

Advances In Dental Care *Update*

Summer 2006

Just What You Asked For!

Faster, safer, & environmentally friendly radiographs

We learn a lot about your oral health and needs through a visual examination of your teeth and gums. But even with 20/20 vision, we can't see everything. Technological tools help us to detect potential trouble, and by far the most effective of these is the dental radiograph, or x-ray.

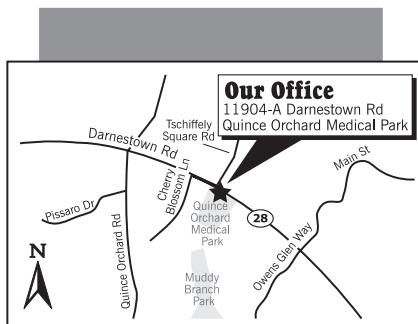
We now offer our patients a new type of x-ray, the digital radiograph, which offers benefits beyond the traditional x-ray. We place a sensor that is about the size and shape of a domino on the inside of your cheek. It sends signals to a computer which translate them into large, crisp, electronic pictures of your teeth, supporting

bones, and gums. The pictures can be enlarged and colored for diagnostic purposes and are stored electronically in your file for future reference and comparison.

Because digital radiographs require 90% less radiation than traditional x-rays, you can relax ... the radiation is so low, you no longer have to wear a lead apron, but we will use one anyway.

The digital radiograph makes it easier and safer to detect, diagnose and plan needed treatment long before problems become visible to the naked eye. We'll recommend digital radiographs periodically, as you need them. It's the best and safest way to guard your smile against unexpected or hidden problems!

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Call Today!
(301) 519-3455

Advances In Dental Care
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Office Hours

Mon/Tue	9:00 am – 5:00 pm
Wednesday	2:00 pm – 8:00 pm
Thursday	9:00 am – 9:00 pm
Friday	8:00 am – 5:00 pm
Saturday	9:00 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
- ❖ Treatment for diabetics & chronically ill
- ❖ Root canal therapy
- ❖ Visa, MasterCard, checks, CitiHealth Card and cash welcome



We Welcome New Smiles!

If you presently have a dentist you are happy with, please consider this information helpful.

If you are looking for a dentist, please think of us.

Top This!

Crown & bridge restorations rate number one

Did you know that crown and bridge restorations are placed more often than any other? If you have a gap in your smile or restorations that have worn down or faded with time, this procedure could be for you. That's because crowns and bridges are beautiful, natural-looking, and long-lasting.

Crowns are recommended to...

- support a large filling when there's more restoration than tooth;
- protect a weak tooth from fracturing;
- reinforce a fractured tooth;
- cover discolored, poorly shaped teeth;

- support a tooth that has had root canal treatment, and;

- permanently affix a bridge.

Bridges are commonly used to...

- permanently replace one or more missing teeth, and;
- span the space where the teeth are missing because gaps left by missing teeth eventually cause the remaining teeth to shift into the empty spaces, resulting in a bad bite.

Crowns and bridges are tops for more than great looks. Restore your oral health with a cosmetic solution!

WHAT'S AT RISK?

The research just keeps coming in. Gum disease, a chronic oral bacterial infection, is now linked to kidney disease which is linked to diabetes... which is linked to gum disease. You see how it works! What else is linked? Cardiovascular diseases, oral cancers, premature births, osteoarthritis, osteoporosis, Alzheimer's, and inflammatory infections.

In the early stage called *gingivitis*, only gum tissue is affected. Symptoms include redness or puffiness, a bad odor, and bleeding during brushing. *Periodontitis* is more advanced, and now involves the underlying bone. Without treatment, periodontitis will eventually lead to tooth loss.

Your best defense is a healthy diet and regular brushing, flossing, and checkups. Uncertain about home care techniques? Let us demonstrate!

Can A Bandage Do The Job?

Would you stick a bandage on your tooth and then expect your mouth to stay healthy? Yuck – we didn't think so. Like bandages, fillings have their place to protect your tooth after the damage has been done. For sure, a filling is no cure for cavities. That's one of the reasons we encourage you to visit the dentist regularly.

Streptococcus mutans, the major cavity-causing bacterium, uses sugar to produce acids that dissolve dental enamel. Everyone is at risk for cavities and other bacterially based problems like gum disease. Your risks increase if you eat a lot of carbohydrates and if you suffer from dry mouth (xerostomia) because saliva is your natural buffer against acid.

Thanks to minimally invasive technology and procedures, we can remove less healthy tooth enamel than in the past, but prevention is still your number-one cure!

Who Needs To See A Dentist



How Bright Is Your World?

Teeth whitening at its best!

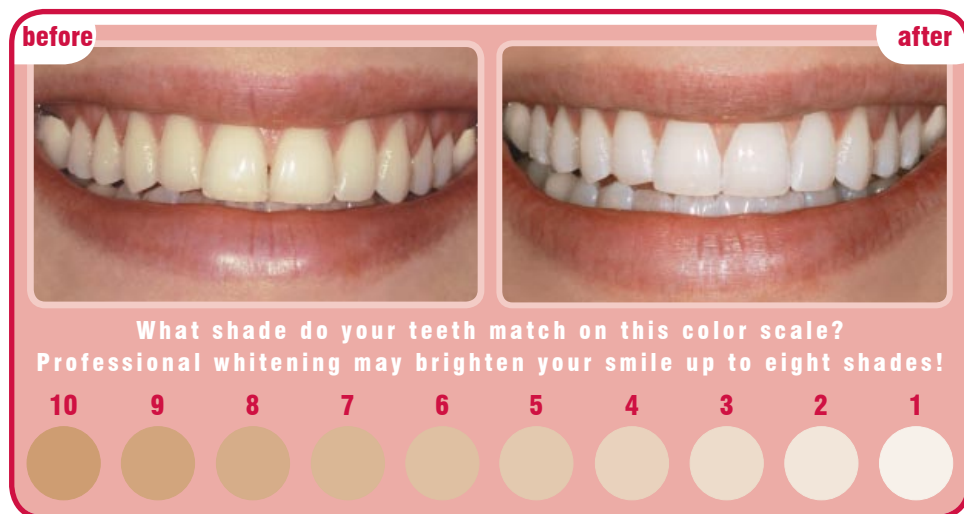
Confused about teeth whitening? Don't be. We can help you to decide whether an off-the-shelf toothpaste, floss, rinse, or any other product will help you between treatments. But take our word for it, supervised teeth whitening is by far the safest and most reliable method for your precious smile.

Consider this. If you select an inappropriate product or if you overuse it, you risk damaging irreplaceable tooth enamel and making your teeth appear even more yellow. How could this be? The outside enamel shell on your teeth is almost clear. The dentin

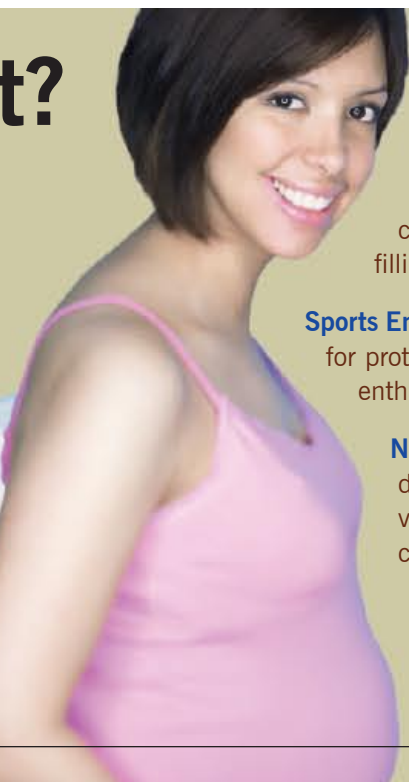
that lies just beneath is yellow, and so it shows through. Whiteners can remove stains, but without dentist supervision and quality control, some whiteners can encourage thinning of enamel... revealing yellow dentin.

Dentists have ways to eliminate the potentially harmful effects, and can do the job faster and more effectively. We know that you don't want to take any risks!

Let dentistry take the confusion out of whitening – and ensure the health and beauty of your smile! Give us a call today!



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Whether your age is 1 or 100, every life stage presents its own oral health challenges, and for modern health-conscious individuals, lifestyle can sometimes require its own checklist...

Baby Boomers – Whether you are male or female, hormonal changes can increase your risk of periodontal disease which can lead to tooth loss and has been linked to diabetes, osteoarthritis, oral cancer, cardiovascular, and other diseases. Xerostomia (dry mouth) can create problems and worn-out fillings or restorations should be replaced before they negatively impact your bite and appearance.

Sports Enthusiasts – Whether for a child or just the precious child in you, sports enthusiasts need a mouthguard for protection from injury which can increase the risk of an abscessed tooth or expensive restoration. Sports enthusiasts are also at risk for enamel erosion from sports drinks.

New Parents – Expectant mom's hormonal fluctuations put them at increased risk of gum disease and double their risk of premature birth. "New-mom gums" also need special attention. New dads are also vulnerable to oral health problems as they share the stress and fatigue of interrupted sleep and home care routines including irregular meals and nutrition.

Dentistry provides crucial complementary care to your at-home oral hygiene regimen!

Your Dental Insurance

Most insurance companies base compensation on a calendar year, therefore summer marks the half-way point in your opportunity to use 2006 benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? We participate with approximately 15 insurance carriers and can help determine what benefits you have by direct link via the internet. Our objective: To get you what you need, when you need it, with the least out-of-pocket expense for you. We will review your treatment and cost options in advance.

For A Brighter, Healthier Smile Call Today!

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The Root Of The Matter

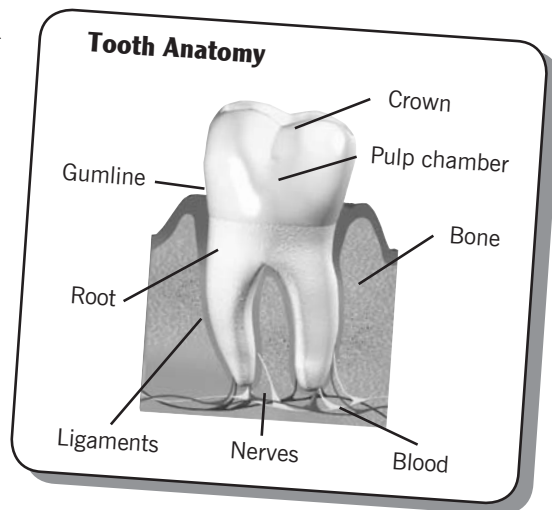
Because we only see the pearly white enamel of our teeth, it's sometimes hard to think of them as living tissue. But like all living tissue, parts of your teeth can become damaged or diseased and need treatment.

The part of the tooth that we see above the gumline is called the crown. Inside each crown, tiny channels run the length of the tooth into roots that anchor it in your jawbone. This channel is called the root canal and it contains pulp, the nerves and blood vessels that bring the tooth the vital nutrition it needs to grow and stay healthy.

Many dental problems can cause disease in the pulp. Decay under old fillings or a deep cavity can inflame the tooth pulp. Even trauma can damage the pulp and lead to painful infections and abscesses, with or without visible injury to the tooth.

Root canal therapy is a special kind of dental procedure that treats diseased pulps. Aiming to save the tooth. Before root canal therapy, dentists had to extract a tooth with an infected pulp. The resulting gap then needed to be filled with a bridge or denture, to maintain proper chewing ability and prevent damage to the adjacent teeth or gums. Now we can simply remove the infected pulp, clean and seal the empty nerve channel and save the tooth. The treated tooth functions normally, although a crown or cap may be required to protect the tooth from fracture, or improve the esthetics.

The treatment itself may take one or two visits to the dental office, and appropriate medications will be provided if we anticipate any discomfort. In most cases, root canal therapy is painless. We use the most modern, efficient rotary systems and medications. Root canal treatment costs less than extraction and replacement. However, when root canal therapy is not indicated, you can choose other options. Call us with questions you may have about root canal treatment.



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