

Advances In Dental Care *Update*

Fall 2008

Check It Out

Our new interactive website!

We are very proud to announce the launch of our new website www.advancesindentalcare.com. It offers information about practice, our team, our philosophies, describes our full range of services, includes educational video clips and links to other dental sites. It's been designed with you in mind!

We are always very happy to welcome new patients to our practice, and we welcome your call to schedule an introductory appointment with us!

www.advancesindentalcare.com



**We
welcome
new
smiles!**



**Call (301) 519-3455
for a consultation to
discuss what we can
do for you!**

Advances In Dental Care
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Office Hours

Mon/Tue 9:00 am – 5:00 pm
Wednesday 10:00 am – 6:00 pm
Thursday 10:00 am – 8:00 pm
Friday 8:00 am – 5:00 pm
Saturday 8:00 am – 2:00 pm

Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Emergency dental care
- ❖ Removable & fixed dentures
- ❖ Tooth whitening
- ❖ Dental implants
- ❖ Bonding, veneers, crowns & bridges
- ❖ Hypnosis, nitrous oxide analgesia
- ❖ Treatment for diabetics & chronically ill
- ❖ Root canal therapy
- ❖ Visa, MasterCard, CitiHealth Card, checks, and cash welcome



**Visit our web site at
www.advancesindentalcare.com**

Are Your Teeth As White As You Want?

Get whitening customized just for you!

Get ready to get complimented! Dentistry can give you a whiter smile and offset the dulling effects of the natural ageing process, staining food, and beverages like coffee, tea, and wine, lackluster home care routines, dental trauma, or medication. And there's a teeth whitening option to suit every budget and lifestyle.

5 Signs You Might Need To Have Your Teeth Whitened

1. You've stopped wearing white to shift focus from your dull or yellowing smile.
2. You've started covering your mouth with your hand when you smile, talk, or laugh.
3. You only smile with your lips closed.
4. You haven't had your picture taken in ages.
5. You've stopped smiling altogether.

5 Reasons You'll Be Glad You Did

1. Your immaculate smile will communicate youthful health and vitality.
2. With your improved self-confidence, you'll be ready to smile more often.
3. Your non-stop smile says positive attitude – and executive material – to make an impression on the job or at interviews.
4. Improved smile wattage and appearance will look so natural that people won't know exactly why you look better – except that you do.
5. People will think you're more attractive, more popular with the opposite sex, and more successful in your career!

Put the sizzle back in your smile – and keep it that way – safely, conveniently, and comfortably with dentist-supervised teeth whitening. All you have to do is get ready!



**Put the sizzle
back in your smile...
and keep it that way!**

Getting 5-A-Day?

Here's how!

Fruits and vegetables contain antioxidants, reduce your risk of heart disease, obesity, high blood pressure, and Alzheimer's, as well as cancers, including oral cancer. Nevertheless, most of us aren't even close to meeting the minimum recommended 5-A-Day target of three veggies and two fruits. What to do? Here are some tasty tips to keep you smiling.

Do...

- Add finely chopped and blended vegetables to casseroles, stews, soups, pasta, and pizza.
- Enjoy bigger meal portions bulked up with veggies, all without guilt.
- Sweeten your cereal with fruit instead of sugar.

Don't...

- Try to get by with, say, five oranges or any single food a day. Include a rainbow of fruit and vegetable colors.
- Overboil or overcook the nutrients away.
- Substitute a lot of sweet juices that can potentially damage your teeth.



Do Try These At Home!

Pro tips & tricks



Brush
your teeth using a **circular motion** close to the gumline and **hold your brush at a 45° angle** to the teeth... in front & behind each tooth. Brush **2–3 minutes** gently **2x a day**.

Floss
in between teeth to clean where **your brush can't reach...** including your last back teeth, **gently**, 1x a day, using a **different section** of floss for every tooth.

Try waxed floss for teeth that are spaced **tightly** together.

If you wear **braces**, suffer from **arthritis**, or receive **chemotherapy** treatment, ask your dental team about more tips and techniques **designed for you!**

According to research, good oral hygiene can help you look and feel younger!

10 Ways To Get Relief!

Don't get down in the mouth over stress

Do you know anyone who is smile-challenged due to stress? Today, many people are savvy about strategies that can help, like relaxation techniques, exercise, and professional support. Fewer know that elevated levels of cortisol, a hormone produced by stress, can suppress the immune system, potentially accelerating tissue damage and loss of bone and teeth due to gum disease.

Prevention through regular brushing, flossing, and dental visits is always the best strategy, but once gum disease takes root, here are ten ways your dental team can help ease your symptoms.

1. Offer treatments that help heal inflammation and red, swollen, or tender gums.
2. Demonstrate home care that will help halt bleeding that occurs when you brush.
3. Restore gums that have pulled back from your teeth.
4. Treat teeth that seem loose or have shifted.
5. Correct an altered bite.
6. Eliminate bad breath or a chronic bad taste.
7. Repair enamel and weakened fillings and restorations damaged by grinding.
8. Relieve jaw joint problems caused by grinding and clenching.
9. Restore stress-depleted saliva flow that puts your teeth at risk for cavities and your gums at risk for infection.
10. Enhance the appearance of your smile.

Even if you have always taken excellent care of your teeth and gums, we understand that people under stress may neglect their diet and lose motivation for their usual home care routines and regular visits.

Smile! Your dental team is up to the challenge.

7 Reasons Crowns Rule!

Count 'em and see!

Did you know that a crown restoration can prevent tooth loss by covering a badly damaged tooth to protect it? Losing a permanent tooth – even one people can't see – can create problems. Here are seven ways that a crown combined with a bridge restoration can prevent, restore, and even reverse damage caused by tooth loss.

1. **Bridge spaces left by missing teeth.**
2. **Prevent shifting of teeth.**
3. **Discourage dental decay and gum disease.**
4. **Prevent stress and more damage to other teeth.**
5. **Keep opposing teeth in their proper place.**
6. **Improve speech and chewing ability.**
7. **Revitalize your smile's appearance.**

Your dental team wants your smile to radiate the health, strength, and self-confidence you feel on the inside. Crowns and bridges are only two ways dentistry can help you to achieve your best smile possible!



Crowns, bridges, and veneers work beautifully together to enhance this smile.

Your Dental Benefits

Just a reminder that autumn is here and time may be running out on your 2008 dental benefits. Most

insurance and benefit plans operate on a calendar year. So, don't make the mistake of waiting to the last minute before making an appointment and potentially losing this year's benefit dollars. They may come in handy to help pay for that crown, implant or bridge you need.

We participate in most of the major PPO plans and will be happy to advise on and submit a pre-treatment estimate. Insurance companies usually take 4-6 weeks to process these requests. Also, determining your medical/dental expense now may help in planning your HSA/HCS deductions for 2009. Getting an early start to minimize your out-of-pocket expense and maximize tax savings is the best plan.

Call Today!

(301) 519-3455



Know This...

Oral Cancer Detection

Did you know that one person dies of oral cancer every hour of every day? Did you know that statistics from the American Cancer Society indicate that the incidence and death rate for cancers overall has decreased, but the incidence and death rate of *oral* cancer has increased? Our practice strives to educate our patients and raise awareness of oral cancer, in hopes that we can detect it at the earliest stages and prevent you from becoming a victim.

Where do we begin? At every dental visit, your dental professional does a visual head and neck exam. If there is an area that looks suspicious, such as a sore that does not heal, or a patch of red or white tissue, additional tests can be done. We offer the ViziLite™ Plus system, which is used to detect precancerous areas. This is a painless, in-office exam that simply involves rinsing with a cleansing solution and then visualizing the oral cavity with ViziLite, a specially designed light technology.

In the highest risk group are those who are over 40 years of age, and have lifestyle risk factors, such as tobacco use, of any type, and alcohol consumption, as well as those who have a history of oral cancer. Studies also show that 25% of oral cancer occurs in people who have no risk factors. We therefore recommend an annual ViziLite exam for all adult patients.

We are now incorporating this technology into our practice as part of all routine dental exams. Please ask about ViziLite at your next visit.

Is The Recession Getting You Down?

No need to let the economy get you down in the mouth if you do not have dental insurance. We will give any new patient who does not have dental insurance the same discount agreed to with the insurance carriers until 8/31/09!*

Bring in or mention this edition of "Update" and ask for our recession courtesy fees. Don't allow your dental and oral health to go into recession.

*No discount is allowed on services that are not covered by most insurance plans (i.e. cosmetic and implant services). All fees must be paid at the time of service.

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