Why our practice may be perfect for you and your family

We ensure the dentistry patients receive is the very best, completed with the care and respect they deserve. Our every-day goal is to ensure we provide a positive comfortable experience, ensuring a lifetime of dental health and beautiful smiles!

1. Our consistent high level of quality dentistry using the latest state-of-the-art advances is complemented by exceptional customer service.
2. Beautiful natural-looking restorations including crowns, bridges, veneers, implants, tooth-colored fillings, & dentures.
3. Convenient & effective 1-hour tooth whitening. Get ready for spring!
4. Cosmetic fillers ease mouth wrinkles & folds for a more youthful you.
5. On-time appointments ensure you don’t have to wait. We value your time and respect your busy life!

Our friendly team cares about your health and wants to help you achieve your most-beautiful healthy smile. We look forward to welcoming you to our practice!

MOST INSURANCE PLANS ACCEPTED!

CALL US TODAY FOR YOUR APPOINTMENT  201-254-3432

TEETH WHITENING OFFER*

$150 off  Reg. $650
Includes take-home whitening trays.

NEW PATIENT SPECIAL*

now $99  Reg. $195
Full exam, x-rays (4), & regular cleaning.

CHILDREN’S SPECIAL*

now $69  Reg. $165
Exam, cleaning, x-rays, & fluoride treatment.

*If you have dental insurance, please call for details.
Healthy Mouth  Healthy Body

Run toward your healthy future

Did you know that science has linked gum disease with heart disease and stroke, kidney disease, respiratory diseases, cancers, diabetes, arthritis, and complications of pregnancy? You can protect yourself by...

- **Good home care** – Brush twice a day and floss once a day to remove oral bacteria, an invisible microbial film called plaque that builds up on your teeth 24/7. If allowed to proliferate, it will alter the bacterial balance in your mouth and allow harmful bacteria to cause cavities and gum disease.

- **Regular dental appointments** – Once plaque hardens into a yellowish substance called tartar, professional cleaning in the dental office is the only way to remove these damaging hard deposits. Left untreated, tartar will lead to gum disease.

The mouth is the gateway to the body and provides health care providers with an invaluable window to their patients’ general health status. You cannot be healthy without oral health – oral and general health are inseparable.

Let us help you to make choices that will keep you and your family healthy and happy. Our practice is always pleased to welcome new patients.

Cyberchondria Or cyber smart?

Eight out of ten Internet users have looked online for health information on various topics. That means that there are more than 7 million North Americans searching on the web every day. No wonder *cyberchondria* has entered the lexicon.

Originally coined exclusively for a group of individuals totally focused on checking their symptoms on the Internet, the term is often used to describe most self-directed health research.

What’s the trick to staying cyber-informed without feeling overwhelmed by inflammatory headlines and unconfirmed data? No trick. No unnecessary anxiety. You can rely on us – your personal smile-consulting team. We will be happy to answer your questions and discuss your oral care options with you. Call our practice today.
Bite Back!

Strong beautiful crowns will restore your smile

If you consider the daily stresses on your teeth, it’s not surprising that both natural teeth and fillings wear out. The average biting force of back teeth is approximately 170 pounds of pressure ... which may cause a tooth to develop tiny cracks or to become chipped ... which may cause fractures over time. To prevent this, we may suggest that you support the cracked or chipped tooth with a protective porcelain crown that will match the shade, contours, and individual characteristics of your other teeth.

- A crown is an artificial cover for a tooth and is used to restore a decayed or damaged tooth to its normal shape and size.
- We can use crowns to stabilize teeth loosened by gum disease by connecting them to neighboring teeth.
- In some cases we may suggest a crown for a tooth that is cracked or compromised, to help keep it from further harm.
- We can replace old crowns with new porcelain crowns for ultimate esthetics.

Call for a consultation today.

The benefits of crowns include stability, security, durability, and longevity.

Keep This Newsletter

Be prepared

The most common type of dental emergencies usually involve a chipped, broken, or knocked-out tooth. Immediate treatment is vital to reduce discomfort and to save the tooth if possible. Bring the patient to our dental practice or go to a hospital for an evaluation and treatment. It’s always wise to be ready ahead of time for the unforeseen.

Here are our suggestions to be prepared for emergency dental care:

- post our phone number
- keep sterile saline solution available to bring a knocked-out tooth to our practice
- have sterile gauze or cotton.

Many mouth injuries can be prevented, especially those that happen playing sports. Ask us about custom-fitted mouthguards that we can make for you right here at our practice.

Strengthen Your Teeth

With protein & green veg

Your tooth enamel is the hardest substance in your body and if you want to keep it strong and cavity-free, you need foods that are high in protein. This is because protein contains phosphorous which is essential for strong teeth and bones.

Fortunately, protein-rich foods are readily available and come in a wide variety to suit your budget and lifestyle. Meat, fish, and eggs are a good source, and so are beans, tofu, and green leafy vegetables.

Avoid enamel-destroying sugar treats and practice good home care routines. Brushing twice a day, flossing once a day, and keeping regular dental visits will help your teeth – and your beautiful smile – last your entire lifetime!
Meet Dr. Malke...

In 2001, Dr. George Malke established this practice with his wife Nadia, our Office Manager, in their favorite New Jersey neighborhood. Dr. George has a well-deserved reputation throughout the Saddle Brook community for his dedicated service, great work, and his happy and outgoing friendly personality.

Dr. George earned his dental doctorate at Columbia University of New York in 1993 and has been practicing ever since. He’s devoted to continuing education and is a member of the Academy of General Dentistry. Each year he attends lectures and hands-on seminars to keep up-to-date on all the exciting new technologies that modern dental science has to offer. He delights in bringing this knowledge back to his practice and to his patients.

Knowing that his patients’ lives are busy, Dr. George makes their visits as relaxing and comfortable as possible, and he’d love to do that for you too! He and his team really look forward to meeting you! Our doors are open!

FREE COSMETIC CONSULTATION
Call 201-254-3432 for details!

OUR MOTTO FOR EVERY PATIENT IS SIMPLY...
“WE CARE”!

Most Insurance Plans Accepted!
- We will file your insurance claims for you, making it easy for you!
- No-interest financing & payment plans available through CareCredit®.
- Little or no out-of-pocket costs for insured patients!

Conveniently serving Saddle Brook & area
- Easy access – we’re just off I80!
- Whitening, porcelain veneers, white fillings, & natural-looking restorations to brighten your smile.
- Digital x-rays & technologies for more accurate diagnosis, comfortable treatment, & safety.
- Dental implants to replace one or more missing teeth. Smile, eat, & talk with complete comfort.
- Convenient evening & Saturday appointments!

★★★★★ “Very accommodating. Clean office. Great Dentist and staff!!! Would totally recommend. There is nothing Dr. Malke can’t do!!” – Anonymous

★★★★★ “Always a pleasant experience with Dr. Malke and the crew!” – Melissa H.

★★★★★ “Great dentist who cares about his patients.” – Anonymous