



# Glen Ridge Cosmetic & Family Dentistry's Word Of Mouth

Produced for the Patients of Dr. Lou Theodorou Jr.

Spring 2008

## fromthedentist

### To All My Patients:

As spring returns it is nearing the one year mark since I took over the practice. A lot of changes have been made, from a new television in the waiting room to new paint and floors in the treatment rooms. But I've tried to keep one thing the same, the level of service you've come to expect. From filling out all necessary insurance paperwork for a patient to placing a reminder phone call to confirm an appointment, I want my own and my staff's level of service to be outstanding. I am proud to have such an excellent staff and I know that they will go the extra mile for you, my patients. If you ever have any requests or criticisms, please do not hesitate to bring them to myself or to any staff member. We will do our best to make things right and make you as comfortable as possible. Here's hoping everyone has a safe and healthy spring season.

Regards,

Lou Theodorou, DMD, FAGD



Dr. Theodorou with his son Nicholas and his wife Alison

## The Season Of

# Smiles



## Spring is here

With warmer days ahead, we're all shedding the "SADs" in anticipation of looking and feeling our best. It could be a child's graduation day or a daughter's wedding, but whatever the reason, we've all got something to smile about.

We'd like you to know that we can help to make your smile look as good as you feel. Through the use of some very simple cosmetic techniques we can whiten and brighten, mask stains and hide chips. We can fill in the gaps, cover the cracks, correct the spacing and even ensure that the length of your teeth is as even as possible ... all to improve your spring smile power!

So call us for a FREE consultation about the cosmetic treatments that may be best for you!

*Thank you for all your referrals. We appreciate them!*

# Interception!

## Say NO to sports drinks!

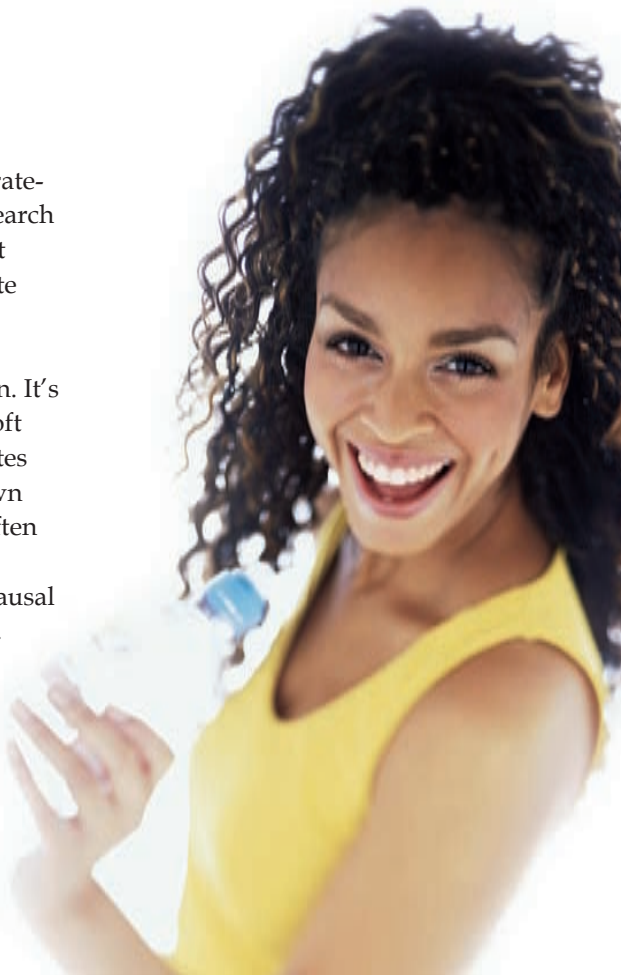
There's been some controversy about the erosive effect of carbohydrate-electrolyte drinks (sports drinks) on teeth enamel. Detractors of the research linking sports drinks to enamel erosion argue that lab conditions do not reflect real life. It's our position that there's enough evidence to advocate avoiding, or at least limiting, your consumption of these drinks.

Sports drinks were designed to increase athletic endurance by maintaining blood glucose levels and increasing carbohydrate oxidation. It's easy to forget that the phosphoric acids in a sports drink – as with all soft drinks – can result in erosion of the enamel on tooth surfaces. This creates tooth sensitivity, grooves, or notches in the sides of the teeth, worn down teeth, and yellowing. Since dental erosion is painless, we dentists are often the first to notice that damage has been done.

No doubt research will continue. Whether or not it proves a direct causal link between sports drinks and dental erosion, some facts remain true...

- Prolonged exercise means decreased saliva flow and with it loss of your natural buffer against acid.
- Increased athletic endurance and exposure to sports drinks without a buffer means a longer contact time between the drink and your teeth.
- Protracted exposure to acid over time will erode your teeth.

Save your tooth enamel. Please avoid or limit your consumption of sports drinks. Water is the refreshment of choice: it's sugar-free, has no calories ... and hydrates!



## office information

**Glen Ridge Cosmetic & Family Dentistry**  
**Lou Theodorou Jr., DMD, FAGD**  
89 Glen Ridge Avenue  
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### Office Hours

Monday 9:00 am – 8:00 pm  
Tue/Thu 10:00 am – 7:00 pm  
Wed/Fri/Sat 9:00 am – 2:00 pm

### Contact Information

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### Office Staff

Amanda, Jackie .....  
..... Registered Dental Assistants  
Kelly, Bianca, Amy .....  
..... Registered Dental Hygienists  
Trish, Cynthia ..... Front Desk Support  
Shelby ..... Insurance Coordinator  
Emily ..... Financial Coordinator



## Baby Your Teeth

### For mothers-to-be

The health of a mother has a lot to do with the health of a new baby. That's why mothers-to-be should take special care of their teeth during pregnancy. Hormonal fluctuations associated with being pregnant can exaggerate some dental disorders, and recent studies have shown a link between gum disease and premature births and babies with low birth-weight.

One of the most common oral problems during pregnancy is gingivitis, resulting from the buildup of plaque, the sticky, harmful bacteria on teeth. Hormonal increases in expectant mothers intensify the way gum tissues react to the irritant in plaque. If it isn't removed, gums may become red and bleed easily.

If you're a mother to be, please talk to us about your baby's oral health to ensure a lifetime of happy smiles!

## Summer Rules!

### Sun protection

The great outdoors holds a special allure during the summer. Whether it's backyard barbecuing or spending days at the beach, everyone can benefit from sun protection for skin, eyes... *and lips*. Most of us take extra care against sun exposure on weekends, but sun damage that can lead to cancer – including *lip cancer* – slyly builds up daily.

Experts recommend that everyone wear protective clothing, sunscreen with an SPF of 15 or higher (including on your *lips*), a hat that shades the face, neck, ears, *and lips*, and sunglasses that block all UV rays.

In addition, avoid the midday sun when you can. Teach kids the shadow rule: if your shadow is shorter than you are, the sun's rays are at their strongest!

Be prepared and stay prepared. Use these tips every day!