



LEONARD F. ANGLIS, D.D.S.

IMPLANT AND RESTORATIVE DENTISTRY

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!

Favorite Quotes from Jeopardy's Alex Trebek!

Like many of you, one of Dr. Anglis' favorite shows is Jeopardy! The loss of Alex Trebek has certainly changed the show, and so we remember him fondly with his famous quotes.



Quotes of the Month

"Don't tell me what you believe in. I'll observe how you behave and I will make my own determination."

"It's very important in life to know when to shut up. You should not be afraid of silence."

"I'm curious about everything---even things that don't interest me."

"We are all experts in our own little niches."

"Please phrase your answer in the form of a question."

Laser Therapy At Its Finest!

While lasers have been around for many years, our New Millennium technology featuring the LANAP laser is the safest and most effective, and the first to receive a rigorous FDA approval!

The utilization of the LANAP laser requires significant continuing education and advanced training which Dr. Anglis completed prior to providing services here. We are thrilled to now offer this state-of-the-art technology to those of you with periodontal or gum disease issues.

Did you know that more than **half of all adults** aged 35 – 69 have some type of periodontal(gum) disease? The consequences of untreated gum disease can be severe causing tooth loss—as a matter of fact, it is the leading cause of tooth loss.

If you have been a patient here with us for any amount of time, you will know that we discuss ways to protect entire body health through fine dentistry, and that we seek strategies to build immunity.

Untreated gum disease adversely affects the rest of our body and it is always insidious in the damage it inflicts. In studying Alzheimer's Disease, **this bacteria type has been found inside the brains of deceased patients.** Active gum disease presents an increased health threat since it puts patients at a **three to four times greater risk of stroke** and **twice as likely to experience heart disease.** For our patients diagnosed with COPD, periodontal disease **worsens this condition,** and increases the **incidence of pneumonia, bronchitis, and emphysema.** When gum disease is present, there is a **greater risk of osteoporosis, oral cancer, and pancreatic cancer.** If you have been diagnosed with **diabetes,** your risk of gum disease **increases by 22%.** If you have been diagnosed with **rheumatoid arthritis,** you are **eight times more likely to have gum disease** as well.

Our goal is to break the link of gum disease which connects you to any of these serious, life-threatening diseases, and the LANAP laser is a wonderful weapon to use against gum disease! The laser eradicates diseased cells and regrows bone and tissue that was once lost to gum disease. This particular therapy requires no incisions and no suturing. We have observed remarkable results and remain grateful for this amazing technology we are now able to share with all of you!

Health Benefits of Onions

Onions are known for flavoring those delicious, savory dishes and making the toughest chefs shed a tear, but did you know that they were also nutritious? It's true! These flavorful bulbs contain a ton of nutrients that are essential for our overall well-being. Even though they're not super colorful like other vegetables that often steal the spotlight, they actually deliver a lot of nutrition. Plus, there are so many ways to enjoy onions as part of your diet—whether you're adding them to a salad, using them as the base for a soup or stir-frying them with a yummy sauce.

Read more about the health benefit of onions here: <https://www.eatingwell.com/article/7872319/health-benefits-of-onions/>

French Onion Soup

Ingredients

6 large red or yellow onions (about 3 pounds), peeled and thinly sliced root to stem (about 10 cups of sliced onions total)

4 tablespoons extra virgin olive oil

2 tablespoons butter

1 teaspoon sugar

Kosher salt

2 cloves garlic, minced

8 cups beef stock, chicken stock, or a combination of the two (traditionally the soup is made with beef stock)

1/2 cup dry vermouth or dry white wine

2 bay leaves

1 tablespoon fresh thyme leaves (can also use a few sprigs of fresh thyme) OR 1/2 teaspoon dried thyme (more to taste)

1/2 teaspoon freshly ground black pepper

2 tablespoons brandy (optional)

8 slices (1 inch thick) French bread or baguette

1 1/2 cups grated Gruyere

Sprinkling of Parmesan

Directions

1. Caramelize the onions: In a 5 to 6 quart thick-bottomed pot, heat 3 tablespoons of olive oil on medium heat. Add the onions and toss to coat with the olive oil.
2. Cook the onions, stirring often, until they have softened, about 15 to 20 minutes.
3. Increase the heat to medium high. Add the remaining tablespoon of
4. Sprinkle with sugar (to help with the caramelization) and 1 teaspoon of salt. Continue to cook until the onions are well browned, about 10 to 15 more minutes.
5. Add the minced garlic and cook for a minute more.
6. Deglaze the pot with vermouth or wine: Add the wine or vermouth to the pot and scrape up the browned bits on the bottom and sides of the pot, deglazing the pot as you go.
7. Add the stock, bay leaves, and thyme. Bring to a simmer, cover the pot and lower the heat to maintain a low simmer. Cook for about 30 minutes.
8. Season to taste with more salt and add freshly ground black pepper. Discard the bay leaves. Add brandy if using.
9. While the soup is simmering, line a sheet pan with parchment paper or



10. Brush both sides of the French bread or baguette slices lightly with olive oil (you'll end up using about a tablespoon and a half of olive oil for this).
11. Put in the oven and toast until lightly browned, about 5 to 7 minutes. Remove from oven.
12. Turn the toasts over and sprinkle with the grated Gruyere cheese and Parmesan. Return to oven when it's close to serving time and bake until the cheese is bubbly and lightly browned.
13. To serve, ladle soup into a bowl and transfer one cheesy toast onto the top of each bowl of soup.

Recipe taken from Simply Recipes. See the whole recipe with tips and tricks at: <https://www.simplyrecipes.com/recipes/french-onion-soup/>

How Healthy Is Your Brain?

Of course, we all want to have healthy brains that are fully functioning to serve us well each day! In the April 2022 Edition of the Harvard Men's Health Watch, Dr. Rudolph Tanzi who is the Co-Director of the McCance Center for Brain Health at Massachusetts General Hospital explained that there are four areas which have the greatest effect on our cognitive function. The great news is that we have complete control over each factor!

The habits that lead to decline in cognitive function include too much sitting, lack of socializing, inadequate sleep, and chronic stress.

First, when we **sit too long**, it affects an area in our brains that controls memory. People who sit for the longest periods of time tend to have the thinnest regions in their brains in this memory zone. This "thinning" can lead to cognitive decline and dementia. Dr. Tanzi suggests that, after half an hour of sitting, we move our bodies by walking or quickly exercising in some way.

Second, when we **do not socialize with others**, we lose more of the gray matter which is the outer layer responsible for processing information. It's essential for our brain health to connect with others on a regular basis whether in person, by phone, text, or computer. These interactions benefit us socially, mentally, and spiritually

when we select those who support and encourage us as well!

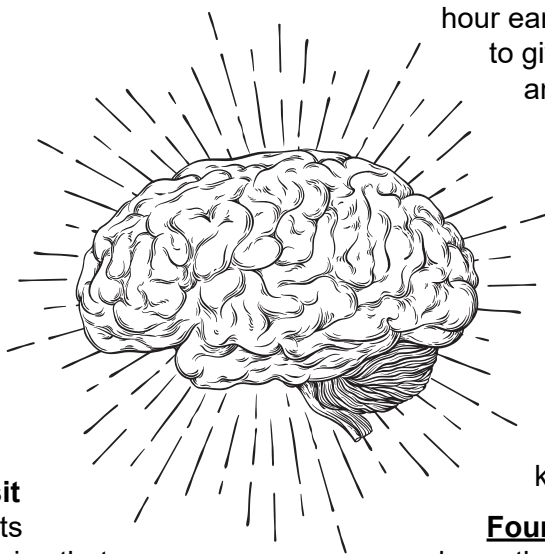
Third, Dr. Tanzi explains that almost one-third of our population does not get enough sleep. Regardless of our age, it is still recommended that we each get seven or eight hours of sleep each night. **Without adequate sleep**, our cognitive skills including memory, reasoning, and problem solving will decline. To combat this situation, Dr. Tanzi suggests going to bed an hour earlier than usual

to give your brain and body more time to relax.

Reading before bed is fine, but we should avoid watching TV or using our laptops since that stimulation can keep us awake.

Fourth, did you know that chronic stress kills brain cells and shrinks the area responsible for memory and learning? We all want to avoid that, so we need to work to be flexible with our reactions to challenges. If we tend to get upset easily, we need to take some deep breaths, remind ourselves that we don't always know what is best, and that other approaches might be fine. It's to our benefit to tame our egos and stop stress before it gets out of control.

We know that all of these suggestions are easier said than done, but when it comes to protecting our valuable brains, it is always worth the effort!



All-On-Four Treatment Concept Center of Excellence!

Dr. Anglis was so honored to receive the designation of "Center of Excellence" for his tropical dental resorts! Did you know that we are the **only** Family Dentistry Implant Practice in our area to receive this honor? It is all due to your support and trust in Dr. Anglis and his team!

Thank you so much!!!

What's in the Mail Today?

That's the daily question in our homes, isn't it? We are always eager to check our mailboxes — especially if we are waiting for something important!

There is a free service now offered by the United States Postal Service called informed delivery. When you sign up for this service online at USPS / Informed Delivery, you will receive daily e-mail updates containing pictures of the mail including letters and packages that you will receive that day. There is a limit of one person per home who can list an e-mail for this service.

When you are out of town, it's a very useful tool to ensure that you do not miss important pieces of mail and packages.





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Hello Friends,

During my dental career, some questions have repeated themselves over the years.

One of the questions I often hear is "Are you still taking new patients?"

My team and I definitely continue to welcome new patients each week!

As a matter of fact, there is no greater compliment that I can receive than meeting your friends and family members!

There might be some of you who are concerned that I might get too busy, and not have time for you, but I want to assure you that I have created a schedule that ensures your time here with me!

Thank you so much for your continued support of me and my tropical dental resorts!

Truly,

Dr. Leonard F. Anglis



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