



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

LEONARD F. ANGLIS, D.D.S.

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IMPLANT AND RESTORATIVE DENTISTRY

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My Treasured Family of Patients:

Over 43 years ago, I made the commitment to all of you that I would provide you with the highest level of comprehensive dentistry, and I work towards that goal every day utilizing state-of-the art procedures, techniques, and therapies. I have completed over 3000 hours of continuing education in my career, and I am attending courses monthly to remain current in all information so that I may continue to serve you well.

I began providing dental implant services over 33 years ago to all of you and to all of the patients referred to me by trusted colleagues throughout the United States. I have worked diligently to become that doctor for other doctors and their patients and have provided treatment for over 50 dentists and their families in the process.

All of my certifications and credentials are complete, and I have successfully placed thousands of dental implants of every type including All-On-Four Dental Implant Treatment and Zygomatic Implants. My practice has been honored with the distinction of Excellence in each of these arenas of complex care.

As Structural Columns in a Building, My Four Promises to my My Family of Patients remain unchanged ----

1. To respect you first and foremost, and to listen to you, and understand your story without judgment so that I may provide complete and gentle care to you in a safe and comfortable environment.
2. To deliver expert care that is supported by 43 years of experience and thousands of hours in continuing education. There is nothing I have not seen and no dental problem I have not solved.
3. To provide complete dental implant treatment here under one roof so that you are not moving from office to office trying to communicate with a multitude of people.
4. To work with and to communicate clearly with your referral dentist or other dental specialists so that your care is smooth and seamless.

I look forward to serving you and those you love with the highest levels of compassion, dedication, and integrity!

Dr. Leonard F. Anglis



All-on-4[®] treatment concept
Center of Excellence



Certified by the
American Board of Oral
Implantology/Implant Dentistry

Certified Center of
ZYGOMATIC EXCELLENCE

2024

ABSOLUTELY! Dr. Anglis sure does provide family dentistry!

Our family of patients all know that Dr. Anglis has placed thousands of dental implants during his career, and so many of them have one or more of his strategically placed, artistically designed implants!

Hundreds of our patients are enjoying the unbelievable benefits of our magnificent All-On-Four dental implant treatment replacing one or both arches of teeth! We have been Blessed and Honored to serve our own patients and the patients of colleagues from fifty other dental practices throughout Dr. Anglis' career, so he has truly seen it all! He has been able to quickly, easily, and smoothly solve a myriad of dental problems!

Some of you have inquired as to Dr. Anglis' additional dental services that are offered to patients, and yes, he certainly does provide family dentistry as well as implant dentistry!



Whether you are in need of cosmetic dentistry from bleaching and whitening to our gorgeous veneers or fabulous crowns, he is an expert in upgrading and magnifying beautiful smiles! All under one tropical roof, Dr. Anglis delivers everything from extractions to implant placement to complete reconstruction and laser therapy for those who come to us "dentally exhausted" (our own catchphrase!) from failed treatments or after many years away from dental care.

Our dental hygiene team is first rate in their expertise, experience, and advanced training, and they will work with you to maintain the investment you have made in your dental treatments.

When you are here with us, you are important and valuable. You are not a number or just another face. You become part of our family of patients and we treat you as such! We are focused on delivering the finest and most comfortable care within our tropical dental resorts!

The Power of Protein!

There are ten reasons for us to eat more protein according to healthline.com. Whether we choose salmon, beans or eggs, the benefits are worth considering for all of us!

- 1. Protein Reduces Appetite and Hunger Levels** — Between fats, carbohydrates, and proteins, protein is the most filling and helps us to feel fuller with less food. There is an improved weight-regulating hormone activity when we eat protein so our hunger is reduced.
- 2. Protein Increases Muscle Mass and Strength** — Since protein is the building block of our muscles, a higher intake can help us to build muscle mass while we are losing weight.
- 3. Protein is Good for Your Bones** — People who eat more protein maintain bone mass better as they age and even have a lowered risk of osteoporosis and fractures. For women, this is especially important after menopause.
- 4. Protein Reduces Cravings for Late-Night Snacking** — When we eat more protein, it reduces our desire for snacking later in the evening, and even a high-protein breakfast can have a profound effect throughout the day.
- 5. Protein Boosts Metabolism and Increases Fat Burning** — When we eat a high-protein diet, our metabolism is significantly boosted and it increases the number of calories we burn.
- 6. Protein Lowers Your Blood Pressure** — A high-protein diet can lower blood pressure and LDL (bad) cholesterol and triglycerides, too.
- 7. Protein Helps Maintain Weight Loss** — Since a high-protein diet boosts our metabolism and reduces our caloric intake and cravings, many people lose weight instantly by adding more protein.
- 8. Protein Does Not Harm Healthy Kidneys** — While protein can cause harm to people with kidney problems, it does not adversely affect those with healthy kidneys.
- 9. Protein Helps Your Body Repair Itself After Injury** — When we eat more protein after an injury, we recover faster since it forms the main building blocks of our tissues and organs.
- 10. Protein Helps You Stay Fit As You Age** — Eating more protein is one of the best ways to reduce age-related muscle deterioration and to prevent sarcopenia. It reduces muscle loss associated with aging.



Seven Steps To Winter Wellness!

According to Mayo Clinic Online, there are seven essential steps to staying healthy over the holidays, and we all need to follow these suggestions so that we can enjoy our celebrations with family and friends!

- 1. Drink Water** — Even though there are other great winter drinks like hot cocoa and cider, water is always the best choice since it keeps us hydrated and healthy. Try to drink a glass of water with and between each meal to help fight off germs and to keep your system functioning well.
- 2. Stress less** --- Easier said than done, right? We need to stay focused on our holiday traditions, and not worry about the rest. It's good to relax when we can!
- 3. Sleep enough** — Please try to stick with your regular sleep schedule as much as possible. Good sleep is so valuable to preserving our health! We must try to avoid large meals or caffeine before bedtime so that our sleep is not interrupted.
- 4. Dress warmly** — As we have always heard, heat does leave our bodies in the cold so we must cover our heads and ears, wear warm socks, and layer in loose, warm clothing. If our clothes do get wet from rain and snow, we need to quickly change them.
- 5. Limit time in the cold** — We need to pay attention to weather forecasts and wind chills and frostbite warnings and dress accordingly. If we experience any signs of hypothermia like intense shivering, slurred speech, or loss of coordination, we need to seek medical help immediately. The same is true for signs of frostbite like pale or red skin with numbing and tingling. Please be sure to pack emergency kits in your vehicles to keep safe while driving, too.
- 6. Exercise** — Choosing to exercise regularly helps us mentally and physically. If we are outside, we need to layer appropriately and not get overheated while exercising. Indoors, there are lots of exercise options--especially when the weather is extreme. Whether we select exercise equipment or an online fitness program, we will feel much better when we take care of ourselves.
- 7. Keep the Germs Away** — Wash Your Hands! This is the best way to avoid getting sick and to keep germs away. Winter colds and flu are spread so easily when our hands are not clean, so we need to wash frequently. Keep the hand sanitizers at the ready for family and friends as well!



Snappy Pear and Cranberry Crumble

Ingredients

Crumble:

- 1 cup all-purpose flour
- 1 cup finely crushed gingersnap cookies
- 1/4 cup packed brown sugar
- 1/4 cup granulated sugar
- 1/4 teaspoon kosher salt
- 1/2 cup (1 stick) unsalted butter, melted

Filling:

- 4 pounds pears, peeled, cored and sliced 1/4" thick (8 to 10 medium)
- 1 1/2 cups chopped dried cranberries
- 1 cup granulated sugar
- 1/4 cup cornstarch
- 2 teaspoons orange zest plus 2 tablespoons orange juice
- 1 teaspoon vanilla extract
- Butter, softened, for buttering the baking dish

Directions

1. For the crumble: Mix the flour, gingersnap crumbs, brown sugar, granulated sugar and salt in a large bowl. Stir in the melted butter until the mixture has a crumbly texture.
2. For the filling: In a separate large bowl, combine the pear slices, cranberries, granulated sugar, cornstarch, orange zest and juice and vanilla.
3. Brush a 2-quart baking dish with softened butter. Pour the fruit mixture into the bottom of the prepared dish, and sprinkle the gingersnap crumble evenly over the top. Bake until golden brown and bubbly, 40 to 45 minutes.



Recipe created by Trisha Yearwood and retrieved from Food Network. Learn more and watch a video on prep at <https://www.foodnetwork.com/recipes/trisha-yearwood/snappy-pear-and-cranberry-crumble-2666255>



P.S. Here is a photo of me enjoying the last warm October weekend in Michigan City!



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Hello Friends,

In my career, the only regret that I hear from my family of patients over and over is that they wished they had chosen to have their treatment done earlier in their lives. They regret waiting too long.

As a rule, I always advise them to Do It Sooner and Enjoy It Longer! That's great advice for all of us, isn't it? When treatment is beneficial to our health and longevity, we should do it sooner and enjoy it longer!

I wish you and your loved ones a Blessed Thanksgiving, Happy Hanukkah, and a Joyous Christmas, and I look so forward to seeing all of you in 2025!

Truly,
Dr. Leonard F. Anglis



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