



# Dedicated To Your Beautiful Smile & Building Your Immunity!!!

2146 Karwick Road • Michigan City, IN 46360

1549 S. Court St., Suite C, Crown Point, IN 46307

1-877-526-4547

www.dranglis.com

March/April 2024

The finest dentistry prevents problems, increases overall health, and boosts immunity from diseases! Our treatments and therapies for you will always reduce the inflammation inside your body and increase your immunities!

## Favorite Quotes To Share!

We always work to stay positive and have some favorite quotes to share that keep us motivated!

### Quotes of the Month:

“The bad news is time flies. The good news is you’re the pilot.”

---Michael Altschuler

“Act as if what you do makes a difference. It does.”

--William James

“We do not need magic to change the world, we carry all the power we need inside ourselves already: We have the power to imagine better.”

---J.K. Rowling

“No one is useless in this world who lightens the burdens of another.”

---Charles Dickens

“Every strike brings me closer to the next home run.”

---Babe Ruth

“Happiness is not by chance, but by choice.”

---Jim Rohn

“Thou must gather thine own sunshine.”

---Nathaniel Hawthorne  
(The Scarlet Letter)

“You are never too old to set another goal or to dream a new dream.”

---C.S. Lewis

## Are You Planning On Living Or Are You Planning On Dying?

There are a couple of “unanswerable questions” with which we deal on a regular basis. One frequently asked question is: “How long will I live anyway?”

Some say, “I don’t know if I should fix my teeth because I don’t know how long I will live.”

### Only God knows how long each of us will live, and that’s a fact.

What we do know is that **you will have a higher quality of life** once you do replace missing teeth and rid your mouth of disease, infection, and decay!

What we do know is that **you will look younger** with a fresh, healthy smile!

What we do know is that **you will feel better** once your smile is restored!

What we do know is that **you will live longer** once any inflammatory diseases are removed from your mouth since they will not continue to inflame other areas of your body!

The **Mayo brothers of the famed Mayo Clinic** determined decades ago that those who have their natural teeth or implants live approximately ten years longer than those who have no teeth. **Ten years!** We see this scientific fact come to life in our tropical dental resorts every day!

Many of our most youthful and amazing patients in their 80’s and 90’s outpace those who have made the choice to be “elderly” in their 40’s and 50’s!

One gentleman aged 93 told us that he was ready for dental implants and that he did not care if he even had six months left to live, he was going to finally enjoy breakfasts with his neighbors! And he did—for several more years!

So, our question is: “Are You Planning On Living Or Are You Planning On Dying?”

If you are planning on living, it’s time to take the necessary steps to ensure your highest quality of life now. No one has ever regretted solving dental problems, nor has anyone ever regretted creating a Masterpiece Smile for themselves.

continued on page 2



If you are planning on living, it's time to finally have the smile that you need, want, and deserve. If you have put the smile "of your dreams" on hold, it's time to move forward with the newfound confidence that comes with the decision to get healthier and to plan on living!

We are here to help you and your loved ones follow through with this most important decision! Live your best life now! Thank you!

## 14 Home Maintenance Projects to Add to Your Spring To-Do List!

Featured in Better Homes and Gardens, writer Kristina McGuirk offers suggestions for our Spring To-Do Lists, and we wanted to share them with you!

1. Check Railings, Fences, and Walkways—After our harsh winter weather, be sure to check any railing set in concrete since it can expand and crack over time. Please check the fences as well since they can be damaged by snowblower action or strong winds.
2. Update Windows ---It may be time to repair window frames, add weather stripping or fixed cracked glass. The windows will look great and protect your home from the upcoming heat of summer days.
3. Clear the Roof and Gutters –You may need to remove all leaves and debris from the gutter areas to protect the roof from moisture and to remove any blockages from the gutters so that they work effectively during heavy rains.
4. Start Kitchen Renovation Projects—Of course, this all depends on your kitchen and what may be needed. The author encourages towards spring projects if we cook on our grills and have an extra table since it frees up the kitchen spaces for remodeling or improvement.
5. Update Exterior Lighting—Since winter has been harsh, it's a good idea to check outdoor lighting to ensure that the lights have not been damaged around the yard and on the garage, too. It's important to have maximum lighting for extra security outside.
6. Refresh exterior paint and stain – It may be easier to paint the home and stain the porch and deck when the landscaping plants are smaller and not in bloom, so springtime is ideal for these projects.
7. Service the Air Conditioner—Plan to have the air conditioner ready for those warm days. If servicing is needed, spring is the best time because service rates are lower and wait times are shorter.
8. Prep Outdoor Irrigation—Be sure to check all hoses and spigots for replacement or repair as needed. If you have an outdoor irrigation system, please be sure to check the sprinkler heads so that they are up and functioning well for you.
9. Set a Post-Spring Cleaning Schedule—Think about organizing your weekly, bi-weekly, and monthly cleaning projects in a notebook. One good suggestion was to start in your bedroom with all organizing and cleaning projects so that you have a wonderful place to relax that will keep you motivated.
10. Fix Damaged Screens – Please inspect all screens and replace or repair them early to keep unwanted insects out of your home.
11. Power Wash Surfaces – Power washing removes dirt, salt, and grime from your siding, porches, decks, driveways, walkways, and concrete pavers.
12. Install or Update Ceiling Fans—Strategically placed ceiling fans combat heat and provide us with energy savings.
13. Tackle Outdoor Landscaping—There is always pruning, planting, and fertilizing to be done, but it's a great idea to remove all debris around the air conditioning unit so that it works efficiently and effectively, too.
14. Address the Mailbox—After our challenging winter, please check your mailbox to be sure that it's not damaged and that the area around it is clear. Please be sure that the door can open and close easily. It's essential that the house numbers can be clearly seen – not only for the postal carrier but in any potential emergency. We want you to be safe!



## Strawberry Oatmeal Bars

### Ingredients

- 1 3/4 stick Cold Butter, Cut Into Pieces
- 1 1/2 c. All-purpose Flour
- 1 1/2 c. Oats (Quick Or Regular)
- 1 c. Packed Brown Sugar
- 1 tsp. Baking Powder
- 1/4 tsp. Salt
- 1 jar (10-12 Ounces) Strawberry Preserves



### Directions

1. Preheat the oven to 350 degrees. Butter a 9 x 13 or 8 x 10 baking dish.
2. Mix together the flour, oats, brown sugar, baking powder, and salt. Cut in the butter with a pastry cutter until it resembles coarse crumbs. Sprinkle half the mixture into the pan and pat lightly to pack it a little tight. Spoon strawberry preserves evenly over the surface, then use a dinner knife to carefully spread it around. Sprinkle the
3. Bake until light golden brown on top, about 35 to 40 minutes. Remove from the oven and let cool in pan.
4. When cool, cut into squares and serve. Yum!

other half of the oat mixture over the top and pat lightly again.

Recipe retrieved from the Pioneer Woman website and was created by Ree Drummond. Find out more about this recipe at: <https://www.thepioneerwoman.com/food-cooking/recipes/a10935/strawberry-oatmeal-bars/>

## The Newest Gum Disease Connection: COPD!

We have discussed on many occasions with all of you the dangers of periodontal (gum) disease and its systemic effects. There are proven direct links between inflammatory diseases like cancers, heart disease, type 2 diabetes, and Alzheimer's Disease, but **researchers have just discovered that COPD has a faster progression when the patient has gum disease as well.**

COPD is also inflammatory, and the Academy of General Dentistry has reported that, in studies with mice, those infected with gum disease and COPD experienced quicker disease progression than those without gum disease.

In those cases, the bacterium moves from the mouth to the COPD-affected lung tissue where it upsets the natural colonies of microbes in the lungs.

**This is yet another reason to visit us for your professionally prescribed dental hygiene therapeutic appointments. They are absolutely essential to maintaining your good health!**

## Keeping Your Mail Safe!

You might remember that we hosted Frank Abagnale, Jr. (whose life story was featured in the movie, "Catch Me If You Can") late last year, and we learned so much about protecting ourselves and our money from such an amazing expert!

Continuing with his safety tips, he issued a special caution about our home mailbox use. Gone are the days of putting up the "flag" on the box as a notification to the carrier that mail to be delivered was inside.

Thieves are now searching the neighborhoods for these "signals" and our checks are not safe in our own mailboxes.

The only secure way to mail checks is directly at the post office. Further, the mailboxes at the post offices have been robbed at nearby locations, so we urge you to go inside of the post office itself to mail payments safely.

We all work so hard for our money, and we need to be diligent about protecting it at every turn!





**LEONARD F. ANGLIS, D.D.S.**  
IMPLANT AND RESTORATIVE DENTISTRY  
2146 Karwick Road • Michigan City, IN 46360  
1549 S. Court St., Suite C, Crown Point, IN 46307

Hello Friends,

So many of our patients' goals revolve around finally being able to eat the foods and to drink the drinks they enjoy!

Whether it's a steak dinner, nachos at a party, or chilly cold ice cream, we want you to savor every bite!

If your teeth are bothering you and limiting you from the food and drinks you love, please call us today at 1.877.526.4547 so we can smoothly and easily solve your problems!

Truly,

Dr. Leonard Anglis and Team

P.S. This is one of my favorite treats, an affogato! A shot of espresso buried in vanilla ice cream!



**LEONARD F. ANGLIS, D.D.S.**  
IMPLANT AND RESTORATIVE DENTISTRY

2146 Karwick Road • Michigan City, IN 46360  
1549 S. Court St., Suite C • Crown Point, IN 46307

STANDARD MAIL  
US Postage  
**PAID**  
Permit No. 26  
Hebron, IN



All-on-4® treatment concept  
Center of Excellence

