



ELITE SMILES DENTAL
Excellence with a Gentle Touch

Dr. Anne Saxena's SMILE • PERFECTION

• NOW ACCEPTING NEW PATIENTS •

Fall 2008

Recommended Relief

Sedation dentistry: comfort, relaxation, & control

Dentists have worked long and hard to diminish or eliminate patient pain. Anxious and even phobic patients often discover that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable with sedation... and you are no different. We can make your next visit a lot more comfortable. And of course, prior to administering any anesthesia, we'll discuss your needs, your medical history, and your current health with you.

Nitrous oxide, commonly referred to as *laughing gas*, is an effective anesthetic with many benefits. This type of sedation dentistry is appropriate for those individuals who are dental phobic, people with

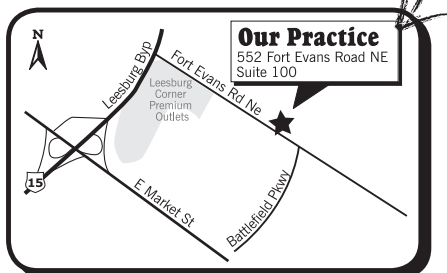
a sensitive gag reflex, and people who require surgery, or who require extended and complex treatments.

Oral sedation (pills) are used for many of our patients who are needle-phobic. Since with oral sedation patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. Like Nitrous oxide, oral sedation is also very safe, but it lasts for several hours after the appointment. You will need an escort home.

Dental sedation is a safe and effective way to reduce the stress and anxiety associated with your dental appointment. If you're apprehensive about dental visits, the first step is to call. We will work with you to eliminate this barrier to better oral health.



*We're in your
neighborhood!*



Call Today!
(703) 592-6376

Elite Smiles Dental
Dr. Anne Saxena
552 Fort Evans Road NE
Suite 100
Leesburg, VA 20176-4098

Office Hours

Monday 8:30 am – 6:00 pm
Tue, Thu, Fri 8:30 am – 5:00 pm
Wednesday 8:30 am – 7:00 pm
Saturday 9:00 am – 3:00 pm

Email smile@elitesmilesdental.com
www.elitesmilesdental.com

***FREE Whitening
For Life!***
See page 4 for details.

Our Services Include:

- Cosmetic & family dentistry
- Cosmetic veneers
- Tooth-colored fillings
- Crowns & bridges
- Bonding & veneers
- Dental implants
- Porcelain & composite inlays
- Gum treatment
- Dentures
- Bad breath treatment
- Children of all ages welcome
- Relaxing & friendly environment
- New patients welcome
- Intraoral camera
- Nitrous oxide sedation
- Visa, MasterCard, Discover Network, and CareCredit welcome
- Laser dentistry
- Emergency dental care



Tailored For You



Cosmetic veneers

Sometimes people live with a smile they're unhappy with because they think they'll need to commit to braces and actually re-align their bite. Sometimes they're wrong. Beautiful hand-sculpted porcelain veneers, applied to the outside surfaces of your teeth, can dramatically recontour your smile.

Here are some smile concerns that can be completely concealed with long-lasting veneers, without moving your teeth...

- Teeth that overlap slightly;
- Enamel that has become worn or chipped;
- Teeth that are off center;
- Teeth that are straight but have gaps between them;
- Edges that are too feminine or too masculine for your smile;
- Teeth that are a little crooked;
- Teeth that are stained or dull looking.

You can turn getting it wrong into exactly right. Redesign your smile with cosmetic veneers.



Look At This!

And assess your oral health

Did you know that saliva is being used to diagnose systemic illnesses, assess the risk of dental caries (decay), and create smart, targeted antibiotics that destroy *only* bad bacteria? Your mouth really is the gateway to your body. According to one survey, virtually 100% of dental professionals and physicians believe that there may be a link between oral health and overall health. Many are actively trying to educate their patients about the importance of preventing and treating gum disease.

In the earliest stages you might not realize that you have gum disease, which is why regular dental exams are so important. If you have any of these symptoms, your dental team can treat, repair, or even reverse them.

Do your gums feel and look puffy or tender?

YES ☐ NO ☐

Do your gums bleed when you brush your teeth?

YES ☐ NO ☐

Do your teeth appear long due to receding gums?

YES ☐ NO ☐

Do you have persistent and embarrassing bad breath?

YES ☐ NO ☐

If you answered "yes" to any of these questions, it's important that you call your dental team ... and the sooner the better! The initial stage of gum disease called *gingivitis* is very treatable with home care and regular monitoring. The later stage called *periodontitis* is more serious and can lead to bone, tissue, and tooth loss.

Why else should you call? Regular dentistry is your gateway to a smile that's healthier and more attractive!

Help On The Half-Shell

What a pearl!

What could a human and a humble mollusk possibly have in common? Each has the capacity for self-repair! A human bone will mend and so will a cracked oyster shell. In future, scientists believe oysters could help cure and even prevent diseases like osteoporosis and arthritis ... and help restore oral health by re-generating lost bone.

How? Biologists are studying the way oysters generate mother-of-pearl with a strong, durable substance called nacre. In future it could be grafted onto human bone to release active molecules to induce bone remineralization.

Wait – there's more! Oysters that don't produce pearls are also remarkable. They contain more zinc per serving than any other food, help us to maintain our sense of smell and taste, and may help prevent oral cancers.

Oysters: one of nature's true gems.



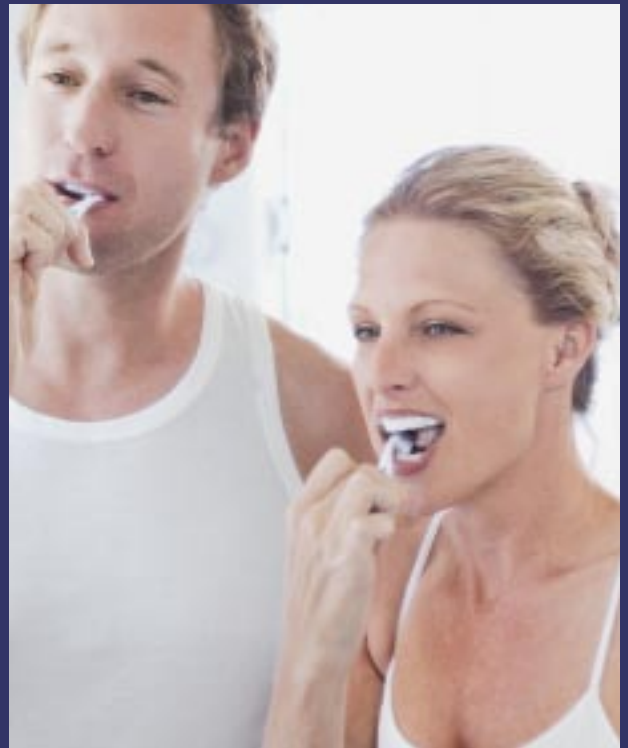
Do It The Right Way

Learn how

If a little bit is good, then a whole lot is better ... right? Wrong! Too much washing can worsen skin breakouts. Too much exercise can keep your muscles small. And too much brushing can damage your teeth and gums!

Your dental team can help you to develop and maintain good oral health. For example...

- You can learn about the relationship between oral and overall health.
 - You can find out how to select the best toothbrushes.
 - You can receive a demonstration on how to brush and floss your teeth.
 - You can find out about alternative tools for your unique dental needs.
 - You can take home special devices like plaque disclosing agents to improve your cleaning technique.
- You can *never* have too much motivation – or too many smiles!



Get
ready
to let
loose
...and
laugh!



Woo Hoo! What About You?

Laughter is contagious – but you already know that. Well here's something you might not know! According to scientists, upbeat sounds like laughter or a happy *huzzah* trigger our brain's smile-activation center, priming our facial muscles for an involuntary smile. If you've been resisting your natural impulses and covering up your smile, maybe you need a smile recharge.

Cosmetic dentistry can create eye-catching results quickly, comfortably, and without surgery. Help your inner you shine through...

- Remove those stains you've been trying to hide.
- Whiten your teeth to their most youthful, healthy, and glamorous best.
- Correct the appearance of gaps, chips, and crowding.
- Improve the shape and proportion of your gums and teeth.
- Make lips appear fuller and plump fine lines to make them less noticeable.
- Restore appearance and function to teeth that have been weakened or damaged by root canal therapy, clenching, or grinding.
- Replace older dark conspicuous fillings with white ones that look so natural no one will guess that you've ever needed fillings.

Not only is your mouth the first place people look when they meet you, but study after study has shown that attractive people tend to make friends more easily and are more likely to succeed in their careers.

Get ready to reveal your best smile! You're worth it. And before you know it, your renewed self-confidence will have you laugh-out-loud spontaneous again.



Get To Know Dr. Saxena...

Dr. Saxena grew up in the beautiful, multicultural Canadian city of Montreal. She is fluent in English and French. She is a devoted mom and wife and has lived in Loudoun County for the past 7 years. From a very young age she knew she wanted to be a dentist and prides herself in providing only the highest quality dental care with a very gentle touch. What she enjoys most is providing a very personal experience when visiting her office by interacting with her patients and making long-term relationships based on trust and mutual respect. She is capable of providing a full range of dental services from basic preventive care to the most advanced surgical procedures. She brings the latest technology to her practice to improve patient safety and comfort. She is certified to do Sedation Dentistry by the Dental Organization for Conscious Sedation and certified in Laser Dentistry by the World Clinical Laser Institute. She is Invisalign certified and Implant Dentistry certified from International Congress of Oral Implantologists after completing the Implant Seminars Residency. She is a member of the ADA, and the Northern Virginia Dental Society.

Call Today!

(703) 592-6376



Minimally Invasive Dentistry... ...With Waterlase® MD

Dental researchers and scientists are constantly inventing new ways to make our dental practice more efficient and our treatment pain-free. Our practice has just acquired an amazing new invention called the *Waterlase® MD*.

What does it do? The Waterlase MD uses next-generation technology to perform a variety of dental procedures, including cavity preparation, caries (decay) removal, tooth etching, and a wide range of soft tissue (gum) procedures.

How does it work? The system uses laser-energized water. It significantly improves your comfort in the dentist's chair, and causes no heat or vibration in your mouth, no drilling noises, or over-heating of your teeth. Remarkably, it also treats soft tissue gently and efficiently. The highly precise spray of air and laser-energized water particles, when directed at the tooth, rapidly remove enamel, dentin, and decay.

With the Waterlase MD, most dental procedures can be performed with no pain, virtually eliminating the need for anesthesia in most cases. The laser is very precise so we can leave behind as much healthy tooth structure as possible. The Waterlase also performs numerous soft tissue (gum) procedures with little or no bleeding. Now you can have many procedures performed at our office during your regularly scheduled appointment that previously required referral to a specialist.

We're proud to be able to offer this new technology to all our patients. Please ask us about it at your next appointment!

Free Whitening **FOR LIFE!**

Enjoy a complimentary take-home whitening kit and whitening trays with a completed patient exam, cleaning, x-rays and any necessary dental treatment.

Keep your regularly scheduled exam appointments and you'll receive additional whitening gel twice per year for the rest of your life!

A \$700 value. Call for details.

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