



Dr. Yasaman S. Roland's WORD OF MOUTH

Summer 2009

Very Satisfied!

That's what our patients are!

Customer satisfaction is the foundation of any thriving business. Keeping this in mind, we will always ask our patients to fill out questionnaires rating their dental experience. We strive to ensure they are always receiving quality care and that any issues they may have can be remedied. This survey gives patients the opportunity to provide us with information that will assist us in continuing to provide them with satisfying dental care.

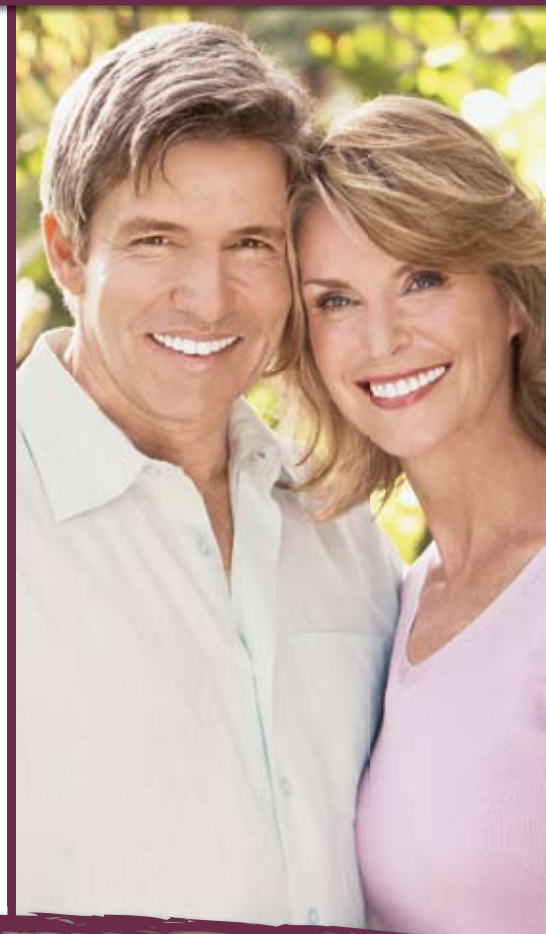
The questionnaire is short and simple, but provides us with invaluable feedback. It covers all areas of our practice, including staff conduct, the procedure(s), appointments beginning as scheduled, and if they would recommend the practice to friends or family. We are very pleased to mention that the positive response rate has been

overwhelming. Out of hundreds, all but one survey have come back with an overall rating of "very satisfied."

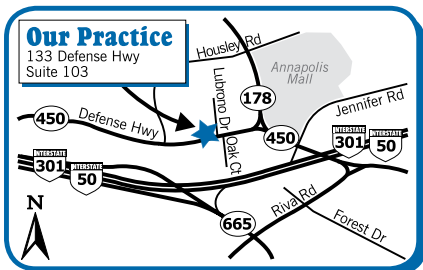
Patients are not required to put their name on the questionnaire which may make them more comfortable with being open about their experience. We want them to feel like they can be honest and that their concerns will be addressed. This approach provides them with that opportunity.

At Dr. Roland's practice, we pride ourselves on maintaining positive relationships with our patients and making sure they are completely happy with our services. We take all feedback very seriously and strive to ensure our patients continue to be "very satisfied."

And of course, we would love to welcome you to experience the same at our practice!



Innovative Family Dental Health
Dr. Yasaman S. Roland
133 Defense Highway, Suite 103
Annapolis, MD 21401-7098
Web site www.drrolanddental.com



Call Today!
(410) 266-3595

Our practice is committed to the highest level of care and we treat every patient with respect and dignity. Our philosophy is dedicated to providing you with optimal dental health as we will deliver by reserving time specifically for you so that you will receive one-on-one attention. We enjoy keeping our clients happy and healthy. Trust that every patient will be treated as part of our family! At Innovative Family Dental Health, we think our patients deserve the very best!

*Dr. Roland will assess individual patient examinations and together you will determine your treatment plan along with its remuneration. Communication and commitment to your overall health are two more reasons to call
Innovative Family Dental Health today!*

Something To Smile About

Recapture that confident feeling!

It's not too strong a statement to say that your life could improve dramatically after experiencing cosmetic and restorative dentistry. A fine example is one of our most popular and flexible restorative options: dental crowns. Not only are crowns strong and long-lasting, they can be matched to the translucence, color, and contours of your other teeth.

If you have gaps in your smile, or have teeth that are badly worn, fractured, or otherwise damaged, crown restorations are a tried-and-true smile prescription!

A **crown** can be used to cover a tooth to protect and strengthen it, and to improve its appearance.

A **bridge** can combine several crowns to span the gap left by missing teeth and to save your other teeth from drifting.

A **dental implant** can permanently replace one or more teeth by attaching a crown to an artificial root anchored into your jawbone. By helping to reduce bone loss, an implant can combat the collapsed look that occurs with missing teeth.

Talk about a more youthful appearance!

Your crown restoration will...

...look and function like a natural tooth;

...prevent more extensive damage and more costly repairs;

...restore your ability to enjoy food and socializing;

And there's more... Crowns can be shaped, sized, and positioned to dramatically improve the look and function of your teeth.

We really can help you to get your

best smile – and your confidence – back!

It's A Sneak Thief

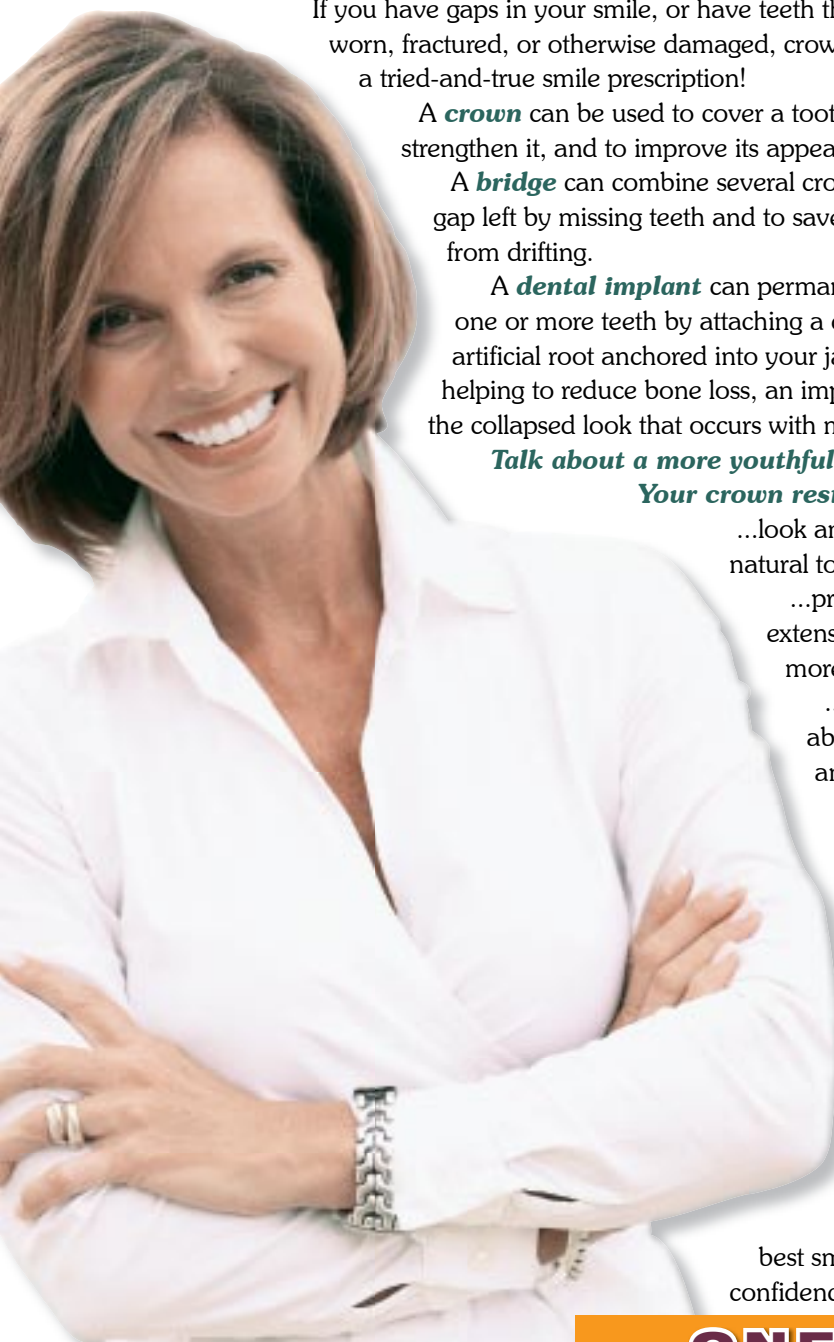
Don't lose your teeth

Gum disease is sly – it can turn up without symptoms. It's also responsible for more tooth loss than any other dental problem. Gum disease is an infection caused by plaque – a film of harmful bacteria that forms on teeth and irritates the gum tissue. Eventually, without treatment, the gum will pull away from the teeth, jawbone is destroyed, and the tooth is lost.

You could have gum disease if you experience:

- red, swollen, or tender gums;
- gums that bleed when you brush;
- receding gums;
- loose teeth;
- a change in your bite or the way dentures fit;
- chronic bad breath.

If caught early enough, gum disease can be treated and sometimes reversed. There's no way to determine its severity without a detailed examination at the dental practice.



SEVEN
Interesting
Things
YOU NEED TO KNOW

ONE

You may transfer cavity- and gum-disease-causing bacteria through kissing, tasting, sharing or blowing on food, or by sharing eating utensils, toothbrushes, or water bottles.

TWO

You can brush and floss away plaque which is the soft invisible bacterial film that builds up on teeth.

THREE

Tartar or calculus, the hard yellowish deposit that forms when plaque is left to collect, can only be removed during a dental visit.

Got You Covered!

Cosmetic solutions for every need

Did you know that for every decade over the age of 30, you show a millimeter less of your front teeth as everything starts to sag a bit? That could be up to 15-20% of your smile! Today, beautiful permanent cosmetic veneers are only one of the many cosmetic options available to help you look your youngest, healthiest, and most attractive.

Here are some examples of safe and effective procedures that can be used individually or in combination to create your dream smile...

Supervised Teeth Whitening – This has become a favorite way to brighten smiles whether dulled by time, life's little habits, or health issues.

White Fillings – Fabulous durable and completely natural-looking materials can be used to create the appearance of a flawless smile that has never been touched by a dentist's drill.

Bonding – Matching composite material to the surface of your tooth can cover stains, chips, or cracks and reshape your tooth to fill gaps much like a cosmetic veneer.

Translucent Porcelain Veneers – Today's veneers range from very fine to thick enough to mask even serious staining and smile flaws while still looking completely natural. Veneers have even been called *instant orthodontics*!

Thankfully, cosmetic dentistry has never been a "one size fits all" kind of science. In fact, it's the artistry behind many techniques, and the trust that is built up with your dentist, that creates your ideal results. We'll be happy to answer all of your questions.

BEFORE



AFTER

TMD Symptom Checklist

Get your pencil ready!

Stressed out? It could be affecting your oral health. Sore jaws, popping, clicking, and headaches belong to a host of symptoms of Temporomandibular Joint Disorder (TMD).

If you think you may have signs of jaw joint trouble ... take the pressure off! Share your symptoms with your dental team at your next visit. There could be a dentally related solution.

Jaw joint (or temporomandibular joint) problems can develop for many reasons:

- ☐ Stress-related behaviors like clenching and grinding teeth;
- ☐ Repetitive habits like pen and pencil biting, nail biting, gum chewing;
- ☐ A misaligned jaw joint/bite;
- ☐ A direct blow to the face or jaw, or a whiplash injury;
- ☐ Poorly fitting dentures;
- ☐ Erupting wisdom teeth;
- ☐ Worn, loose, or missing teeth.

FOUR

Plaque and tartar can cause decay and gum disease.

FIVE

Gum disease may be linked to systemic and inflammatory diseases including cardiovascular diseases, arthritis, diabetes, cancers, lung diseases, and complications of pregnancy.

SIX

Some people can inherit a gene that makes them as much as six times more likely to get severe gum disease.

SEVEN

You can prevent gum disease by brushing twice a day, flossing once per day, and keeping your regular dental appointments.

Robert H. Says *Thank You*

Life saving story

Who would have thought that a visit to the dentist could end up saving my life? When a candy pulled a cap off my tooth, I headed to Dr. Roland's office. Since this was my first visit to her practice, we decided to do a full workup including x-rays, gum tests, and a test for oral cancer.

The oral cancer test revealed two suspect areas. I cannot adequately express my complete gratitude for Dr. Roland's prompt action – she booked me with an oral surgeon for a biopsy that same day! You can imagine how my stomach sank when the results came back positive. But, my cancer was caught early and it was successfully removed.

I was very, very lucky. Thanks to Dr. Roland's dedication, my cancer was discovered and treated in time. I was able to keep my appointment for my six-month cleaning.

New Patient Special!

Includes:

Comprehensive oral exam, oral cancer screening, comprehensive periodontal evaluation, full x-rays and photos.

**\$100
OFF**

Offer ends: August 31st, 2009



Dr. Yasaman S. Roland
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Dear Neighbor,

Love your smile!

Right now, you could have the smile of your dreams – right in your own neighborhood! Our team of dedicated dental professionals is committed to transforming our neighbors' smiles from dull to radiant!

Could your smile use brightening? Do your teeth have chips and cracks that need repair? Would you like to come in for a *free* consultation and give yourself the gift of a healthy smile? We hope so, and that's why we want you to know we're here!



Many of our patients tell us they wish they had come to see us sooner. *If ... I had known how easy it was to make an appointment. If ... I hadn't put those symptoms on hold I could have saved myself a lot of discomfort and money! If ... I had the confidence a beautiful smile can bring! If ... my kids had custom-made mouthguards, they would provide a better fit, more comfort, and be used more! If ... their cavities had been prevented! If. If. If...*

Say goodbye to *ifs*! We're right here, committed to providing you with friendly service. Come in and see for yourself. Experience the comfort of our attractive, relaxing practice. Check out our equipment and capabilities. And, feel free to discuss your questions, concerns, and oral health goals. You're just steps away from the smile you've always wanted. So, call us today! You'll be happy you did.

Sincerely,

Dr. Yasaman S. Roland

Free Smile Design Consultation!
Call today to book your appointment!
(410) 266-3595



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