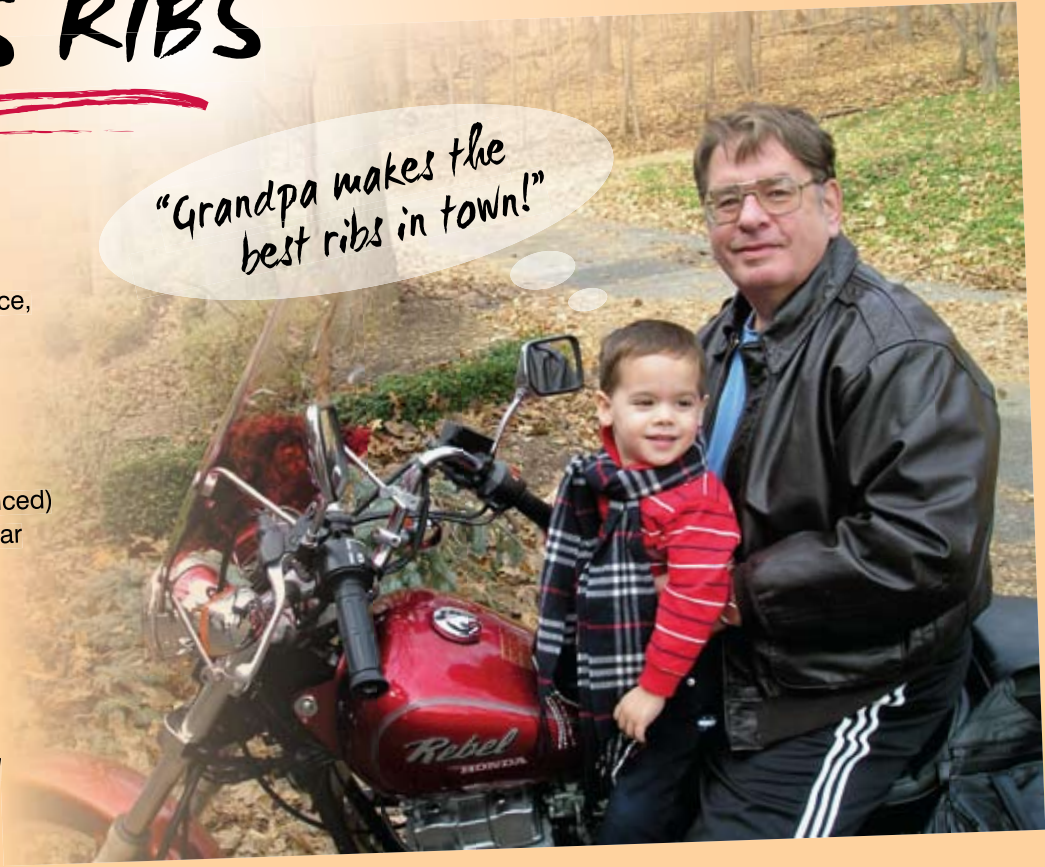
3 racks of ribs

BBQ SAUCE

- 1 can peaches with juice, course chop
- 32 oz ketchup
- 1/3 cup white vinegar
- 4 tbsp soy sauce
- 2 tsp garlic powder (or 8 cloves minced)
- 1/2 cup dark brown sugar
- 2 tsp ginger
- 1 tsp black pepper
- 1 tsp dry mustard
- red pepper flakes (optional to taste)

Boil all meat, drain and marinate for 24 hours. Grill and enjoy!

"Grandpa makes the best ribs in town!"



office information

Cosmetic Family Dentistry

Dr. Gary Glick
1807 Union Valley Road
West Milford, NJ 07480-1420

Office Hours

Tuesday 2:00 pm – 7:00 pm
Wednesday 8:30 am – 3:00 pm
Thursday 2:00 pm – 8:00 pm
Friday 8:30 am – 1:45 pm

2 Saturdays per month/1 Saturday per month in the summer. Reserve Tuesday AM's for big cases.

Contact Information

Office (973) 728-3779
Fax (973) 728-1881
Web site www.drglick.net

Office Staff

Millie..... Office Manager
Diana, Brenna, Nicole
..... Dental Assistants
Melissa..... Hygienist



Dental Phobic Patients

You can rest easy

In our office, we offer conscious sedation for dental phobic patients through a board certified anesthesiologist. Patients are connected to monitoring devices and an I.V.; they then experience a comfortable daze, with no recollection of procedures. This allows Dr. Glick to concentrate on treatment, while the anesthesiologist monitors the rest.

Patients who require this type of care often wish to have multiple procedures completed in one visit. So we set aside a day just for them, as treatment may take several hours. Most phobic patients have been postponing dental visits, increasing their need for dental care *and* their anxiety. Conscious sedation can be the solution.

We've shown that this modern approach can be painless and anxiety-free. Patients *wake-up* relieved and with a better smile. After all, that's what we're all about – changing lives, one smile at a time.

The Daily Grind

Battling bruxism

Almost all of us grind or clench our teeth occasionally. But excessive heavy grinding, or bruxism, can lead to painful jaw and dental problems.

Many people brux when sleeping, leading to sore and tired facial muscles, jaw joint disorders, worn down tooth enamel, and damaged dental restorations. Most researchers believe that both emotional and physical factors cause bruxing. Stress tops the list.

Bruxism can cause serious problems for your smile and your general well-being. We can help you in a variety of ways including designing a customized plastic mouth appliance that interrupts grinding and protects the teeth.

Are you a bruxer? Please come and see us for a complete diagnosis! We want to keep you smiling!

