

NEVER STOP LEARNING

Continuing Education Is the Key

You never stop learning. Here at Newman Springs Dental Care, staying ahead of the curve is one of our top priorities. As the new owner of this practice, I am excited for the opportunity to directly impact the future of our team and continue to improve our skills to best serve our valued patients. It's all about the oral health and happiness of every patient who places their trust in us!

If you know me, you'll know I take continuing education very seriously. I'm always looking for the next course to take or speaker to listen to, and when new products or procedures hit the market, I am quick to gather all the information about it. But it doesn't just start and end with me. I plan to, in the near future, have the entire team participate in training seminars and conferences.

Recently, two team members and I attended a three-day dental conference in Las Vegas. To say that by the end of it we were exhausted, both mentally and physically, is an understatement. We spent the entire time listening to some very reputable and accomplished individuals in the dental field speak, learning about the advances in the dental industry, networking, and connecting with other dental professionals. To see what the future holds for the dental industry was thrilling!



implemented new payment options, communication systems, and a warranty program. Technology is amazing and continues to take us to new heights.

If you have any tips on how we can better serve you and your family when you visit us in the office, please feel free to let us know — don't be shy! We are always searching for new ways to improve our care and service and appreciate your suggestions and advice. Our ears are always open!

With the holiday season upon us, I wish each of you a very happy and healthy holiday. I encourage each of you to relish time spent with family, friends, and loved ones and soak up all of the holiday cheer while we engage in festivities. It's the most wonderful time of the year!

We look forward to seeing you soon in the office!

—Dr. Aparna Menon

"It's all about the oral health and happiness of every patient who places their trust in us!"

Upon returning home and back to the office, we couldn't wait to set some new systems and practices in motion to better serve our patients while continuing to provide the very best care for them. Especially in today's crazy market, with higher prices of goods and services, our goal is to remain both affordable and top of the line. We will always strive to provide the best care possible. We've already

You can now book your appointments online

via our website at [BestLincroftDentist.com](https://www.BestLincroftDentist.com) and on our Facebook page: [Facebook.com/NewmanSpringsDental](https://www.facebook.com/NewmanSpringsDental). It's easy and convenient. You can even check availabilities to choose the date, time, and provider (Dr. Menon & Dr. Sayroo) that work with your schedule. Returning patients may also choose their dental hygienist (Laura, Pauline, or Kelly).

NATIONAL DIABETES MONTH

Exploring the Connection Between Diabetes and Oral Health

November is National Diabetes Month, a time to raise awareness for the disease and its many impacts on our bodies. It may come as a surprise, but did you know there is a connection between diabetes and your oral health?

According to the Centers for Disease Control and Prevention (CDC), high blood sugar can weaken your white blood cell count, affecting your immune system and your body's ability to fight bacterial infections in your mouth. This is why people with diabetes commonly face a higher-than-normal risk of oral health complications.

But what oral health problems have the largest links to diabetes? Let's take a look.

First and foremost, left uncontrolled or unmonitored, diabetes will decrease saliva, resulting in a condition known as dry mouth. When dry mouth is present, ulcers, infections, soreness, and even tooth decay may present themselves.

Periodontitis and gingivitis (gum disease) may also develop in people with diabetes. This is because another

complication of the disease is the thickening of blood vessels, which slows down the flow of necessary nutrients and waste from body tissues. When this happens, it's difficult for the body to defend itself from infections such as gum disease.

When people with diabetes frequently take medications and antibiotics to treat infections, they become prone to a fungal infection in the mouth and on the tongue, known as thrush, which thrives on increased glucose levels in saliva. Thrush can lead to a burning sensation in the mouth and on the tongue.

Lastly, those with diabetes who smoke are at an increased risk of developing certain oral health conditions such as thrush and periodontal disease. Smoking may also hinder the healing time for wounds and other complications!

If you or someone you know has diabetes, it's essential to ensure that, as a patient, you are seen on a more frequent basis to keep a close eye on your oral health. Remember, your oral health is a giant window to your overall health!



A CLEAN, CLUTTER-FREE CLOSET

MAKE THE MOST OF LIMITED SPACE



Few people will ever have a closet that resembles the ones you see on HGTV, but that's no excuse to leave your wardrobe in disarray. Most of us could stand to keep things tidier or more organized. And no matter how big your closet may be, you probably wish you had more space. These closet hacks will help you make the most of what you've got without breaking the bank for a custom system.

Hang more in the same space.

Most people will blame a lack of space for their messy closets. When there's not enough room for everything, you must find a way to cram it all in

and make it work. But you can rethink how you're using your closet. Consider adding a second clothing rod below the items you've already hung up. This solution will make it easier to sort clothes neatly and keep seasonal wear separated. Not possible or too much work? Break the tab off a soda can — and slip it around the hook on each hanger. You can now use the second hole in the tab to hang another item!

Use pegboards for accessories.

Jewelry organizers are cute, but they rarely hold every single piece you own. Many items end up in a pile where they get tangled or tucked away in a drawer where you forget about them. Rethink how you store your accessories by taking a cue from your garage. A pegboard with hooks installed in your closet is an inexpensive, comprehensive way to hang your jewelry. With all that sparkle and color, the finished result will be much more upscale than the workbench version, and the accessories you love will get the attention they deserve.

Determine what you don't wear.

Many people have a pile of clothing they never wear but keep "just in case." A little mind trick could change your thinking about all those extra garments. Turn your hangers around so the open part of the hook faces out of the closet. As you wear items, replace the hanger the usual way. After a year, you'll have undeniable proof of what's just taking up space and can be donated. It might be hard to part with some items, but at least you'll have room for new clothes!

Team Update!



Celebrating Judy's birthday with her daughter Tara and the team.



Pauline with one of our favorite patients, John P.

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SOLUTION ON PAGE 4

SQUEAKY CLEAN

*A Waterpik Can Help Achieve
Optimal Oral Health*

We all know flossing is essential to our oral health routine. In fact, if you don't floss, studies show you're missing out on cleaning up to 40% of the surface area of your teeth, leaving them vulnerable to plaque, cavities, and decay!

For those who may not floss daily or are looking for an alternative way to remove food particles and debris from between their teeth, a Waterpik is an excellent option — especially if you have dental work, such as bridges, implants, or crowns!

Here are some benefits of investing in this wonderful alternative to flossing.

A Waterpik is easy to use.

Did you know that according to a National Health and Nutrition Examination survey, roughly 32% of individuals aged 30 and older floss their teeth on a regular basis? Whether it's because flossing can be tedious and daunting or they forget, using a Waterpik is easier than wrapping floss around your fingers and manipulating it around your mouth and in between each tooth.

Remove plaque.

Plaque is the culprit of bacteria buildup, which leads to tooth decay and cavities! A Waterpik effectively combines pressure and water and removes food, plaque, and debris left behind that brushing alone cannot remove!

Reverse gum disease.

Gum disease, also known as gingivitis, is caused by bacteria in your mouth that feeds on plaque. In some cases, gingivitis can be reversed by proper care and plaque removal.

Prevent oral complications.

Tooth decay, bad breath, and gum complications can be combated and minimized with a Waterpik. Along with regular oral care, a Waterpik is an additional and effective tool to keep your oral health in mint condition.

LENTIL BOLOGNESE

Ingredients

Inspired by FeastingAtHome.com

- 1-lb box pasta, any kind
- 2 tbsp olive oil
- 1 onion, diced
- 1 1/2 cups diced carrots
- 1 1/2 cups diced celery
- 4–6 garlic cloves, chopped
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/4 tsp chili flakes
- 1 tbsp Italian herbs
- 1/3 cup tomato paste
- 1 1/4 cups lentils
- 3 tomatoes, diced
- 3 1/2 cups vegetable broth
- 3/4 cup hemp seeds
- 2 tsp balsamic vinegar

Directions

1. Cook pasta according to package directions.
2. In a large pot, heat olive oil over medium-high heat. Add onion and cook until fragrant. Lower heat to medium, add carrots, celery, garlic, salt, pepper, chili flakes, and Italian herbs.
3. Add tomato paste and cook down for a few minutes. Now add the lentils, diced tomatoes, vegetable broth, and hemp seeds. Bring to a boil, cover tightly, and simmer until lentils are tender.
4. Cook until all of the liquid is absorbed, then stir in the balsamic vinegar before adjusting the seasonings to your liking. When that is done, pour over the pasta and enjoy.





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2	4	6	8	3	7	9	1	5

INSIDE this issue

- p.1 Always Be Learning
- p.2 National Diabetes Month
Keeping Your Closet Cleaner
- p.3 Sudoku
Lentil Bolognese
The Benefits of a Waterpik
- p.4 What Started as a Joke Became Reality

LOCKS OF LOVE Son Makes a Wig for His Mother

Melanie Shaha is currently fighting her third brain cancer battle. For 15 years, she's been suffering from a benign tumor on her pituitary gland. Although she doesn't mind being sick, going to her appointments, focusing on her treatment, and talking to loved ones about her cancer, she doesn't like looking sick.

If you didn't know Shaha, you wouldn't realize she was battling cancer. But this suddenly changed once she lost all of her hair. She had two surgeries, in 2003 and 2006, in hopes of removing the tumor on her pituitary gland, but they weren't successful. Then, when she began radiation therapy in 2017, the treatment caused her hair to fall out.

"Not having hair [makes] you stick out like a sore thumb, and well-meaning people can say things that break your heart," Shaha told TODAY. She didn't like all the attention and the looks people gave her in public. So, her 27-year-old son Matt had an idea. At first, Matt joked about cutting all of his hair off to make his mother a wig. But the joke soon became a plan, and Matt followed through in 2018.

After graduating from college, Matt began growing his hair out.

In no time, he had long and luscious hair. His mother tried to dissuade him from cutting it, but Matt wanted to help her feel confident and comfortable in her skin. So, he chopped it off and sent his locks to Compassionate Creations, a hair company in Newport Beach, California, that created a wig for his mother.

Now, Shaha has a piece of her son to take everywhere with her beautiful new tresses. "The color is spectacular, and we had it cut and styled with a hairdresser.

Matt said it looked great on me. It sure fills your emotional cup," Shaha says.

If you — or someone you know — would like to donate your hair to cancer patients, you can donate to Locks of Love, Wigs For Kids, Chai Lifeline, and Children With Hair Loss. Research donation centers in your area if you would like to give back locally.

