

A BIG ANNOUNCEMENT!

Welcome back to the newsletter! I've likely met most of you at Newman Springs Dental Care over the past six years, but if I haven't, my name is Dr. Aparna Menon. I'm thrilled to announce that I was recently blessed with the opportunity to purchase the practice from Dr. Friedman. I'm extremely proud to be the owner of Newman Springs Dental Care, which is now a woman-owned and operated practice. We intend to provide the same great care to our patients while providing a personal touch to each and every patient we have the opportunity to meet!

Although this transition has been exciting, I must admit, the shift from only practicing dentistry to owning a practice while continuing to see patients has come along with its own learning curve, and the extra time requirement has placed a strain on my time at home with my husband and son. I believe we are all capable of more — doing more for our families, our team, our patients. This is what makes my profession so fulfilling.



As many of you know, I serve in the Army Reserves, and I report for duty on base once a month. I'm also big on continuing education and am currently taking courses at NYU in Advanced Aesthetics and Full Mouth Rehabilitation. I was recently named one of New Jersey's top dentists of 2022 by New Jersey Monthly Magazine, and am grateful for the recognition. My family and Newman

Springs Dental Care are my two top priorities, and I'm really looking forward to maintaining the practice's current culture while doing the best for our team members and patients. I'm buckled in and ready for the ride!

"I believe we are all capable of more — doing more for our families, our team, our patients. This is what makes my profession so fulfilling."



This month, we celebrate Halloween! As a mom, I know it can be difficult to determine how much candy is too much for your kids and which type is better than others. As Halloween falls on one day a year, my personal motto is to let the kids indulge and have fun! Below is a short Halloween candy tip guide:

- Avoid sticky candies and taffies — they adhere to the tooth surface and take longer to be washed and brushed away.
- Drink water immediately after candy consumption.
- Avoid brushing your teeth shortly after eating candy. Certain candies soften your teeth, and brushing could be dangerously abrasive.
- Spread candy allowance over a few days instead of indulging all at once.
- Brush and floss your teeth thoroughly before bed the night of Halloween.

As always, thank you for your continued support! I look forward to working more closely with each and every one of you! Happy Halloween!

—Dr. Aparna Menon



You can now book your appointments online via our website at BestLincroftDentist.com and on our Facebook page: 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).

SMILE WITH CONFIDENCE

\$99 Whitening For Life

Have you considered whitening your smile? With the holidays rapidly approaching, now is the time to get photo-ready! Our in-house teeth-whitening will deliver you a 3–5 shades whiter smile in no time!

According to the American Academy of Cosmetic Dentistry, 96% of adults in the U.S. feel that an attractive smile makes a person more appealing in the dating world, and 74% state that an unattractive smile can potentially harm someone's chances for career success. Some of the benefits of whitening your teeth include:

Removes Stains and Discoloration

Stains and discoloration take place as a result of lifestyle and dietary choices. Whitening helps to erase stains left behind by smoking, coffee, or tomato-based products.

Improves Self-Esteem

Have you ever been hesitant to smile in a photo? A dull-appearing smile can impact your confidence and make you feel self-conscious. Whitening helps to deliver a smile to be proud of!



More Smiles

With pearly whites, you won't be able to help but show them off every chance you get! Say cheese!

Restores Youth

As we age, our teeth naturally tend to become less shiny — a bright and white smile is reminiscent of youth. Whitening your teeth can help to turn back the clock!

Quick and Easy

Our in-office whitening procedure is quick and easy; better still, we are here to ensure everything is performed safely and efficiently.

If you are interested in a whiter and brighter smile for the holidays, give us a call today — ask about our \$99 Whitening For Life offer!

HAVE A SPOOKY GOOD TIME WHILE KEEPING SAFETY IN MIND



Halloween is all about letting the *ghoul* times roll, but monsters and ghosts aren't the only things parents need to worry about this holiday. Most older kids don't want an adult chaperoning — they want to venture off with their friends to enjoy the night all on their own.

Here are a few safety tips so that you and your older kids can enjoy the spooky evening with no worries.

Plan a route and curfew.

Some older kids still love the nostalgia of trick-or-treating, or maybe they plan to pull some

Halloween pranks with their friends. Whatever the reason may be, they may want to enjoy the evening without a parent.

One of the best ways to make sure they're staying safe is to plan a route and a curfew. Pick and choose which routes you feel comfortable with them going on, either somewhere nearby or somewhere in the neighborhood. And choosing a curfew time is essential so you know when to expect their return. This way if something happens and you cannot reach them or they aren't back in time, you have a general idea of where they can be on the route.

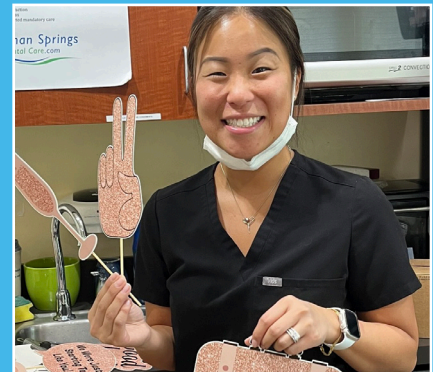
Pack the essentials.

Always make sure your child has their phone on them in case of an emergency, no matter if it's to call you or an emergency line. You could even share locations so that you're able to track where they are or use another location tracking app like Life360 or FamiSafe that's available on your devices.

If they plan to stay out for a while, have your child take water bottles, flashlights, and even a small first-aid kit with them. They actually come in handy when exploring the Halloween night and the unexpected happens.

Older kids deserve a bit of freedom, as long as they can do it responsibly. Consider these tips to make sure the night is trick-free and full of the best treats.

Team Update!



Laura S. was accepted into dental hygiene school. We are all very excited for her and she will sure be missed when she is away!



Our team celebrated the 6-month anniversary of Dr. Aparna Menon as the new owner of Newman Springs Dental Care at Half Moon restaurant in Keansburg, NJ.

SUDOKU

3		5	6		2			8
			1	7			3	2
2	7				9			
6		1		8		2	9	
	3	8		2	4		6	
		9	7				2	
4	5			9	1		8	6
	6						1	9

SOLUTION ON PAGE 4

ARE YOU CONSIDERING DENTAL IMPLANTS?

5 Reasons to Replace Missing Teeth

At Newman Springs Dental Care, we offer dental implants to regain oral function and strong bites in patients with loose, missing, or compromised teeth. It is essential to replace a missing tooth, for a lost tooth leaves behind an empty socket. For a variety of reasons, many people choose to simply allow the socket to heal, but here are some reasons it's important to replace missing teeth.

Prevent Bone Loss

When a tooth falls out, the jaw's bone tissue is absorbed by the body, leading to a shrinking of the jaw, which can be detrimental to your appearance and health!

Maintain a Streamlined Bite

If you have gaps in your smile, your teeth will slowly shift to fill in those spaces, altering the alignment of your smile.

Prevent Tooth Overgrowth

When teeth are missing, the teeth above or below may grow longer in an attempt to fill in gaps, which significantly affects your bite and comfort.

Maintain Aesthetics

Gaps in your smile are not necessarily appealing! When implants replace missing teeth, you'll have a brighter, more uniform smile!

Maintain Oral Function

Our teeth do more than look great in photos — they help us to chew and speak! Replacing missing teeth is essential to make your bite as strong as it once was!

In November, Dr. Menon is obtaining her fellowship in both the International Congress of Oral Implantologists (ICOI) and the American Academy of Implant Prosthodontics (AAIP). She has also completed multiple dental implant trainings in Nicaragua!

If you are interested in dental implants or getting your oral function back, we have options and solutions for you! Call us today to see if you're a candidate! We can be reached at 732-702-3753!



CREAMY PARMESAN ORECCHIETTE

Ingredients

Inspired by PinchOfYum.com

For pasta:

- 16 oz orecchiette
- 3 cups cubed butternut squash
- 3 cups broccolini
- Olive oil
- Salt, to taste
- Ground black pepper, to taste
- Pumpkin seeds

For sauce:

- 3 tbsp butter
- 2 cloves garlic
- 1–2 tsp fresh minced thyme
- 3 tbsp flour
- 2–3 cups chicken broth
- 1/4 cup Parmesan cheese
- Lemon juice, to taste
- Salt, to taste

Directions

1. Cook orecchiette according to package directions.
2. On two baking sheets, place veggies. Drizzle with olive oil, salt, and pepper, and roast at 400 F for 20–30 minutes until tender.
3. In a pan, melt butter over medium heat. Add garlic and thyme, then sauté until soft. Add flour and whisk until smooth. Pour in the chicken broth 1/2 cup at a time, whisking to incorporate. Finish with Parmesan cheese, lemon juice, and salt.
4. Toss everything together. Top generously with pumpkin seeds and Parmesan cheese.



3	1	5	6	4	2	9	7	8
8	9	6	1	7	5	4	3	2
2	7	4	8	3	9	6	5	1
6	4	1	3	8	7	2	9	5
9	2	7	5	1	6	8	4	3
5	3	8	9	2	4	1	6	7
1	8	9	7	6	3	5	2	4
4	5	3	2	9	1	7	8	6
7	6	2	4	5	8	3	1	9

INSIDE this issue

- p.1** A Big Announcement!
- p.2** Whitening For Life Offer
Halloween Safety Tips
- p.3** Sudoku
Creamy Parmesan Orecchiette
Are You Considering Dental Implants?
- p.4** How Did Harry Houdini Pass Away?

REMEMBERING THE WORLD'S GREATEST MAGICIAN And His Untimely Demise

The idea of magic has captivated audiences for generations. Their tricks and illusions defy not only common reasoning but sometimes even death itself. While we've had the opportunity to watch some great magicians on television or at live performances in Las Vegas, few have left a greater impact on spectators than Harry Houdini.

Houdini got his first taste of the spotlight when he was only 9 years old as a trapeze artist. Before long, he moved on to card tricks and then even started experimenting with escape tricks using handcuffs — which proved to be a big hit. He continued to advance his escape artist skills until he ended up touring across America and Europe.

Although Houdini repeatedly defied death in his shows for a number of years, it finally caught up to him in 1926. During a show in Albany, New York, Houdini shattered his ankle while performing his famous Chinese water torture cell trick. He finished the show and continued his tour which took him to Canada where he gave a lecture in Montreal, Quebec. He spoke with some of the students after, and someone asked about his alleged ability to withstand hard punches to the abdomen. According to a witness, Sam Smilovitz, when Houdini confirmed that the rumors were true, a student named J. Gordon Whitehead abruptly delivered "four or five terribly forcible, deliberate, well-directed blows" to Houdini's stomach. According to reports, he'd been sitting — probably because of his recently injured ankle — and had no time to prepare for the punches.

Houdini didn't think twice about the incident, but later that night he reported discomfort in his abdomen. Despite worsening symptoms, he pressed on to Detroit, Michigan, and got a fever of 104 degrees F, cold sweats, and even fatigue. During the opening night of his show in Detroit, Houdini promptly collapsed. He was taken to the hospital where doctors removed his appendix which they confirmed had ruptured a few days prior. Unfortunately, he passed away from peritonitis shortly after this on Halloween. Some people believe his appendix might have ruptured with or without the blows from J. Gordon Whitehead, but many historians still believe that this is what caused Houdini's ultimate demise.

Houdini's memory still lives on almost a century after his death. We'll likely never see another magician who can amaze and bewitch a global audience in the same manner — he was surely one of a kind.

