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The Doctor's Dentist™

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Chasing Away Those SUMMERTIME BLUES

My Pre-Vacation Dental Checklist

I'd like to help your summer be as relaxing and stress-free as possible.

In my experience, many people develop problems right before or during vacation. Perhaps it's gritting one's teeth from the stress involved with planning? Perhaps it's something else? What I do know is that there is nothing worse than having a dental problem ruin a vacation.

Here's my pre-summer checklist to help you avoid dental issues and ruining your summertime fun.

1. Are you up to date with your maintenance program? "An ounce of prevention is worth a pound of cure" is a motto that has withstood the test of time. With our technologies, it's easier than ever to spot small problems before they become bigger ones.

2. Do you have proposed care that hasn't been completed? If so, the sooner it's completed, the less likely the problem will get worse. We only recommend care that we would do if it were us. We truly believe in the "do unto others" principle.

3. Do you have anything loose, temporary, or temporarily cemented in your mouth? If so, you might want to have it checked prior to a lengthy trip. We'll happily do that for you, and we don't charge for such services, even if the work was done elsewhere.

4. Don't think that a little ache will go away by itself. Little problems often are precursors to bigger ones. If something is bothering you ... seek advice. Just call or email us. We want to help you avoid problems. The solution might be a simple matter that you can fix by yourself. Why not let a professional guide you?

5. Bleeding gums are not normal. If you see blood on your toothbrush, on your floss, or in your sink ... seek help. It's indicative of gum inflammation and needs to be attended to before it reaches the bone under the gum. Your body sends out warning signals like pain, swelling, and bleeding. Please don't ignore them.

6. Some summertime treats carry dental dangers. Most commonly, fruits with pits — cherries and peaches — should be eaten carefully. Every year, we see several people who bite into a hard pit and OUCH, a tooth breaks. Be careful! Chew deliberately!

7. In general, we're more active in the summer. Some activities also present oral dangers. If you're playing sports, consider wearing a mouthguard. The do-it-yourself, boil-and-fit ones are usually fine, but they are tricky to fit properly. We can make custom ones. And please wear helmets when appropriate. While teeth are important, your brain is even more valuable.

8. Pack the essentials for your upcoming trips. Don't forget to take things you usually use, such as retainers, floss, interdental cleaners, sensitive toothpaste, special mouth washes, etc. For those who can tolerate it, ibuprofen is more effective than Tylenol for most dental discomfort, as it is also anti-inflammatory. And I prefer the brand name to the generic, as it's better tolerated in the stomach.

9. Like your skin, your lips can burn too. Too much sun can also cause herpetic breakouts and can lead to cancers. Wear lip balm with sunscreen.

10. The most common dental issues we see are broken teeth and crowns that have loosened from excessive stress. Clenching and grinding are stresses that impact your teeth, not just your stomach. Ask us what you can do to protect your teeth from such stress.

11. Stay hydrated. Heat causes your body to lose moisture, and your mouth can suffer too. Drink fluids. Drink ones that won't encourage erosion or decay. Plain, non-carbonated water is the best bet.

Wishing you a summer full of good times, happy, safe travels, and miles and miles of smiles,

Michael

Give Kids the Baby Steps to International Cuisine

French fries, cheese curds, and gravy. The origin of poutine however, is not as easy to pin down. A restaurant in Drummondville, Quebec, called Le Roy Jucep, claims to have created poutine and owns the Canadian Intellectual Property Office trademark for it. But, just because they own the trademark doesn't mean the idea originated there. The most widespread claim for inventing poutine comes from the restaurant Le Lutin Que Rit in Warwick Quebec. As the story goes, in 1957, a customer asked for a mix of cheese and French fries in a bag. The owner looked in the bag and called it "poutine" — slang for mess.

French Food: It's no secret that the French love their food. Many of the cooking basics taught in culinary school can be attributed to the French, including the five mother sauces. If you have older kids,

teaching them how to make a simple roux, which is one of the five mother sauces, is a great way to introduce them to cooking and French cuisine at the same time. A roux is a thickening agent created from a 50-50 ratio of fat and flour heated on the stove. It's easy to make and a great base for plenty of recipes.

Japanese Food: The Japanese are the masters of making food fun. One way to introduce your kids to Japanese cuisine is to look up some cute bento box ideas and have them help you put them together. Parenting websites often list easy do-it-yourself bento lunch boxes that the kids will enjoy.



Indian Food: Indian food uses some of the richest spices out there, but that doesn't mean you can't introduce it to your kids. In fact, "Supermeals," by Zainab Jarto Ahmed, is an e-book for kindle on Amazon with practical advice on introducing your baby to Indian spices, as well as more than 60 kid-friendly recipes.

Canadian Food: This one's a cinch. Your kids will love this mixture of

RAISING KIDS WITH FINANCIAL WISDOM

4 Tips for Teaching Your Kids to Respect Wealth



the 12th graders surveyed learned about money at home. It is important to open this dialogue with your kids early on. Children as young as 3-year-olds can start to understand financial concepts like spending and saving. Research from the University of Cambridge found that money habits can be formed by age 7.

Conversations don't have to be about the heavy topics like home mortgage or long-term planning. Mention everyday money matters to your child, such as the rising cost of gas or the percentage an ATM takes when you use it. Board games like PayDay or the Game of Life are recommended by The Wall Street Journal to help children become aware of financial matters and open dialogues about money through family bonding.

TEACH YOUR KIDS FINANCIAL UNDERSTANDING

Educate your kids on the difference between wants and needs. Providing your kids with an allowance for the chores they do encourages them to start thinking about money as a result of time and effort rather than an unlimited resource. When they reach their teens, most kids are ready

for the responsibility of a savings account or a debit card. Introduce them to the importance of interest and the expenses that come with money.

SHARE THE STORY

Tell your kids about where their good fortune came from. Teach them the rags to riches story about how hard you, your mother, or your grandfather worked to build a good life they could pass down to their family. You can help kids understand the wealth they enjoy came from hard work and learning from mistakes made along the way.

BE THEIR ROLE MODEL

Children can hear a lesson repeated a hundred times, but if they see their parents doing the exact opposite, those lessons just become white noise. It can be hard to take budgets and saving seriously when a child regularly sees their parents going on spendy shopping sprees. If you want your child to have a strong financial understanding and down-to-earth behaviors, you need to be practicing them yourself.

How do you teach your children to understand wealth? A Merrill Lynch survey found 48 percent of affluent Americans ask themselves this question, citing "financial know-how" as the most important lesson to teach their children. Here are the steps they take to raise kids who understand and respect the wealth they have:

TALK ABOUT MONEY

Jump\$tart Coalition for Personal Financial Literacy found that almost 60 percent of

Are Straighter Teeth in Your Future?

During August, why not come in for a complimentary Invisalign analysis (regularly a **\$550** value)? Give Ana or Lauren a call at **212-928-1000**.



Which Toothbrush Is Right for Me?



Which toothbrush should I use?

You might think this is a simple question with a straightforward answer. The same can be said for questions like "When should I brush? Which toothpaste is best? Which mouthwash? What kind of floss?"

So why aren't these questions simple to answer?

It's because there's no ONE right answer. As with so many health care questions, the answers are complex.

Answers to these and other health care questions require a deeper appreciation of your underlying factors and risks, which are individual and can change as you mature and are exposed to other environmental issues. It's something we constantly evaluate when you come in for every hygiene visit.

So what answer is right for you? The best way is to ask us when we see you. You are unique. Your needs are unique, and the solutions to your specific issues should be unique as well.

In health care, there's no one-size-fits-all solution. At least there shouldn't be!

Back to toothbrushes. Soft, extra-soft, and Sonicare are good starts. So why are there so many other choices?

The market gives people what they want, and most people just don't know what's best. Some think that harder is better, some that spinning is better.

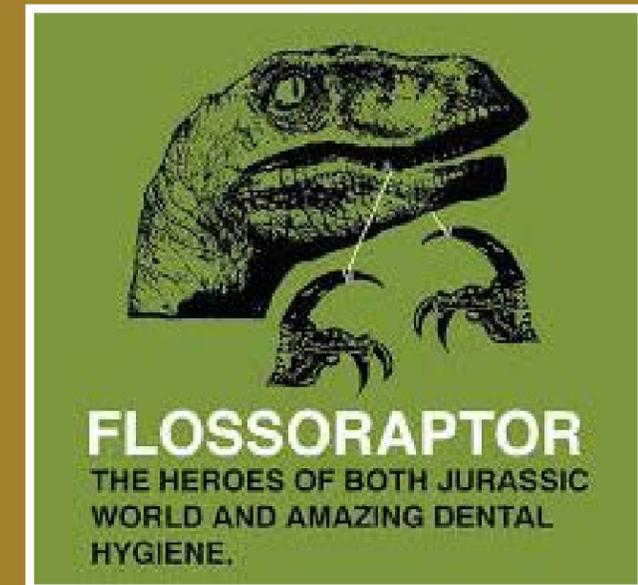
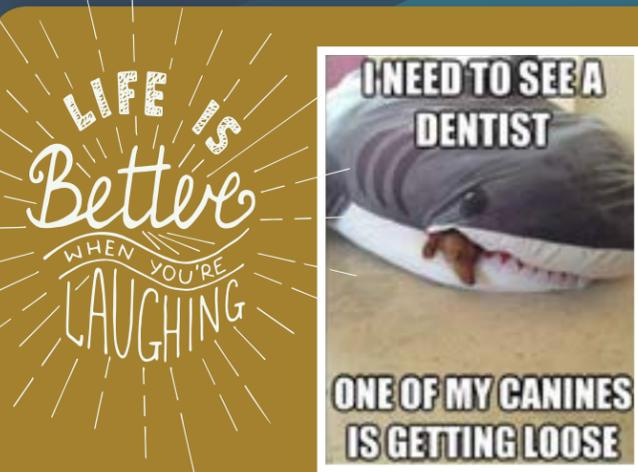
The fact is, the goal of tooth brushing is to remove sticky plaque and food particles from the area where the tooth meets the gum. So a toothbrush system has to reach at and under the gum. Will hard or spinning bristles achieve that goal? Will either get between the teeth?

If you've questioned whether you're using the best system for you, please ask us.

By the way, how are you disinfecting or how often are you changing your toothbrush? Ask us about this too when you come in.

To everyone's good health and wellness,

Michael



Artichoke and Avocado SALAD

Ingredients

- SALAD
- 1 avocado
 - ½ cup artichoke hearts
 - 2 hearts of palm
 - 5 cups spring mix salad greens

DRESSING

- ¾ cup balsamic vinegar
- 1 clove garlic, crushed
- 1 teaspoon dried oregano
- 2 teaspoons Dijon mustard



- ¾ cup extra-virgin olive oil
- Sea salt and fresh pepper

Directions

1. Cut avocado in half; remove pit and skin.
2. Chop into ½-inch pieces.
3. Toss spring greens, artichoke hearts, and hearts of palm in a bowl.
4. Add chopped avocado and gently toss a little more.
5. Put all salad dressing ingredients in a jar, close, and shake until well blended.
6. Drizzle salad with dressing and serve!

Recipe courtesy of PaleoLeap and Primal Palate.