

BY DR. HAROLD A. POLLACK

Produced to improve your dental health and awareness

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Harold A. Pollack,
D.D.S., P.A.,
Fellow Academy General Dentistry
280 Millburn Avenue
Millburn, NJ 07041-1704

OFFICE HOURS:

Monday 1:00 pm - 8:00 pm
Tuesday 9:00 am - 6:00 pm
Thursday 8:00 am - 2:30 pm
Friday 8:00 am - 2:00 pm

CONTACT INFORMATION:

Office
(973) 467-0720

Fax
(973) 467-6789



Email
harold.pollack@verizon.net

Web site
www.beautifulsmilesnj.com

OFFICE TEAM:

DENTAL HYGIENISTS

Kimberly, RDH
Deborah, RDH

DENTAL ASSISTANTS

Maggie, RDA
Natalie, RDA

TREATMENT COORDINATOR

Linda

HYGIENE COORDINATOR

Chanel

75
Years

*A Family Tradition
of Clinical Excellence*

Caring for
Families in Our
Community



Dr. Harold A. Pollack has dedicated himself to the tradition initiated by his father in 1936.

A Beautiful Smile...

For a beautiful bride



photo by: stacey illyse photography

before



after



A trip and fall accident when I was 10 had left me with some bonding on my front two teeth. They had served me pretty well up until this point in life, but they always photographed darker in pictures and were a little too small. When I began planning my wedding, I knew that those teeth needed to be taken care of before they were eternalized in my wedding album. When I came to Dr. Pollack's office, I was already quite discouraged after having been told by another doctor that nothing short of \$20,000 and a complete overhaul of my

mouth would fix my smile. I was so pleased that Dr. Pollack's focus was on preserving as much of my natural tooth as possible, while still getting the look I wanted.

From my first visit, I was completely impressed by everyone in the office and how friendly and dedicated they were to getting my smile fixed in time for my wedding. After cleaning, bleaching, extensive color matching and some new bonding - I could not be happier with the results! Thank you so much to the entire *Beautiful Smiles* team!

When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

And it's getting more complicated...

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

How's that?

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

How will you know?

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

Is there any good news?

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



Oral Cancer Bites

Start early & win!

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

A Check your tongue, lips, cheek lining, and gums.

B Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

C Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.

Reality Checks

We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



LIKE NIGHT & DAY

What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

Monkey See...

Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

Superior Smile Maker

Fast, economical CEREC 3D™ restorations

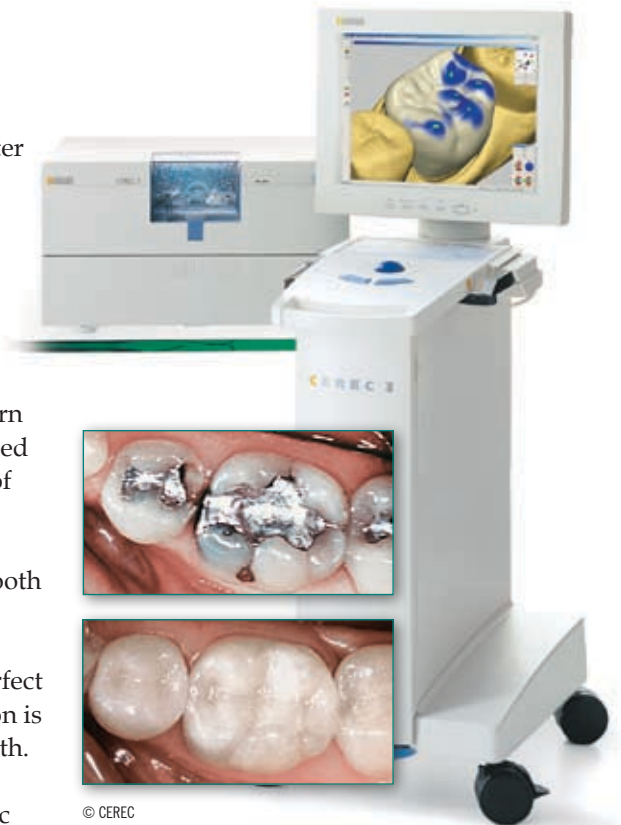
Today, cosmetic and restorative procedures that formerly required many uncomfortable hours “in the chair” and weeks of waiting for restorations to arrive can be completed in about one to two hours in our practice! CEREC 3D™ (Chairside Economical Restoration of Esthetic Ceramics), allows us to repair damaged teeth using the highest quality color-matched ceramic materials in just one appointment. The CEREC 3D system harnesses the power of the computer to create perfect porcelain crowns, inlays, and onlays. Let us explain ceramic inlays and onlays to illustrate how CEREC 3D works.

An inlay is used when repairing the chewing surface of a tooth. We excavate the damaged material, leaving an irregular shaped hole in the tooth’s surface. The prepared tooth is scanned with a high-precision, digital camera

that records the exact size and shape of the excavation. Computer software generates a virtual model, and then automatically mills a *perfect* restoration from a solid ceramic block. It is so perfectly formed that it can be immediately fitted and bonded into place. The restoration is extremely durable. In fact, modern ceramic materials may even exceed the performance characteristics of natural teeth!

A ceramic onlay involves a restoration that flows from the tooth chewing surface over and down the side(s). Similarly, the tooth is prepared and scanned, and a perfect color-matched ceramic restoration is permanently bonded to your tooth.

CEREC 3D – providing fast, economical, and superior ceramic restorations.



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Sealants

To protect your child’s permanent teeth

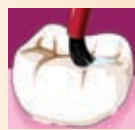
Run your tongue across the chewing surface of your molars. Can you feel all the bumps and grooves called “pits and fissures”? Well, these areas just so happen to be perfect for trapping food and plaque, which can cause tooth decay. Although brushing twice a day and flossing regularly helps protect your teeth from cavities, oftentimes toothbrush bristles can’t quite reach into these pits and fissures leaving them covered in plaque. This is where dental sealants can help.

Dental sealants fill in pits and fissures, eliminating areas that are unreachable by brushing. These sealants are applied in liquid form to effectively fill crevices, which then quickly hardens to protect your teeth.

Eliminate plaque collecting pits and fissures. Ask us about sealants to prevent tooth decay!



As teeth develop, deep grooves called fissures naturally occur and where these grooves cross is called pits. These areas account for more than 50% of cavities among children.



Dental sealant is applied to the teeth and flows into the pits and fissures. It is a plastic tooth-colored material that creates an impenetrable barrier to bacteria and decay.



Sealant **Tooth fissure**
Dental sealant provides lasting protection against decay as long as the seal remains intact.

Sports Mouthguards

Get custom-fitted

Whenever you engage in sports, you gear up to defend your body ...but what about your teeth? They need protection. And we can help by creating your **custom-fitted mouthguard**.

During sports, your teeth are vulnerable to getting broken or knocked out and the inside of your mouth is prone to painful cuts and scrapes. Now although there are a variety of store-bought boil and bite mouthguards available, studies have shown that oftentimes they are **ineffective** due to the decrease in thickness that occurs during the setting process. But, a **custom-fitted mouthguard** from our office can effectively protect your teeth – saving you from expensive smile restorations, due to sports injuries.

Don’t let the excitement of the game get knocked out by smile damage. Ask us about a **custom-fitted mouthguard** for your child today!

Technology
NEWS!

We are proud to let you know that we now use Schick Technology to take dental x-rays. It is a digital system that has:

- less radiation
- better communication
- no chemicals (environmental friendly)

Digital
X-Rays