



# Newsletter

Volume 3 Number 1

## SEA CLIFF HEALTH CENTER

### SPRING WHITE SALE.

Come see us and your teeth will never look brighter!



**\$299 all included**

- 1) Professional custom made whitening trays
- 2) Advanced formula whitening gel
- 3) Attractive carrying case
- 4) State-of-the-art toothbrush
- 5) Bottle of decay/odor-fighting Listerine rinse

### Keeping Yourself Healthy.

I always remind my patients that they should brush and floss daily as if they were going to see me in an hour. Many times they do their best but need some additional tips in making their teeth, gums, and breath cleaner and fresher. Here are 5 tips for you.

- Dr. Ruden

1. Use a fresh toothbrush and brush for 2 minutes. Ask us for one the next time you're in for your checkup.
2. Understand that persistent bleeding or tenderness of the gums is not normal and needs to be evaluated.
3. Use fluoride in your toothpaste and mouth rinses (ACT®) to reduce decay problems. Additionally, reduce sugars in your diet. If you chew gum, look for xylitol sugar. It's decay protective.
4. Take care of dental problems early and self-examine even if everything feels normal. Ask us, and we'll show you how. If something doesn't feel right, let us know.
5. Your smile is a great asset. Maintain good habits for a lifetime of comfort.



### Thought Of The Month:

**"Resolve...is the courage to adjust and change your life, in line with your purpose and vision."**

### Caring For Your Children's Teeth.

To have a healthy adult, it is important to start with a healthy child. Multi vitamins plus fluoride such as Poly Vi Fluor are essential for strong, decay-resistant teeth. Your pediatrician or I should prescribe them for your children. Make them a part of a daily regimen.



Brushing together helps build important health habits and sets the foundation for a lifetime. Semi-annual checkups also ensure that only minimal care will be needed. Most of our younger patients are disease free!

### Dental Phobia and Anxiety.

Congratulations to Dr. Ruden. He will have an article published in April in a leading dental journal, Dentistry Today. He has developed a technique for removing all phobias from people called *Havening*, and dental phobia is one of those problems that can be managed rapidly and without drugs. If you or a friend have a phobia, Dr. Ruden can help. Call for an appointment. [Click here to read the article.](#)

### Learn to Meditate. See our Free Video.



Mind fitness is crucial for overall fitness. The stresses we bear impact our bodies. Back pain, headaches, TMJ and a wide variety of other symptoms reflect that our physical body is the recipient of our mental stressors. As part of our ongoing **Fitness in a NY Minute** program, you can learn how to meditate and rapidly reduce your symptoms. Feel calmer, balanced, and less **STRESSED**. Follow Audrey to learn and be guided to meditate anytime you feel the need. Just [click here to see our free video](#). Then sit back and allow your mind to create a more comfortable place. Enjoy!!



### Sea Cliff Health Center

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