

Get the Most Your dental Insurance

With fall upon us, **Advances in Dental Care** reminds you to make a dental appointment because more than 90% of dental plans are based upon a calendar year. If you don't use your 2005 benefits you are entitled to, they'll be gone as of December 31st. Your benefits won't be carried forward into the next year.

Dr. Bob Laurenzano is nationally recognized for his knowledge of dental insurance having been dental director for two of the largest dental insurance carriers. If you're thinking about getting some dental work done, don't delay. Many treatments can take weeks to complete once we sort out treatment options and resolve insurance considerations. Call our office to schedule a visit to get things started as soon as possible - before your 2005 dental benefits expires.

Call Today!
(301) 519-3455



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You May Be Wondering.... “Why Am I Receiving This Newsletter?”

Hi Neighbor...

I decided that this newsletter would be the best way to not only introduce our practice but also to impart vital health information and timely reminders. Through **Advances in Dental Care Update**, we will provide just that - updates that your family can use to improve oral health, have a beautiful smile, even whiten that smile in less than one hour ... and of course, much more.

We've seen much focus on the effects of tobacco, with well-known people succumbing to cancers, some of whom never used tobacco directly. Oral cancer screenings help to identify any problem and give you peace of mind as well.

We hope that you enjoy our informative approach. I'm sure you've seen dentists who offer coupons to merchandise dental services as if it was a commodity, but we treat this more seriously. It's your health we're talking about, and we'd like to establish a long-term caring and professional relationship, offering you our depth of knowledge and experience, which spans several decades. We are working hard to earn your respect and trust, and hope that next time you have a dental need, you'll contact us with any questions or concerns and give our practice a try.

To your good health,

Robert S. Laurenzano, DMD, FAGD, CDC

P.S. We accept most all insurance plans. Please call **(301) 519-3455** to discuss yours.

**For more information visit us today at
www.kentlandstoday.com – click on
Advances In Dental Care.**

Advances In Dental Care
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Draft 2 Dr. Robert Laurenzano's Advances in Dental Care Update

Fall 2005

Sweet Seduction

With Halloween and the holiday season approaching, we're all aware of the ill effects that refined sugars have on our teeth, but we tend to push it out of minds. The problem isn't just the candy bar for a snack, indulging at the dessert table, or the sugar we spoon into our morning coffee and cereal. The bigger threat is "hidden sugar," i.e., sugars already found in most processed foods. Breakfast cereals are loaded with it, and even a so-called low-fat muffin can have the equivalent of seven and a half teaspoons (37 mL), which represents about 75% of the normal daily sugar intake.

A detailed survey by the U.S. Department of Agriculture claims that



we now consume 30% more sugar than we did just twenty years ago. The soaring consumption of soft drinks, including the new sports, energy, and fruit drinks, is one major factor. Holiday indulgence is likely another.

Put too much sugar into your diet and you may see increased risk of heart disease, weakened immunity, osteoporosis, diabetes, obesity, kidney stones, and of course, cavities. Try to monitor your sugar intake, wherever it's hiding. Food labels containing words ending in "ose," such as "fructose," mean sugar. Even salad dressings and ketchup contain excess sugar. Ten teaspoons (50 mL) per day is more than enough to keep you sweet ... and healthy.



Office Information

*Because you receive this newsletter,
you are invited to take advantage of a*

FREE Introductory Consultation

*You may use this consultation to
interview us to make sure we're the
right dental practice for your family...
to check out our facilities ... or, if you
have a dental problem or concern,
to discuss it with our dentists.*

There is absolutely no cost or obligation.

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

Call Today!
(301) 519-3455



Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Emergency dental care
- ❖ Bad breath advice & treatment
- ❖ Tooth whitening
- ❖ Dental fittings & dental implants
- ❖ Bonding, veneers, crowns & bridges
- ❖ Hypnosis
- ❖ Treatment for diabetics & chronically ill
- ❖ Root canal therapy
- ❖ Visa, MasterCard, checks, CitiHealth Card and cash welcome

