



Every mouth contains healthy and harmful bacteria. When the harmful bacteria infects the gums and forms gaps around the teeth, known as pockets. These pockets can indicate gum disease. Gum Disease is the #1 cause of adult tooth loss in the United States.

Are you experiencing any of the following?:

1. Gums bleeding when you brush.
2. Spots that get red or sore on your gums.
3. Chronic bad breath.

These could be the first sign of gum disease and only timely treatment from the dentist can help. It is important to know that brushing and flossing will not cure the infection because it is under the gum line. Arestin® is an effective powder antibiotic administered by the dentist inside the infected pockets. It stays in place fighting bacteria for up to 21 days after application and does not require removal.

Have a LAUGH! Its good for your health



Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, improving your resistance to disease.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

didYOUknow?
**Kids laugh about 400
times per day :)**

Grown-ups—just 15 :(

FOR A LAUGH...

**What does the Hygienist
of the Year get?**

ANSWER: A little plaque.

**Where do the people with
the cleanest teeth live?**

ANSWER:
Flossmoor, Illinois.

SOMETHING TO SMILE ABOUT new patient referral gift certificate card

Your referral of a friend or family member to our office is one of the finest compliments you can give us. We welcome your friends and family members to become part of our practice.

This certificate entitles bearer to

\$50 off any major procedure, for both new and referring patients

OR

25% off or \$300 gift certificate towards office whitening system

(with complimentary hand & foot massage)

Schedule your consultation visit today. Call 212-753-1119 for complete information on services, visit www.centralparkdentalspa.com. Email: drellis@centralparkdentalspa.com