

Advances In Dental Care *Update*

Winter 2007

Make A Difference!

You can do it!

About half the North American population avoids regular dental care, and 30-40 million people *never* go to the dentist because they don't understand how today's dentistry is different from years past.

Did you know that dentistry can help you smile more? It may...

...improve your smile power
...encourage you to socialize with confidence ... make you look younger... help you speak more clearly
...help you to eat with ease...

Dentistry has something to offer all generations. Did you know that...

■ whitening can give you a bright,

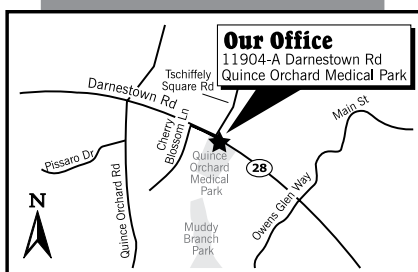
attractive smile?

- non-surgical cosmetic treatments including whitening, re-contouring, bonding, and veneers are among the most popular choices of your peers?
- healthy gums and fresh breath are attainable with regular dental checkups and proper home care?
- comfortable dental appliances for tooth replacement are a reality?

We can tell you how...

- oral health is directly linked to your overall health
- the three-minute flossing habit may help you live longer
- regular dental checkups may help you and your family achieve a lifetime of healthy smiles

Please give us a call at (301) 519-3455 for a FREE consultation to discuss what we can do for you!



Call Today!
(301) 519-3455

Advances In Dental Care
Robert S. Laurenzano, DMD, FAGD
Charles B. Parr, DDS
Claire L. Clarke, DDS
Hani Al-Saleh, DMD
Quince Orchard Medical Park
11904 Darnestown Road, Suite A
North Potomac, MD 20878-3460

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



Did you know that dentistry can help you smile more?

Are You Too Adaptable?

Don't Be The Last To Know

Adaptability can be too much of a good thing. Did you know that you can't judge your own breath because you become so accustomed to it? Bad breath is in bad taste ... but it can also point to bad health. Dentistry can help.

The dentist can show you how to conduct a bad-breath self exam, give you honest – and gentle – feedback if you're concerned, and more importantly, direct you to products and procedures that really work.

Some bad breath is temporary due to diet, medications, or hormones that alter the balance of bacteria. Short-term bad breath can be cured by brushing, flossing, and rinsing. Gum disease, xerostomia (dry mouth), sinus infections, systemic diseases like diabetes, or gastrointestinal disorders might require professional intervention.

Whatever the cause, don't be embarrassed. Talk to the dentist! We can help!

10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.



Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.

Implants ... require only normal brushing and flossing for maintenance;

...are anchored permanently in your jawbone;

...preserve and strengthen the underlying bone just like the roots of your natural teeth;

...do not alter or compromise adjacent healthy teeth;

...require no plates that can affect comfort and fit;

...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;

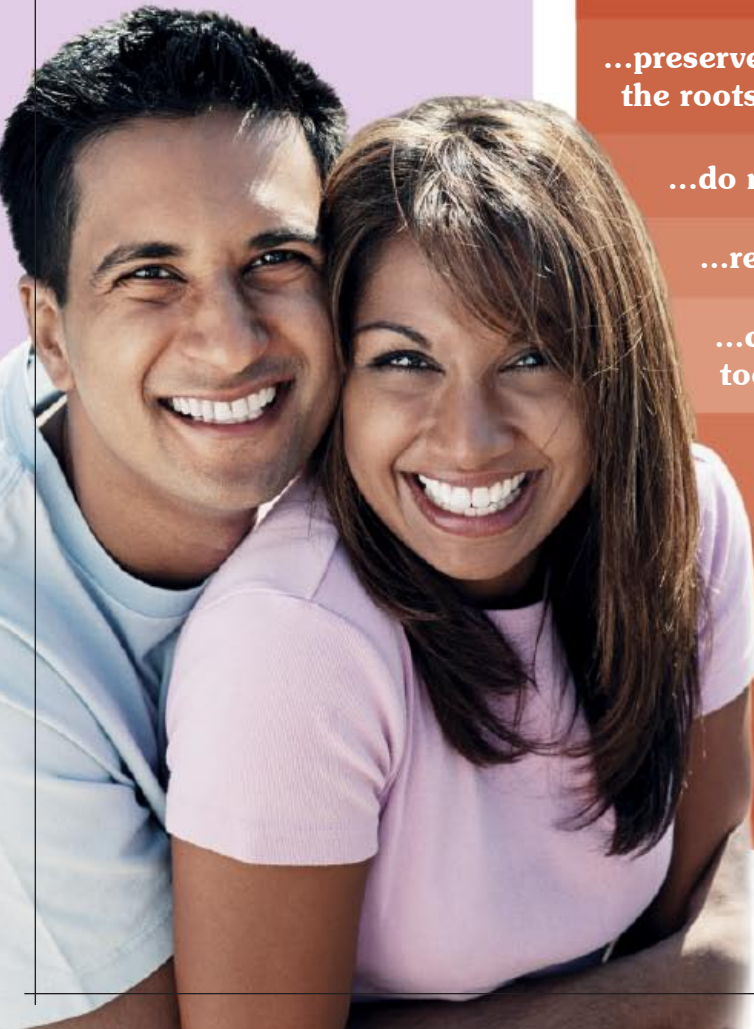
...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;

...are without any age barrier;

...are safe & reliable (hundreds of thousands are placed every year – all over the world);

...look completely natural so that no one will know you have them ... unless you tell!

Call for a consultation. Safe, reliable, & natural-looking dental implants may be your solution.



Essential Esthetics

Don't settle for less!
Be at your very best!

Do you cover your grin? Wouldn't you rather enjoy the spotlight and flash your perfect smile? Don't let a less-than-ideal smile hold you back ever again! Dentistry can repair, restore, brighten, and enhance your smile – often in only one or two visits!

Brighten dull teeth enamel

simply and safely with professional teeth whitening – whether your smile has become discolored from food or tobacco stains, age, or root canal therapy.

Conceal chips and cracks with marvelous bonding materials. With tooth flaws concealed, the only thing people will notice is your beautiful smile.

Close gaps in your smile with natural-looking bonding or veneers that build up and re-proportion your tooth surfaces to eliminate unattractive spaces.

Realign the appearance of crooked, crowded, or worn-down teeth with bonding and veneers that boost your smile power with natural-looking restorations.

Improve appearance and strengthen teeth with crowns that cover or cap teeth, restoring them to an ideal shape.

Span gaps with a bridge to replace one or more teeth.

Match fillings to your teeth color, even at the back of your mouth, with attractive and durable composite fillings.

With dental health... show pink healthy gums, clean and beautiful teeth, and enjoy sweet smelling breath.



A discolored incisor no longer inhibits a smile!



Color Me Healthy

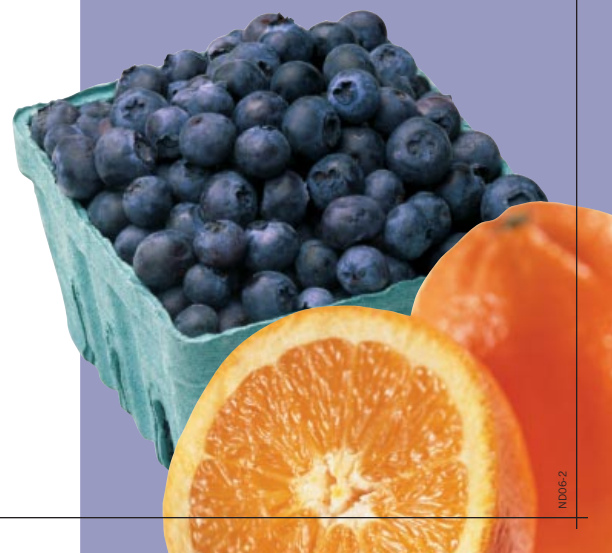
Superfoods and your oral health

At a time when your oral health has been linked to systemic diseases like diabetes, some cancers, osteoporosis, and cardiovascular diseases, healthy eating is an important component of a healthy mouth ... and body. Experts recommend superfoods that range from beans to nuts and yogurts....

Beans
Blueberries
Broccoli
Oats
Oranges
Pumpkin
Salmon
Soy
Spinach
Tea (green or black)
Tomatoes
Turkey
Walnuts
Yogurt

We've presented these foods alphabetically, but here's a hint. Think color! The nutrients in foods that are deep blue, purple, red, green, or orange can protect against heart disease and cancer. They also boost our ability to recall, our reasoning skills, and our sense of balance.

With regular checkups to support your healthy diet, and a regular home care routine of brushing, flossing, and rinsing, dentistry can keep your mouth healthy!



Fight Cavities | Deploy Prevention

Cavities can affect your appearance, lead to abscessed teeth and toothaches, and can affect your ability to eat, talk, and swallow. In one report, 30% of the US National Guard had dental conditions that made them undeployable ... until their teeth were fixed. Here are a few ways that we can help keep your smile healthy:

- Apply a topical fluoride.
- Seal out decay with a plastic coating.
- Teach home hygiene to prevent cavities.
- Diagnose and treat cavities.
- Smooth edges that harbor bacteria.
- Replace older fillings that allow bacteria to leak below the restoration.
- Treat gum disease to prevent root exposure and infection.

Early Intervention

The best prevention

The most common oral disease is *dental caries* (decay) – a progressive disease that destroys teeth. Oral bacteria, which feed on sugars left in our mouths after eating, produces the acids which demineralize tooth enamel. This progress may be fast – over a few months – or slow – over a few years, and the speed depends on...

- the amount of acid-causing sugar and starches in your diet;
- the composition of your saliva and its ability to buffer these acids;
- the effectiveness of your oral hygiene habits to remove bacterial plaque.

In the early pain-free stages, you may not know you have a cavity, so let us help you curtail extensive, painful tooth decay and trauma with preventive care and early intervention. *Please ensure you and your family keep regular recare appointments!*

Call Today!

(301) 519-3455



Hani Al-Saleh, DMD

Hani Al-Saleh, DMD has joined *Advances in Dental Care* and will begin to see patients in March 2007. Dr. Al-Saleh earned his degree from Nova

Southeastern University College of Dental Medicine in South Florida in 2002 and completed a Residency and a Fellowship in general practice at Tufts University College of Dental Medicine, Boston MA. The residency and fellowship at Tufts provided Dr. Al-Saleh advanced training in all aspects of restorative and general dentistry,

endodontics (root canal therapy), and oral surgery. He was on staff at two hospitals and performed full mouth rehabilitation procedures for special needs patients under general anesthesia and IV sedation in the operating room. He also rotated at several community health centers that specialized in dental treatment of patients with disabilities and/or special needs. Dr. Al-Saleh has been in private practice since 2004. He relocated to Maryland in 2006.

Dr. Al-Saleh believes that quality patient care conveys a gentle approach, taking a genuine interest in the patient's needs, and working through any health-related concerns he or she may share throughout treatment.

His hobbies include tennis, swimming, reading, and writing. He and his wife enjoy nature and visiting parks. Dr. Al-Saleh is fluent in Arabic, and knows basic Russian. He is a member of American Dental Association, Maryland State Dental Association, and Massachusetts Dental Society.

Dr. Al-Saleh stated, "I am looking forward to serving the Montgomery County community. *Advances in Dental Care* is a high-tech, high quality practice with doctors who really care about their patients and its philosophy of patient care closely matches the ideals I was taught at Tufts University."



Advances In Dental Care
Robert S. Laurenzano, DMD, FAGD
Quince Orchard Medical Park
11904 Darnestown Road, Suite A
North Potomac, MD 20878-3460

PRSRT STD
U.S. POSTAGE
PAID
PNP 14304