

For Patients of Newman Springs Dental Care

INSIDE this issue

- p.1 An Award for Dr. Menon
- p.2 We're Joining Smiles For Life!
- p.2 What You'll Prefer About Electric Toothbrushes
- p.3 Go Carb-Free for Dinner
- p.3 Our \$500 Scholarship Opportunity
- p.4 St. Patrick's Day vs. the Color Green

GREEN DOMINATES ST. PATRICK'S DAY FOR A REASON WHY GREEN IS THE COLOR OF ST. PATRICK'S DAY

There's only one day of the year you'll be scorned for not wearing green: St. Patrick's Day. If you've ever gone the whole holiday wearing any other color, you've probably been pinched by your peers, family, spouse, and anyone else decked out head to toe in green.

Green has become so deeply associated with the St. Patrick holiday that many people are unaware that green wasn't always its official color. Blue was the first color to symbolize St. Patrick's Day, and the saint himself is almost always depicted dressed in what's known as "St. Patrick's blue."

What caused the shift from green to blue is more speculation than hard fact. Some have theorized that the change happened sometime in the 17th century, when the symbol for the United Irishmen Rebellion became the clover. St. Patrick used the clover to teach the Irish people about the Holy Trinity, and it eventually became a symbol that represented both the saint and the holiday.

Another theory comes from Ireland's nickname, "The Emerald Isle," which was coined because of the plentiful green foliage that adorns the country's landscape.

It also relates to the green in the flag. Each of the three colors in the flag have their own symbolic meaning: green for the Catholics who live in the country, orange for the Protestants, and white for the peace between the two.

Of course, you can't forget leprechauns, the little creatures that have always been affiliated with the holiday. But just like St. Patrick's original blue garb, these impish tricksters used to wear red instead of green. While green overtook blue as the shade of choice for St. Patrick, leprechauns began putting on their signature green suits.

You might wonder where the tradition of pinching comes from. We can thank the leprechauns for this one. It's said that if the gold-loving redheads caught you not wearing their favorite color, they would pinch you. To avoid pinches from leprechauns and people alike, be sure to put on some green this St. Patrick's Day to blend in with the festive crowd.

NEVER STOP IMPROVING Why I Strive to Get Better Every Day

My goal as a dentist is to always improve the care I provide to patients. In my eyes, you can never achieve complete mastery. All you can do is try to get a little better every day. Working with Dr. Friedman has allowed me to pursue improvement at an incredible rate. He's amazing to work with and to learn from. Dr. Friedman always seeks out the latest in our industry, so we are able to provide state-of-the-art care to our patients. There's constantly something to discover, which makes me all the more enthusiastic about learning.

This drive to get better is why I was so humbled to receive recognition as Monmouth Health & Life's top dentist for 2018. The award may have my name on it, but it really belongs to each and every member of the Newman Springs Dental Care team. Our staff is amazing from top to bottom. We toss around ideas, and everyone has an attitude focused on growth. We also do cross-training to ensure everyone understands what each member of the team does. It's exciting to be in an environment where continuing education is appreciated.

The best part about being a dentist is having the chance to transform a patient's feelings about their teeth. We do everything we can to make patients comfortable and ensure the care they receive will be thoughtful, personal, and thoroughly explained. I want everyone who comes through our doors to feel great about their teeth. In achieving that goal, hopefully we can also make them feel a little more excited about coming to the dentist.

Everyone at Newman Springs Dental Care shares these ethics, because Dr. Friedman is a true patient-first dentist. His positive attitude radiates outward toward all of us. A lot of people talk the talk, but Dr. Friedman lives these values every day with every patient. I've learned so much from him, and he never fails to inspire me.

When I'm not at work, I love spending time with my husband, Rajive, and our 7-year-old son, Shaan. We all share a passion for traveling and went to India for my brother's wedding. He lives in Australia with his wife, and we're hoping to book a trip there soon.

Exploring the world together is something we'll enjoy for years to come.



One weekend a month, I also devote my time to the Army Reserves. It means a great deal to me to be part of something bigger than myself, and I've learned a lot from my time in the Reserves. I may have signed on to be a dentist, but I've learned a lot about the military in the process. I guess you could call it a very different type of cross-training.

I want to thank all my peers for voting me Best Dentist in Monmouth County. It's encouraging to know that the effort I've put into becoming a stellar dentist has resulted in happy patients. I promise that it's just more motivation to keep growing as a dentist and as a person. I also want to thank Dr. Friedman for creating a workplace where everyone believes in the power of improvement. Newman Springs Dental Care is an amazing place to work.

-Dr. Aparna Menon



**Employer dental benefits renew in the new year!
Call now for your reserved appointment.**

NEWMAN SPRINGS DENTAL CARE PARTNERS WITH SMILES FOR LIFE CAMPAIGN AGAIN IN 2018

Local dental patients can have their teeth whitened and help a child in need by visiting Crown Council dentist Dr. Mitchel Friedman of Newman Springs Dental Care. March 1 marks the beginning of the 21st annual Smiles For Life campaign.

The campaign runs until June 30, and 100 percent of the proceeds from teeth whitening procedures done at Newman Springs Dental Care contribute directly to the Smiles For Life Foundation. This foundation uses donations from the community to help fund worthy children's charities and humanitarian work both locally and around the world.

Tooth whitening patients receive their smile-brightening procedure at a discounted rate. They can enhance their own smile while also improving the lives of disadvantaged children.

Since its creation in 1998, the Crown Council's Smiles For Life campaign has raised more than \$40 million for seriously ill, disabled, and disadvantaged kids

thanks to participation from local communities and dental practices. Smiles For Life hopes to maintain this tremendous pace for donations in 2018.

Greg Anderson, director of the Crown Council, explains, "Smiles For Life allows a person to help children in need by doing something that benefits them, as well. Drs. Mitchel Friedman and Aparna Menon and their team donate their time and expertise, while Ultradent Products, Inc. generously provides all Opalescence whitening products. Patients receive a brighter smile and help children get a brighter future."

Anyone interested in donating directly without teeth whitening can do so by visiting crowncouncil.wufoo.com/forms/smiles-for-life-contribution-form/. Participants can also refer friends to Newman Springs Dental Care by linking to the Smiles For Life site, making it easier than ever to give the gift of a new smile to friends and loved ones, while also giving hope to children in need.

Half of the donations raised by Crown Council dentists are given to their preferred local children's charity. The Parker Family Health Center in Red Bank has been the local charity for the donations raised by Newman Springs Dental Care. The rest goes to the Smiles For Life Foundation to support its national and international initiatives, including programs in the Dominican Republic, Bolivia, and Guatemala.

Smiles For Life also maintains a strong longtime partnership with Garth Brooks' Teammates for Kids Foundation, supporting Child Life Zones in Children's Hospitals across the United States. Stay tuned to see how much Smiles For Life is able to raise this year.

Patients who would like to get involved should reach out to Crown Council dentist Dr. Mitchel Friedman at NewmanSpringsDentalCare.com.

For more information on the campaign, please smilesforlife.org.

ABOUT THE CROWN COUNCIL:

The Crown Council is an alliance of driven, dedicated dentists who are committed to excellence in their practice, improving their patients' oral health, and bettering the communities around them. By creating the Smiles For Life Foundation in 1998, the Crown Council has been able to provide a way for dentists to serve others through charitable work. Information about the Crown Council is available at crowncouncil.com.



NEWMAN SPRINGS DENTAL CARE HEALTH CARE SCHOLARSHIP

Newman Springs Dental Care is offering three \$500 scholarships for Holmdel High School and Middletown High School North and South graduating seniors planning a career in health care. This includes medicine, nursing, dentistry, chiropractic, physical therapy, and other areas of health care.

Scholarship applications have been sent to the high school guidance departments at these three schools and are also available via email, at scholarship@DrFriedman.biz.

This is the ninth year that the scholarships have been awarded.

Applications must be received by April 16 to be considered. Winning applicants will be notified via mail or phone no later than May 3, 2018. Award certificates will be presented at a special ceremony at the dental office and at the school's senior awards ceremony. Award checks will be mailed directly to the institution of higher education upon verification of enrollment.

ELECTRIC OR MANUAL?

You know brushing your teeth for two minutes twice a day is essential to maintaining your oral health. What's open to more debate, though, is which tool is better at cleaning your teeth: manual or mechanical brushes?

The American Dental Association (ADA) states that both manual and powered toothbrushes are effective at removing plaque. But other clinical trials suggest positive results for people who switched to electric brushes. When the ADA surveyed 16,000 patients who'd replaced their manual with mechanical brushes, over 80 percent reported improved oral cleanliness. While the debate has yet to be settled, you might personally enjoy some of the added features of an electric toothbrush.

TIMED BRUSHING

Most electric toothbrushes have timers, which encourage you to brush for a set amount of time, usually two minutes. When you press the power button, the toothbrush begins to vibrate and will continue to vibrate for two minutes.

This feature takes out the guesswork and makes it easy to brush your teeth for the recommended time. For children who try to get out of brushing at every chance, the timer can turn brushing into more of a game and less of a chore.

MORE COMFORT

If you have arthritis or dexterity difficulties, an electric toothbrush's ability to vibrate on its own removes some of the pressure from your hands, making brushing a more comfortable and manageable experience.

IMPROVED EFFICIENCY

An electric toothbrush can move much more quickly and precisely than your hand alone, so you'll be able to cover more surface area in the same amount of time and potentially remove more plaque. An electric toothbrush also discourages brushing too hard — the extra pressure on the brush will make the vibrations noisy and uncomfortable.

If you're looking for an electric brush, you'll find a wide range of options, from SoniCare and Oral B's standard products to Quip's sleek, stylish subscription-based model. Oral-B's Oscillating-Rotating-Pulsating Power Toothbrush line recently became the first electric toothbrush to receive the ADA Seal of Acceptance. Most electric toothbrushes are rechargeable and have removable tops that you can change every few months as the bristles start to wear.

So, what's the bottom line? If an electric toothbrush gets you to brush more often and more effectively, it's the right tool for you. Ask the Hygiene Team of Laura, Pauline, Lindsey, Laura S. and Krystina for professional advice.



NEWMAN SPRINGS
DENTAL CARE
VIP WINNER

January:
Kathleen Kenney

February:
Kenneth Katzgrau

CONGRATULATIONS ON WINNING YOUR
\$100 GIFT CARD

For referring the most patients in
January and February

Spread the word among your family,
friends, neighbors, and coworkers!



ZESTY ZUCCHINI ENCHILADAS

For a lighter take on enchiladas, go carb-free by swapping tortillas for zucchini!

Ingredients

- 4 large zucchini
- 1 tablespoon olive oil or ghee
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 3 cups cooked, shredded chicken
- 2 cups shredded cheese

Instructions

1. Heat oven to 350 F. In a large skillet, heat oil. Add onion, garlic, cumin, chili powder, and salt to taste. Stir to combine. Add chicken and 1 cup enchilada sauce.
2. Use vegetable peeler to thinly slice zucchini. Lay out three slices, slightly overlapping, and spoon chicken mixture on top. Roll the zucchini "tortilla" and place on baking sheet. Repeat until all zucchini and chicken is used.
3. Cover the enchiladas with remaining sauce and sprinkle with cheese. Bake 20 minutes, and enjoy!

Adapted from delish.com.