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## GROWING FRESH AIR

A LOOK AT THE HEALTHIEST BUILDING IN NEW DELHI

Imagine you are told you must leave the city you work and live in because it's killing you. Hard to fathom, isn't it? But this actually happened to Kamal Meattle, a researcher, activist, and New Delhi native, who was told by doctors that the city's air quality was a threat to his health. His lung capacity had gone down 70 percent, and doctors suggested he leave New Delhi. Instead, Meattle chose to stay and find an innovative solution to his health problems and the city's air quality crisis.

New Delhi is no stranger to poor air quality. Sometimes pollution gets so bad it warrants a city-wide warning for kids to stay inside. Meattle, who studied engineering at MIT, turned to research by NASA and other organizations to address the issue.

During his research, Meattle found that there are three common house plants that excel at removing dangerous chemical compounds, like formaldehyde and carbon monoxide, from the air: the areca palm, the snake plant (or mother-in-law's tongue), and the money plant. Using these plants, Meattle created an indoor

plant-based air filtering system that allows his building, the Paharpur Business Center (PBC), to cultivate all the fresh air it needs. Air entering the building is cleaned by a scrubber, then is filtered through the building's extensive greenhouse to remove chemicals and bacteria. The greenhouse, and the rest of the building, is filled with areca palms, snake plants, and money plants.

Today, the PBC is the healthiest building in New Delhi. Twenty years after Meattle rolled out his plant-based filter system, the results speak for themselves. Employee productivity has gone up 20 percent. Respiratory problems have gone down by 34 percent, headaches by 24 percent, and lung impairment by 12 percent, among other health benefits. Just stepping into Paharpur boosts your health: Blood oxygen levels go up by 1 percent after 10 hours in the PBC. Meattle has remained in New Delhi and is set on helping other Indian businesses replicate his plant-based system so they can grow their own fresh air. As he says of his decision to stay, "Either you are overwhelmed by the fact that there are so many problems and so many people, or you find solutions to help in any way you can."

## COMMUNITY SERVICE IS PART OF OUR CULTURE Here's What We're Doing Right Now

There is part of me that resists talking about our community service initiatives. We don't do these things for publicity; we do them because they are fundamental to who we are as a practice. I'm not silly enough to believe that everyone in our community will be a patient — though I wouldn't mind if that were the case — so it's important to make sure we do what we can to improve the lives of those who may never step foot in our office.

Another reason it's important to talk about what we do is to spread the word. Many of our philanthropic endeavors cannot be successes without the help of our wonderful patients. We hope that talking about it encourages and inspires you to participate. In that spirit, here are the two major community efforts we're in the midst of right now.

As a bonus, our team has so much fun promoting Smiles for Life on social media. Take a look at our Instagram (@NewmanSpringsDental) to see all the wacky ways they've been spreading the word about this awesome event.

### NEWMAN SPRINGS DENTAL CARE HEALTHCARE SCHOLARSHIP

While this isn't an effort that requires any participation from patients, it's something I wanted to talk about because it's very near and dear to my heart. I was a product of the public school system. My mom taught in public schools, as did my wife. It's not hard to see why supporting students who come through New Jersey public schools is a cause that matters to me. That's why we provide a scholarship to three students every year who have graduated from local public schools and are pursuing a career in healthcare.

We'll be announcing this year's recipients in the next edition of the newsletter. I also want to send my personal thanks to everyone who helps support public education in our area. There truly is no better investment in our community than contributing to the education of local children.

### GIVING BACK SHOULD BE PERSONAL

Look, I don't want to imply for one second that we've hit upon the best or only ways to contribute to the greater good. These are just the ways that are personally important to me, our team, and many of our patients. I encourage you to pursue charitable efforts in a way that truly matters to you. That will make those efforts all the more rewarding and meaningful. But if one of them happens to be brightening your smile before the end of June, well, that will give me a big reason to smile as well.

Thank you to all of our patients for helping us contribute to so many great causes over the years. We couldn't do it without you.

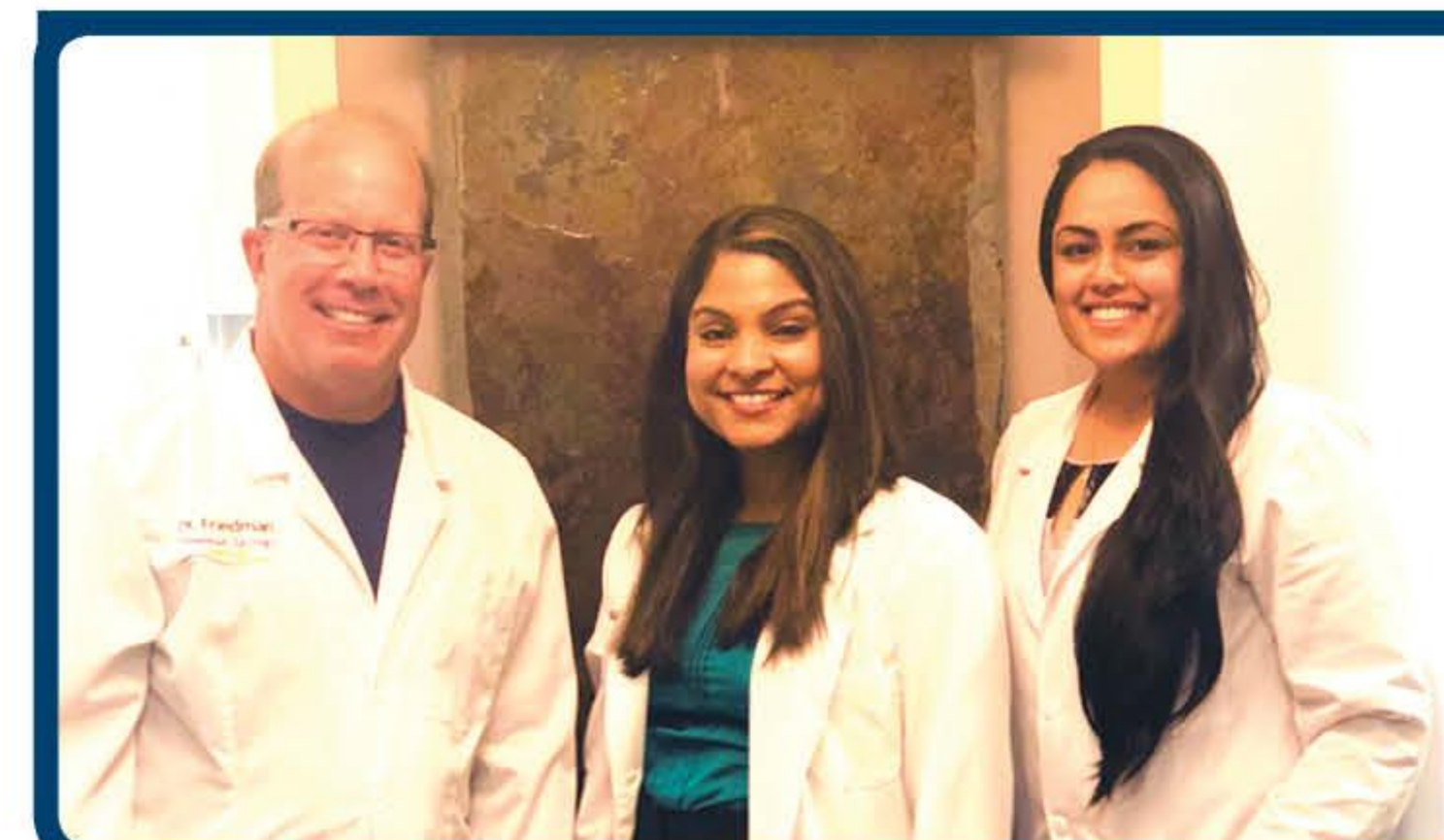
*—Dr. Mitchel Friedman*



### SMILES FOR LIFE

The Smiles for Life Foundation is a national nonprofit organization that donates money from teeth whitenings toward children's charities across the globe. They donate 100 percent of the proceeds they receive, ensuring your dollars end up in worthy hands. We've been participating in Smiles for Life for as long as I can remember, and we want to make this year the best yet.

To participate, all you have to do is schedule a whitening with Newman Springs Dental Care anytime from now through the end of June. The entire cost of this whitening (\$99) will be donated to Smiles for Life. It's a chance to improve your smile and provide kids the world over with essential resources that give them a better future. If that isn't the very definition of a win-win, I don't know what is.



Check out our website at [BestLincroftDentist.com](http://BestLincroftDentist.com) and our Facebook page @NewmanSpringsDental to schedule your appointments. You can even check availabilities to choose the date and time that works with your schedule. Give it a try today!





The Team at Newman Springs Dental Care is having a blast participating in the 22nd annual Smiles for Life campaign! Reminder: The campaign runs through June 30! For more information on the campaign, please visit [SmilesForLife.org](http://SmilesForLife.org).

The Newman Springs Dental Care Healthcare Scholarship Winners will be announced in early June!

Jennifer and Pauline answered questions from Pepsi employees to help them improve their oral health.

## ORAL CANCER 101

### WHAT YOU NEED TO KNOW ABOUT PREVENTION AND TESTING



Cancer doesn't discriminate, and oral cancer is no different. In fact, many well-known people throughout history, including U.S. presidents Grover Cleveland and Ulysses S. Grant, Sigmund Freud, Babe Ruth, Lana Turner, and Rod Stewart, have suffered from oral cancer. Overall, 53,000 people in the U.S. are diagnosed with oral cancer each year, according to research by the Oral Cancer Foundation.

You don't have to wait for a diagnosis to learn about the details, prevention efforts, and tests for this debilitating disease. Prepare yourself by checking out the points below.

#### DETAILS

Oral cancer can appear as an abnormality on your lips, tongue, cheeks, mouth, sinuses, or throat. This life-threatening disease can create swelling, bruises, lesions, speckled patches, and face sores. These symptoms can additionally lead to difficulty speaking, swallowing, and ear pain. While cancer can affect anyone, there are some demographics that have a higher chance of getting an oral cancer diagnosis. Men are twice as likely to be diagnosed with the disease as women, with men over 50 being the most vulnerable.

#### PREVENTION

Your habits play a critical role in preventing cancer. Tobacco and alcohol use increase your chances of developing oral cancer, but your diet and exposure to the sun can also put you at risk. According to the Prevent Cancer Foundation, 1 in 4 people diagnosed with oral cancer are not tobacco users and only drink occasionally. Abstaining from excessive alcohol and tobacco usage is a great way to lower your risk, but also keeping your sun exposure and diet in check gives you the best chance of preventing oral cancer altogether.

#### SCREENINGS

The best way to monitor your oral cancer risk is by attending regular dental appointments, where screenings are the norm. Dental experts are trained to screen for oral cancer, and they will often feel around the neck and throat for concerning signs. Some experts also use a VELscope exam, which uses fluorescent lighting to highlight any abnormalities in the mouth. Many of these tests are noninvasive and can be performed quickly at a dental clinic. If dental experts find evidence of oral cancer during an exam, they can refer patients to clinics for further testing. Our dental hygienists Laura, Pauline and Lindsey are trained to use the Velscope. Don't assume that your dental health professionals are performing an oral cancer screening, ask!

You can learn more about oral cancer, prevention, treatments, and screenings online at [OralCancerFoundation.org](http://OralCancerFoundation.org).

## SHAME-FREE DENTISTRY

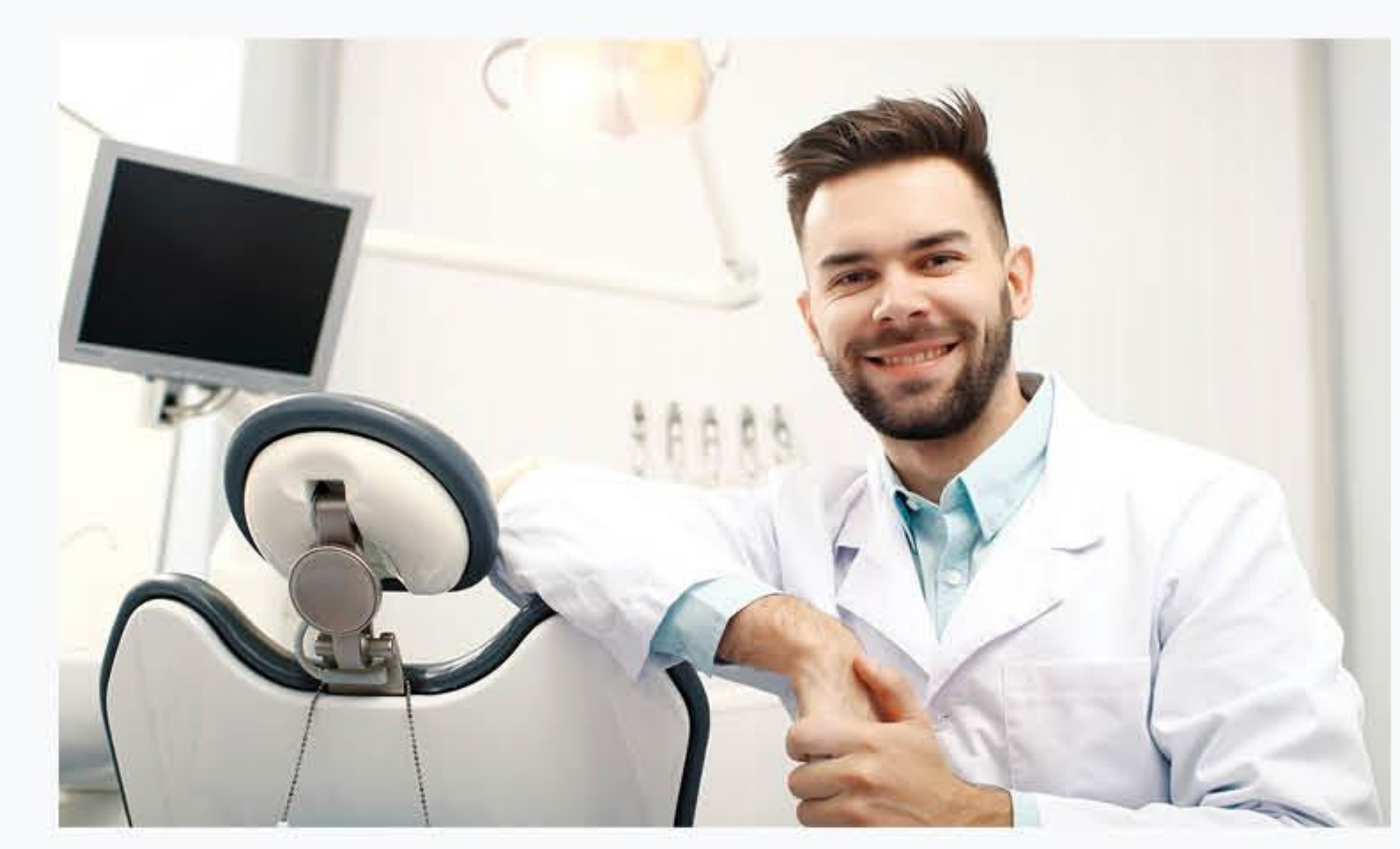
### WHY THE BEST DENTAL PROFESSIONALS WILL NEVER MAKE YOU FEEL INADEQUATE

*It's normal to feel the jitters before you head to the dentist. This nervousness is nearly universal, especially for new patients. But if there's one feeling we don't want you to ever worry about before making your way into our office, it's shame.*

All too often, patients put off going to the dentist because they feel guilty about the condition of their teeth. Maybe they're worried about being subjected to another lecture on proper flossing or have forgotten to brush for so many days that they feel embarrassed having somebody examine their gums. For someone who is so self-conscious about their smile that they hide it day in and day out, it can be terrifying to imagine a trained professional taking a long, hard look at their teeth.

But make no mistake: Dentists are there to help, not humiliate. Any dental professional worth their salt will never, ever make you feel ashamed about your smile.

After all, it's in the best interest of doctor and patient to keep you as comfortable and happy as possible during your visit. Dentists know that the surest way to keep patients from coming through their doors is to make them feel guilty and inadequate. That's why those long-winded lectures from down high are largely a thing of the past in the dental field and have been replaced by cooperation and compassion.



And if you think your teeth are somehow the worst the dentist will have ever seen, think again. Dentists see thousands of patients, each with their own struggles and concerns, and many of their conditions are more serious than you can imagine. Drs Friedman, Menon, and Suri will never wag their fingers and judge you. Instead, they'll do everything they can to restore your confidence and guide you down a proper treatment path to long-term dental health.

Shame is far too common among dental patients, but it doesn't have to be. Come visit our office and experience what positive, guilt-free dentistry can do for you!



NEWMAN SPRINGS DENTAL CARE  
**VIP WINNER**

**March:  
Brian McGraw**

**April:  
Ellen Byck**

**CONGRATULATIONS ON WINNING  
YOUR \$100 RESTAURANT GIFT CARDS**

For referring the most patients in  
March and April.

Spread the word among your  
family, friends, neighbors,  
and co-workers!

## SHRIMP SAUSAGE SKEWERS

### Ingredients

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| <ul style="list-style-type: none"> <li>• 1/2 pound raw shrimp, peeled and deveined</li> <li>• 1/2 pound cooked sausage, cut into 1-inch pieces</li> <li>• 2 zucchini, cut into 1/2-inch cubes</li> <li>• 2 tablespoons extra-virgin olive oil</li> <li>• Wooden skewers, soaked in water for 30 minutes</li> </ul> | <b>Creole Seasoning Ingredients</b> <ul style="list-style-type: none"> <li>• 2 tablespoons paprika</li> <li>• 1/2 tablespoon garlic powder</li> <li>• 1/2 tablespoon onion powder</li> <li>• 1/2 tablespoon cayenne or chili powder</li> <li>• 1/4 tablespoon dried oregano</li> <li>• 1/4 tablespoon dried thyme</li> </ul> |
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### Directions

1. Heat your grill to medium-high.
2. In a bowl, combine all ingredients for creole seasoning.
3. In a large bowl, combine the shrimp, zucchini pieces, and sausage pieces, and cover them with the olive oil.
4. Add creole seasoning and mix well until all ingredients are covered.
5. Load up skewers with alternating pieces of shrimp, sausage, and zucchini until they're full.
6. Grill skewers until shrimp are well-cooked (6–8 minutes).

