



LEONARD F. ANGLIS, D.D.S.

IMPLANT AND RESTORATIVE DENTISTRY

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

2146 Karwick Road • Michigan City, IN 46360

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July/August 2022

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!

Dr. Anglis' Favorite Movie Quotes!

Like many of you, Dr. Anglis has favorite movies that he enjoys watching over and over for entertainment and inspiration!

Here are some quotes from a few of his favorite movies to share. Perhaps they are favorites of yours as well!



Quotes of the Month

"Keep your friends close, but your enemies closer."
The Godfather, Part II, 1974

"You can't handle the truth!"
A Few Good Men, 1992

"Houston, we have a problem."
Apollo 13, 1995

"My mama always said life was like a box of chocolates. You never know what you're gonna get."
Forrest Gump, 1994

"You're gonna need a bigger boat."
Jaws, 1975

"Just keep swimming."
Finding Nemo, 2003

"Here's looking at you, kid."
Casablanca, 1942

Is Gum Disease Contagious?

The answer is a resounding "Yes!" Gum (or periodontal) disease is contagious since its bacteria are so toxic causing inflammation inside your mouth and throughout your body. If you have been diagnosed with gum disease and it has not been treated yet, please consider visiting us for our professional services to combat this disease. There are a number of choices available to you including laser treatment, professional therapies, specially formulated medicaments and frequent continuing care appointments prescribed for you.

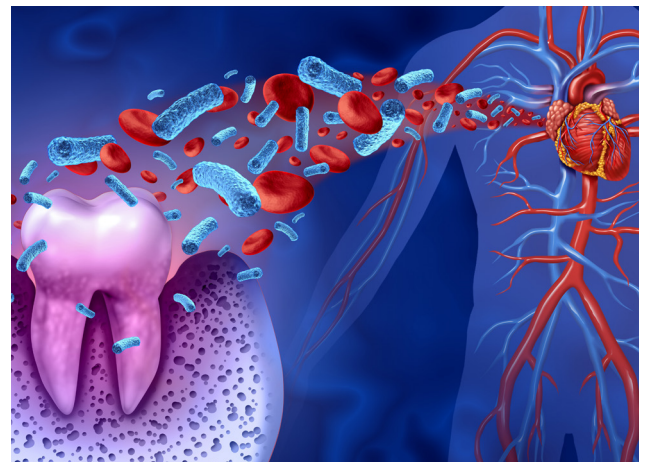
*Yes, there are **no appointments here** featuring "only a cleaning"---our continuing care appointments are so much more and are specifically customized to your individual needs!*

Even without a diagnosis, if you are experiencing swollen tissues, bleeding tissues, or metallic-types of taste inside your mouth, it's essential for your well-being to see us as soon as possible to solve these problems. The inflammatory toxins inside your mouth will spread to other parts of your body. Inflammatory diseases include heart disease, type 2 diabetes, Alzheimer's Disease, and certain cancers. **We want to break any link that connects you to any of these diseases with our professional treatments!**

Between spouses, one can spread this disease unknowingly to the other. Even within casual contact inside our homes, this contagious disease can even be spread by sharing utensils during meals.

You deserve to be healthy and so do your loved ones!

**Please call us today at
1.877.526.4547!**



We are so honored to serve!

As you may know, Dr. Anglis has been serving his patients in Lake, Porter, and LaPorte counties in Indiana and Southwestern Michigan for over forty years now! Members of our patient family have also traveled from **South Carolina, Florida, New Jersey, and New York!** We all think about how many other dental offices they have driven by or flown over to come and see us in our tropical dental resorts and we are so humbled and grateful.

As a matter of fact, Dr. Anglis has served the needs of **50** other dentists' patients in our area and beyond during his years of practice! Many of those **50** dentists and their family members have chosen Dr. Anglis for their dental implant needs as well, and he remains honored to serve them!



Ultimate Brunch Ring

Ingredients

- 4 slices of bacon
- 4 eggs
- 1 package of shredded Mexican Cheese Blend
- 1 8-oz. can Pillsbury crescent rolls
- 1 tomato
- 1 avocado

Directions

1. Set oven to 375°F.
2. Cook bacon until it's slightly undercooked and set aside. (It'll finish in the oven)
3. Scramble eggs until they are just undercooked. (They'll finish cooking in the oven)
4. Open the crescent rolls.
5. Arrange triangle pieces in a ring by connecting the short sides of each triangle segment with the points facing outward.
6. Place a small piece of bacon onto each triangle segment.
7. Place eggs on top of bacon pieces.
8. Sprinkle generously with the shredded cheese.
9. Fold over each corner towards the center. Seal ring by pressing the dough into the short edge on the inside of the ring.
10. Bake for 20 minutes.
11. Garnish with chopped tomato and avocado.
12. Slice and serve.



Recipe taken from Spoon University. See the whole recipe with video instructions at: <https://spoonuniversity.com/recipe/ultimate-egg-bacon-cheese-avocado-brunch-ring>

BENEFITS OF VITAMIN D₃

With the late sunsets of the summer months, now is the perfect time to soak up some rays and help your body generate more Vitamin D. Also known as the “sunshine vitamin”, Vitamin D is most readily produced through sunlight contact on skin, but can also be found in some foods like fish and mushrooms. Vitamin D plays a vital role to much of your body’s physical health though and a lack of it in your body can leave you feeling less than your best. It’s a good idea to check your levels of D₃ with annual bloodwork. Many of us utilize daily supplements of at least 2000 mg of Vitamin D₃.

Some benefits include:

It strengthens the immune system.

One of the most important Vitamin D benefits is its important role in maintaining and strengthening the immune system. It stimulates the production of T-cells and helps to promote a proper response to infectious pathogens, including viruses, bacteria and fungus.



It may improve brain function.

Scientists have connected Vitamin D with numerous important functions in the body, including how the brain functions. Vitamin D benefits you by playing a role in activating



and deactivating the synthesis of neurotransmitters, as well as nerve growth and repair.

It might reduce the risk of heart disease.

An increasing number of studies have indicated that a deficiency in Vitamin D is a risk factor for developing high blood pressure, heart disease, and heart attacks. Improving Vitamin D levels can help to reduce the risk of developing heart disease and the symptoms that are associated with it.



More information about the benefits of Vitamin D can be found in “What Is Vitamin D and Where do You Get It?” at <https://charmaustin.com/10-surprising-vitamin-d-benefits/>

Update: Changes in Medicare Advantage Plans

We have a note of information to share regarding Medicare Advantage Plans and our offices.

We have never been a provider for Medicare services and because of this, Medicare Advantage Plans have not paid any benefits for services here.

Recently, these plans were directed to pay both Medicare-participating and non-participating dental offices benefits to patients.

In the future, this change may allow you to have benefits paid for dental treatments in our offices if you have a Medicare Advantage Plan.

Our Mission: Alzheimer’s Disease Prevention

If you have been a part of our patient family for any amount of time, you may know that our philanthropic efforts focus on the Alzheimer’s Association as it works to prevent, treat, and eventually cure Alzheimer’s Disease in our lifetimes.

On Tuesdays, we wear purple scrubs emblazoned with the Alzheimer’s Association logo to honor those loved ones within our own families and our patients’ families who are fighting or who have fought this challenging and most difficult battle. In particular, we honor Dr. Anglis’ Mom, Monica, who was afflicted with this disease for many years.

Once again, we are **Premier Sponsors** of the **2022 Walk to End Alzheimer’s Event** which will take place in three counties this year:

September 18th -- Lake County in Highland at Wicker Park

October 1st -- LaPorte County in Michigan City at Washington Park

October 2nd -- Porter County in Valparaiso at Central Park Plaza

If you are able to attend any of these events, we are sure that you will be inspired and humbled by the courageous people you encounter!



ALZHEIMER'S DISEASE
AWARENESS



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Hello Friends,

While many of us were growing up, fine dentistry was considered to be a luxury--not a necessity. And, by "fine" I mean comprehensive, complete restorative dentistry that prevents problems and enhances overall health.

Within my extensive years of practice, it has been proven again and again that great dental health benefits the rest of the body as it reduces overall inflammation and systemic infections.

Please remember that your health and longevity remain our top priority as we deliver these essential, necessary services to you and those you love!

We are honored and grateful to serve you!

Truly,

Dr. Leonard F. Anglis



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