



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

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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!

Ben Franklin Quotes To Share With You!:

“Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.”

“Three may keep a secret, if two of them are dead.”

“Well done is better than well said.”

“He that falls in love with himself will have no rivals.”

“An investment in knowledge always pays the best interest.”

“Never ruin an apology with an excuse.”

“Tell me and I forget
teach me and I may
remember, involve me
and I will learn.”

DENTAL IMPLANTS? At My Age?

What is your age? Are you in your 20’s, 30’s, 40’s, 50’s, 60’s, 70’s, 80’s, or 90’s?

The answer is: Yes, dental implants will benefit you at any age! The sooner you receive them, the longer you will reap their rewards!

The successful placement of dental implants does not rely upon your age, but upon your health! If you heal well and are taking good care of yourself, the chances are in your favor that you can have dental implants to replace your missing teeth.

Let us say that you have discussed this possibility and decided against this investment in your good health. What will the outcome be?

Typically, the loss of one tooth that is not replaced leads to the loss of other teeth as well since they are now free to tip and shift and move out of alignment. These changes will adversely affect your chewing, and then, your digestion will suffer. At what age do you not want to be able to eat favorite foods? There is no age at which we want to be limited in proper eating and digestion.

The choice not to replace missing teeth leads to additional tooth loss and a change of appearance. When teeth are not replaced, our facial muscle and structure collapses and makes us look much older than we are. At what age do you want to look older? We all want to have a youthful appearance for as long as possible, don’t we?

These are the reasons that this question can surprise us---“Should I get dental implants at my age?” More often than not, it is asked by younger patients in their 50’s while our 80- and 90-year olds want to enjoy every meal and look their best at all times!

If you would like to discover more about the benefits of dental implants, please call our tropical resorts today at 1.877.526.4547, and we will mail you a complimentary copy of Dr. Anglis’ book, “Why You Might Not Need Dental Implants”--we know you will enjoy it!



WINTER TRAVELS can be exciting, whether NEAR....

You may decide on a “staycation” which is defined as staying at home and participating in leisure activities within the driving distance of our homes. THEFOODELLERS online newsletter encourages all of us to disconnect our phones, not set our alarm clocks, and to avoid reading any office news during our staycations.

A staycation can last from one to fourteen days, and one choice for an adventure includes becoming a tourist in our own hometowns--we should check out new restaurants, historical sites, and restaurants. We can also try a new fitness class -- an exercise that is out of our ordinary routine. It’s also a great idea to book a “spa day” to get that massage we really need.

It is also an opportunity for us to volunteer at a local charity--maybe we will be able to help others on a regular basis soon.

We can additionally schedule a cooking class or try out a new recipe. This is the time to be leisurely since our schedules are so much more relaxed.

When we are ready for company, we can host a themed supper party and ask our loved ones to bring their favorite dishes, or we can host a movie night and provide snacks and treats for our group!

Finally, a staycation is the time to catch up on our rest and to get some sleep! There is no better way to recharge!



.....Or Far!

When seeking a great place to visit during the winter months, Sedona, Arizona fits the bill! It is less crowded during January and February, and there are deals to be had on room rates! The temperatures are much milder than at home with highs in the 60’s and lows in the 30’s.



The stunning scenery with red rocks covered in snow offers similar activities year round! In wintry months, the sun is shining brightly for all of our hiking and exploring trails in the area. Jeep tours are available as well. There are spas nearby and many dining and shopping options, too! If this sounds interesting, tripadvisor.com offers an only-in-winter guide to Sedona!

A Winter Favorite: Leeks and Potatoes

In January, the freshest leeks and potatoes are available, and they are especially comforting in this baked casserole!

Ingredients

1. 2 tablespoons butter, plus more for the dish
2. 2 leeks, halved, thinly sliced and soaked in cold water for 30 minutes
3. 3 sprigs fresh thyme, leaves picked
4. Kosher salt and freshly ground black pepper
5. 2 pounds Yukon gold potatoes
6. 8 ounces cream cheese, softened
7. 1/2 cup heavy cream
8. 1/2 cup chicken stock
9. 2 cloves garlic, minced
10. 1/4 teaspoon paprika
11. 1 1/2 cups grated fontina cheese

Directions

- Preheat the oven to 350 degrees F. Butter an oval baking dish. Drain the leeks and rinse.
- In a large skillet, melt the butter over medium heat. Add the leeks and thyme, season with salt and pepper and cook, stirring, until the leeks are softened and golden, 5 to 7 minutes.
- Peel and slice the potatoes into very thin rounds. Sprinkle with salt and pepper. Layer half of the potatoes in the buttered dish, then layer half

of the cooked leeks over the potatoes. Repeat the layers.

- Return the skillet to medium heat and add the cream cheese, cream, chicken stock and garlic. Stir together, scraping up any brown bits from the bottom of the skillet. Sprinkle with the paprika and some salt and pepper. Bring to a boil, lower to a simmer and simmer for about 5 minutes so the cheese melts. Pour the cream mixture over the leeks and potatoes and top with the grated cheese.
- Cover with foil and transfer to the oven. Bake for 40 minutes, then remove the foil and continue baking until the cheese is bubbly and golden, 15 to 20 minutes more. Allow to cool slightly before serving.



Recipe retrieved from the Food Network website. Find out more about this recipe at: <https://www.foodnetwork.com/recipes/ree-drummond/leek-and-potato-casserole-3531764>

4 Ways to Keep Your Teeth Healthy in 2025

1. Brush Your Teeth More Often

The American Dental Association recommends brushing twice daily, if not after every meal. Strive to brush for 2 minutes each time to remove any food particles or plaque that can lead to decay, infections, and bad breath.

2. Don't Forget to Floss Daily

50% of Americans have gum disease, which is a leading cause of tooth loss and linked to many health issues, like heart disease and Alzheimer's disease. Brushing alone can leave 40% of your teeth's surfaces uncleaned. Daily flossing removes plaque from between your teeth that your toothbrush can't reach. Use high-quality floss at least once per day to keep your gums healthy.

3. Cut Back on Sugars and Starches

92% of adults have had at least one cavity, despite being preventable. Besides a good oral hygiene routine, cutting back on sugars and starches can lower your risk of tooth decay. If you can't resist your sweet tooth, brush your teeth after you've finished.

4. Drink More Water

Your mouth and body rely on staying hydrated. Healthcare professionals recommend drinking at least eight 8-oz glasses of water daily. Hydration is important for keeping your mouth moist. A dry mouth is a perfect environment for harmful oral bacteria to multiply.

You can invest in a healthy mouth and body in 2025 by giving your smile the attention it deserves.




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Hello Friends,

As we begin 2025, I am very optimistic about what this year will hold for all of us!

I am first and foremost a student and I am always learning about new and better ways in which to serve you and your loved ones!

I wanted to share this photo of myself holding a huge dental implant since it is the best prop I have seen in a while! After my most recent continuing education course, I was happy to pose with a huge zygomatic dental implant!

Over thirty years, I have placed nearly every size, length and shape of dental implant available, and, in the past couple of years I have placed these extra long implants for people who do not have a lot of bone in their upper jaws.

We are all so Blessed to live during this time of amazing technology, and I look so forward to serving all of you in the New Year!

Happy 2025!

Dr. Leonard F. Anglis



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