

CURRENT RESIDENT OR



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TOOTH OR CONSEQUENCES®

THE CHOICE IS

Yours



Freedom to choose is a wonderful thing! As we age, we become the sum of the choices we make. We benefit from good choices—and suffer the consequences of poor ones—we improve our ability to choose intelligently.

As civilization progresses, the number of choices we make grows as well. Sometimes the array of options can be bewildering.

You're already aware of the many transformations in dentistry. The pain of most procedures has been eliminated, or vastly reduced, and cosmetic improvements are now affordable for most budgets.

We can provide teeth-brightening to give your whole face a younger, healthier appearance. If your teeth are chipped or decayed, we have several ways to repair them. You may be ready to correct such problems as crooked or crowded teeth. If you've lost a tooth and you're ignoring the gap, come in and let's talk about it. We may recommend a crown or a bridge, since living with missing teeth can be a threat to your dental health.

But it's your mouth and your decision. We are happy to work with you, whatever you choose. Let's do what's right for you. ○

Dr. David J. D'Apolito

2ND QUARTER / 2005

Office Hours

Monday	9:00 am - 9:00 pm
Tuesday	9:00 am - 6:00 pm
Wednesday	8:00 am - 5:00 pm
Thursday	1:00 pm - 8:00 pm
Friday	8:00 am - 12:00 noon

Telephone
732-750-8947

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David J. D'Apolito, D.M.D.



Yes It Will!

That's the short answer to the question, "Will regular daily exercise such as running help protect me from the kind of fatal heart attack that claims 1,000 Americans every single day?"



It's that simple. And how you get that healthful daily exercise is a matter of your own pleasure.

The aerobic exercise you choose should have two primary characteristics:

- *It should provide enough exercise to get your body functioning around your target heart rate for at least 20-30 minutes;*
- *It should be an activity that interests you long enough to motivate you to continue with it over your lifetime.*

Some of the best are:

- Cross-country skiing
- Swimming
- Jogging or running
- Outdoor cycling
- Walking
- Tennis, roller skating, racquetball, or aerobic dance

Horseback riding doesn't count! It's a great workout for the horse—but not for you.



Aerobic exercise can be the key to achieving a balance of body and mind. With exercise, your circulation is improved. So is your physical health, as well as your mental capabilities. Not only does it help lower cholesterol, it can lower your blood pressure as well. And you wind up just feeling better. ○

& Smiles

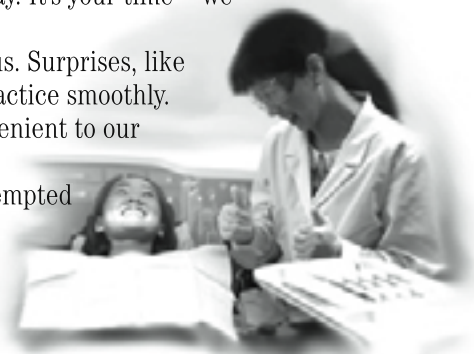
V.I.P.

Very Important Patient

When you schedule an appointment with us, you become the VIP of the hour. Before you arrive, we've already discussed your previous treatment, and what we anticipate for the day. It's your time—we strive to make it personal and prompt.

So you see, schedules are important to us. Surprises, like cancellations, put a kink in running the practice smoothly. And if we can't re-appoint for an hour convenient to our patients, everyone becomes a little grumpy.

When something comes up and you're tempted to skip treatment, please call 48 hours in advance. We'll work with you to settle on a time you can live with—and stick to. Just let us know. ○



GREEN...CAN BE GOLD

A Green Vegetable Diet May Be Key to Helping Women Avoid Cancer

"EAT YOUR GREENS!" It's one of those phrases like "Stand up straight!" that seems to have been around forever. But new research from Britain appears to underscore the effect certain green vegetables can have in the fight against cancer.



Specifically, the substances produced in cruciferous vegetables such as cabbage, broccoli, and sprouts may be particularly helpful in warding off certain cancers. All these vegetables can produce the supplement Diindolylmethane (DIM for short) in the body when eaten. DIM appears to have the effect of modifying the breakdown products of estrogen in the body and induce abnormal (cancerous) cells to self-destruct.

Scientists at the Wales College of Medicine, Cardiff University are probing to determine whether a large intake of cabbage (raw, as soup, or as a supplement) might be sufficient to turn the corner on, especially, cervical cancer.

These researchers believe that, in order to obtain sufficient DIM to benefit, the equivalent of two raw heads of cabbage would have to be consumed daily. And while this may not seem like the most appetizing of mealtime prospects, it would certainly be an improvement on interventions such as radiation or chemotherapy when it comes to destroying out-of-control cancer cells.

The results of this research should be proof of what scientists and doctors have long suspected: there's a strong link between what we eat—or fail to eat—and the incidence of this mysterious disease, cancer. ○

THE COLORS OF HEALTHY EATING

Blue/Purple (blackberries, purple grapes, plums, purple cabbage)—believed to help urinary tract health, memory function and enhance healthy ageing.

Greens (avocados, apples, asparagus, broccoli, peas, spinach)—improve vision, build strong bones. Cruciferous vegetables may also be a cancer deterrent.

Reds (tomatoes, cherries, strawberries) help maintain a healthy heart and memory function.

Yellows (grapefruit, lemon) make for a healthy immune system, good vision.

Whites (bananas, garlic, cauliflower, mushrooms) help maintain good cholesterol levels.



Antibiotics

Just What the Doctor Ordered—No More, No Less!

The taming of fire, the invention of the wheel, and the discovery of antibiotics are among the most important breakthroughs in civilized history. They've vastly improved our lives—and they've brought tragedy when misused.

Antibiotics, the wonder drugs of the 1900s, worked so well against so many illnesses that by mid-century doctors were prescribing them for just about everything. Some were even available over the counter.

Looking back, we see the mistake. Antibiotics work miracles against many bacteria, like those that cause bronchitis, pneumonia, sexually transmitted diseases and earaches. While some are effective only against specific germs, broad-spectrum antibiotics became our one-size-fits-all weapons against a multitude of disorders.

But antibiotics are useless against the common cold, the flu and other viruses. Using them wrongly is worse than wasteful—it's downright dangerous. Misuse of these drugs has lessened their ability to heal some of our most serious illnesses. Tuberculosis, for example—that once-mighty killer brought to its knees—is starting to make a comeback.

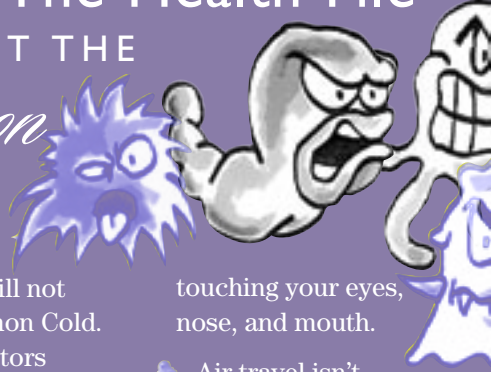
People who save their antibiotics “for another time” because they think they're on the mend are actually promoting the growth of bacteria that resist treatment. Since even wonder drugs have side effects, patients are hit with a double whammy—enduring side effects while failing to stay the course to full recovery.

This would be bad enough if they kept it to themselves, but resistant bacteria can spread from one individual to others, putting a whole family, even an entire community, at risk.

The Health File

ABOUT THE

Common Cold...



- Antibiotics will not cure the Common Cold. That's why doctors won't prescribe them.
- Fever and headaches are rare in the Common Cold. That's more a sign you're suffering from influenza (the flu). However they can signal a cold in infants and very small children.
- Cold, rain, and damp clothing don't induce a “cold.” You're much more likely to contract it by simply shaking hands. Wash your hands frequently and avoid touching your eyes, nose, and mouth.
- Air travel isn't hazardous if you have a Common Cold—but it may be to your fellow passengers! Avoid air travel if you have a cold or upper respiratory infection.
- Antibacterial soap is no more effective a mechanism against the Common Cold than just plain old soap and water. What's more important is that you wash your hands repeatedly. ○

Saving the remaining antibiotic and taking it later for another illness can start all over again the process of

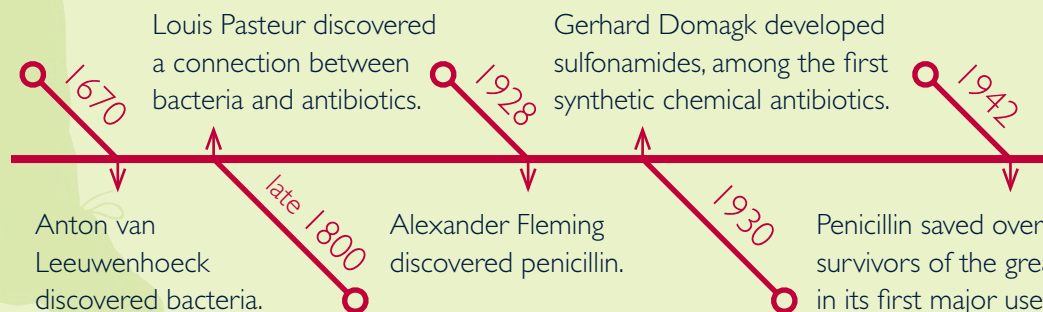
THE INCREDIBLE WONDER DRUG BOOSTER

It sounds like the purest hype—researchers are working on a compound that can give such a shot in the arm to antibiotics that they become 100 to 1,000 times more powerful. In small amounts, it can even kill a certain type of bacteria without antibiotics.

This compound, called lysophosphatidic acid, is naturally produced in the human body to fight off inflammation, and is therefore thought to be safe, even for the allergy-prone. Its discoverer, Dr. Paul Cohen, says that it can be formulated in different ways to act on different problems: as an inhalant for lung infections, for example, or as a lotion for burn victims.

mutating resistant bacteria. Meanwhile, the patient becomes sicker—and more of a danger to others. The Center for Disease Control names antibiotic resistance as among the world's most urgent public health problems.

The March to a MEDICAL MIRACLE





What can you do to STOP the mutant invasion?

- Follow doctor's orders to the letter when taking prescription medicines.
- Don't use medicines prescribed for someone else.
- Discard unused antibiotics.
- Tell your doctor about all your prescription and over-the-counter medicines, vitamins, minerals, herbs, nutrition supplements, antacids—especially any blood thinners, cyclosporine, digoxin, ergotamine, immune system suppressants, and terfenadine.
- Tell your doctor if you experience any physical pain or difficulty after beginning treatment with antibiotics.
- Wash hands frequently.
- Sneeze into something, preferably a tissue. ○

Fast Facts for Women

Antibiotic use can...

- *cause yeast infections,*
- *interfere with birth control,*
- *harm a fetus or nursing infant.*

Women and men with certain heart problems like rheumatic fever, heart murmur or valve replacement, to ward off endocarditis, an infection of the heart's inner lining or valves. This is why you may need to take an antibiotic before your dental appointment. Women with augmented breasts or any other implants should check with their surgeon to see if they should take antibiotics before dental treatment to prevent infection. If you're uncertain, ask us and talk to your doctor.

Researchers are studying to determine if antibiotics can be employed to prevent heart attacks, strokes and other serious cardiovascular problems. With wise use, antibiotics will continue to work wonders for us all.

*Thank You
for your
Referrals!*



Your Mouth and the NEWS

Just "Splendid"!

There's sugar. Then there's "sweeteners." Then there's sucralose—better known by its brand name, Splenda. It's the only non-caloric sweetener actually made from sugar. It tastes sweet, but it's not metabolized—it passes through the body virtually unchanged, and studies have shown that it does not support the growth of oral bacteria or promote tooth decay. It's non-caloric, and because it's not recognized by the body as "sugar", it's advantageous for people with diabetes. You might just call it the ultimate sugar substitute.

—The American Diabetes Association

Now You Can Chew "Green Tea"

The health-promoting, cancer-fighting benefits of green tea are being explored by Dr. Stephen Hsu, a researcher in the Medical College of Georgia School of Dentistry and Graduate Studies. This cell biologist has been intrigued by green tea since observing that populations drinking it regularly have significantly lower cancer rates. His organization has begun an arrangement to make the valuable properties of green tea available in everyday products—like chewing gum! Each piece of mint-flavored sugar-free Mega-T chewing gum equals two cups of green tea.

—Dentistry Today

Gum and Coronary Artery Disease Linked

It's becoming clearer that those suffering from periodontal (gum) disease are more at risk of coronary artery disease than those without gum problems. A recent study discovered that 91% of patients with cardiovascular disease suffered from moderate to severe periodontitis, compared with only 66% in the non-cardiac patients. Why? Periodontal disease is a type of infection, and researchers think the pathogens enter the bloodstream from the gums, invade blood vessel walls, and ultimately cause arteriosclerosis.

—Journal of Periodontology

