

A NEW YEAR

with Dr. Kevin Muench

2011

Produced to improve your dental health and awareness

Winter 2011

fromthedentist

It's a wonderful life!

There is so much to be thankful for as I look back on the year.



On the home front we're all healthy. Eileen is truly enjoying the clinical rotations in her Physicians Assistant program. The boys are doing wonderfully in school. Their sports still take up most of our time, which is just the way we like it.

Professionally, I feel like there is so much to learn and teach. I plan to focus more education time around sleep and its effects on teeth. As sleep research continues to develop the effects of poor sleep patterns are showing significant effects on teeth. Many grind their teeth while sleeping but in particular if there are poor sleep patterns.

Teaching at Beth Israel on Friday mornings has become a real passion. I'm lecturing about twenty times per year.

It's a wonderful life! I enjoy sharing our lives together!

Happy New Year

Dr. Muench

turnthepage

What do you expect out of life?

Fruity fighters you want on your side!

Are you the *best* you can be?

From our family to yours



All the best for

2011

Thank you for all your referrals. We appreciate them!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

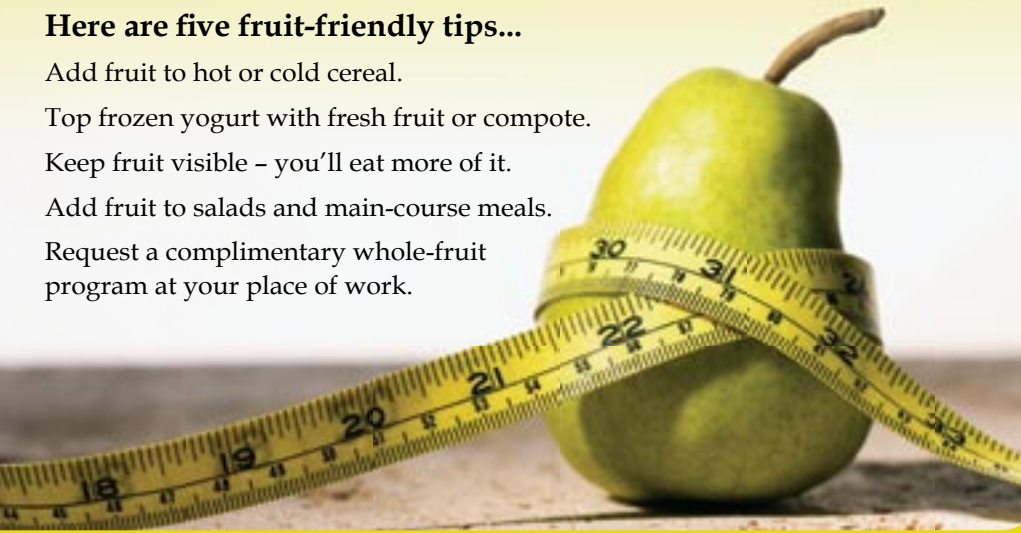
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

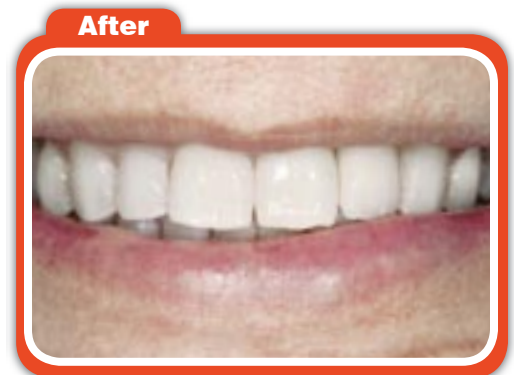
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



What Is Your Risk Of Decay?

This is a question we ask when you come in for your dental check up. Good oral hygiene is not enough to stop cavities. Bacteria live in that sticky film called plaque. This is the bacterium that causes the decay in your mouth. Diseases such as diabetes, medication, and the amount of restorative dental work are all things we consider when evaluating your risk for decay. We can help you reduce your risk for decay by recommending re-mineralizing toothpastes, fluoride varnishes, prescription mouthwashes or the use of some products that contain xylitol. Our goal for you is to have a healthy, cavity-free smile. We look forward to seeing you at your next scheduled visit.



A New Member To Our Team

Mili has joined our team as our part-time Dental Assistant. She brings to our office thirteen years of experience in the dental field. It is her excitement with dentistry and her caring nature that she brings to our patients.

Mili has been a resident of South Orange for eleven years, where she lives with her two sons; Juan who attends Columbia High School and Jose who is in S.O.M.S.

In her spare time Mili enjoys reading and spending time with her family.

We welcome Mili to our team. You will enjoy getting to know her.

officeinformation

Dr. Kevin Muench
140 Maplewood Avenue
Maplewood, NJ 07040-1234

Office Hours

Monday 8:00 am – 6:00 pm
Tuesday 8:00 am – 6:00 pm
Wednesday 8:00 am – 6:00 pm
Thursday 8:00 am – 5:00 pm

Contact Information

Office (973) 763-2221
Email kfmuench@mac.com
Website www.kevinmuench.com

Office Staff

Judy Office Manager
Sally Dental Hygienist
Barbara, Mili Dental Assistants

Communication is important to us – don't be afraid to ask questions!



Perfect Timing Ensuring your health

We hope that all our patients and their families have a fun and frivolity-filled holiday season – and that everyone greets the New Year safe and sound!

And we'd also like to give you a little advice: the new year marks the beginning of many of our patients' dental insurance year, when your fund is replenished and full, which means it's the perfect time to make certain you're completely up to date with all your oral health needs. We certainly hope you haven't postponed any regular checkups, but if you have, please contact us today so we can perform your regular examination and teeth cleaning.

We look forward to seeing your smile!

