

For Patients of Newman Springs Dental Care

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HOW MUCH SUNSHINE IS TOO MUCH? KEEP YOUR FAMILY SAFE

To many people, summer is all about heading outside to enjoy the weather. But getting too much sun can be dangerous. To have a fun-filled summer with your family this year, remember that it's essential to protect yourself from harmful UV rays.

COVER UP

Covering your skin is one of the best ways to avoid skin damage. Wide-brimmed hats, long-sleeved shirts, and long pants or skirts can protect your skin from direct exposure to UV rays. While this tactic protects you from the sun, it offers poor defense against the heat. So, if you opt for cooler attire, it's important to cover all exposed skin with a copious amount of sunscreen. Be sure to reapply every two hours for maximum skin protection.

SPEND LESS TIME IN THE SUN

If you're planning to spend a significant amount of time in the sun, consider your environment. Will there be plenty of shade? Will you have to bring your own? What's the best way to step out of the sun for a few minutes? Wearing sunscreen and protective clothing are great ways to shield yourself from UV rays, but it's important to avoid being in direct sunlight for long periods. Taking

a break from the sun gives your body the time it needs to recuperate and helps prevent sunburn and heatstroke.

COMMON MYTHS ABOUT SUN EXPOSURE

Many people think that a tan is better than a sunburn, but the result of tanning is still sun damage. When your skin tone changes due to the sun, regardless of whether it tans or turns red, it's a result of the epidermis reacting to damage caused by UV rays. Both are symptoms of harmed skin.

While vitamin D is important, the sun does not contribute to its creation as much as you might think. Doris Day, a New York City dermatologist, explains that if your skin were to constantly produce vitamin D from being in the sun, it would reach toxic levels. Vitamin D is the only vitamin that your body can produce on its own, through a common form of cholesterol or 7-dehydrocholesterol. Spending time in the sun does help vitamin D form, but you need far less exposure than you think.

Knowing how to protect yourself from UV rays is the first step to having a safe, fun-filled summer!

GRADUATIONS, WEDDINGS, AND OUR NEW SIGN Summer Happenings at Newman Springs Dental Care



Colette Lichtenstein – Middletown High School North



Kathrine Grab – Middletown High School South

Summer may be the height of vacation season, but nobody told us here at Newman Springs Dental Care. It's shaping up to be a busy season, and we've got a lot of exciting news to report.

Since we just wrapped up graduation season, it probably makes sense to begin with congratulations to everyone who will be receiving a diploma this year. We believe that there's nothing more valuable than education. To help support our local students, we created a scholarship program nine years ago. Ever since its inception, it's become one of our favorite initiatives.

This year's winners are a remarkable trio of young people. Colette Lichtenstein, who graduated from Middletown High School North, will be heading off to the New Jersey Institute of Technology. Angelia Lobifaro of Holmdel High School will be attending the University of Miami. Finally, Kathrine Grab of Middletown High School South will be continuing her studies at the University of Delaware.



Angelia Lobifaro – Holmdel High School

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You can now book your appointments online

via our website at bestlincroftdentist.com and on our Facebook page @NewmanSpringsDental. It's easy and convenient. You can even check availabilities to choose the date and time that works with your schedule. Give it a try today!

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Congratulations to these three exemplary students. We can't wait to see what you achieve during the next chapter of your lives.

Speaking of milestones, there will be a big one for my family this summer. If you haven't heard already, my daughter, Gillian Friedman, will be getting married soon. Her fiance, Michael Fox, is a great guy, and I'm so happy for both of them. Once the wedding bells have rung, I'm sure I'll have more to report. For the time being, though, it's more than fair to say that I'm one proud father.

Back at the office, I'm pleased to report that our new sign is finished, and it looks beautiful. As you may know, it was quite the ordeal to get the project finished. We even had to turn to the "7 on Your Side" team from ABC7 to try to convince our contractor to complete the project. After having an eyesore out front for way too long, it's such a relief to have a sign we can be proud of. If I never have another patient ask, "What's the deal with the sign?" it'll be too soon.

In closing, I want to wish everyone reading this a wonderful summer season. Whether your plans take you to the Shore or farther afield, I hope you can make the most of the weather.

-Dr. Mitchel Friedman



We're Hiring.

Newman Springs Dental Care is seeking a friendly, professional candidate to join our team as a full-time receptionist. If you know somebody with a great personality, upbeat attitude, and solid work ethic, we'd love to meet them. We do require the candidate to be available to work two Saturdays per month. Resumes and cover letters can be sent to keary@drfriedman.biz.

LEARNING THAT DOESN'T FEEL LIKE SCHOOL MENTALLY STIMULATING ACTIVITIES FOR SUMMER

Every summer, parents across the country have to deal with the same delicate problem. They want to make sure their kids continue to learn without feeling like they're being assigned tasks. After all, summer homework is every child's worst nightmare. Luckily, you don't have to rely on math problems and book reports to keep your child's development from taking a two-month vacation. Here are a few mentally stimulating activities that are as educational as they are fun.

FOR LITTLE ONES: HOMEMADE BUBBLES

Bubbles fascinate young children, so why not spend a day making your own solution and experimenting by blowing different types of bubbles? The formula is simple: 1 part dish soap (Dawn or Joy work best) to 10 parts water. Optionally, you can also include 1/4 part glycerin. The process of making the solution will teach ratios and finding creative ways to blow bubbles fosters problem-solving skills and creative thinking.

FOR TEENAGERS: FAMILY DINNER PARTY

Cooking teaches so many important skills: math, science, nutrition, concentration, cultural understanding, following directions, creativity, time management, and more. Even better, it doesn't feel like learning; it feels like fun. Encourage your older children to take the reins for preparing regular meals throughout the summer. You can pick guiding themes, like "a trip to Mexico" or "pasta party," but let them choose the recipes and prep the meals on their own.

FOR THE ENTIRE FAMILY: AN EDUCATIONAL FIELD TRIP

Field trips always inspire excitement in students, and you'll find the same goes for your family members. You can tailor your destination to the interests of your kids for maximum engagement. If you have a family of art lovers, head to a museum for some inspiration and discussion. Kids who prefer the outdoors will enjoy a nature walk or hike. You can bring along a field guide to identify flora and fauna. These trips may not pack the thrill of a water park, but they're fun in an entirely different way.

UNDER PRESSURE WHAT YOU CAN DO ABOUT JAW PAIN

Did you know the average strength of a human jaw can produce a bite of 162 pounds per square inch (psi)? This is enough to scratch pure iron, but it's nothing compared to the power of some bites in the animal kingdom. The strongest bite on Earth belongs to the Nile crocodile of sub-Saharan Africa, at 5,000 psi. You definitely don't want to get on this croc's bad side.

Our jaw is designed to help us bite and tear food, but some meals are a little tougher on your jaw than others. Some of the most difficult foods to eat, in terms of jaw pressure, are things like nuts (especially walnuts), popcorn (due to the kernels), and raw fruits or vegetables, which put extra pressure on the incisors. Even softer foods can wear out your jaw. Well-done steak and caramel candy require extra chewing, and therefore extra jaw pressure.

Eating a lot of food that's hard on your jaw can lead to pain, but if you experience chronic jaw pain, it might not be caused by your diet. Jaw pain can be brought on by a number of problems, including the following:

TEETH GRINDING

A lot of people grind their teeth due to stress, but you can also grind your teeth in your sleep without realizing it. Grinding in your sleep is often a sign of a sleep disorder like sleep apnea.

UNTREATED CAVITY

If you fail to get a cavity treated right away, the damage can work its way beneath your enamel and down the pulp of your tooth. Most people with major cavities aren't able to determine which tooth is the problem because the pain radiates throughout their jaw.

BAD BITE

If your teeth aren't lined up right, you can end up with an overbite or an underbite. A bad bite can get in the way of your ability to chew, wearing out your jaw muscles and leading to pain.

If you are suffering from jaw pain, Newman Springs Dental Care can help. Call us today or schedule online for an appointment.



May: Thomas Mennicucci
June: Cathy Caprio

CONGRATULATIONS ON WINNING YOUR
\$100 RESTAURANT GIFT CARDS



KIELBASA KABOBS

Ingredients

- 2 pounds fully cooked smoked kielbasa
- 2 large onions
- 2 green bell peppers
- 3 red bell peppers
- 2 cloves garlic, minced
- 1/4 cup olive oil
- Salt and pepper, to taste

Instructions

1. Heat grill to medium.
2. In a small bowl, combine oil, garlic, and a pinch of salt and pepper.
3. Cut pepper, onion, and kielbasa into 1-inch chunks.
4. Thread onto skewers, alternating ingredients.
5. Brush with oil mixture and grill, covered, 10-12 minutes.

[NOTE: If using bamboo skewers, soak in water for 30 minutes before threading to prevent burning.]

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