



Dr. F. Alan Dickerman

OPEN WIDE FOR TOMORROW'S SMILES

Produced to improve your dental health and awareness

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fromthedentist

In this age of cosmetic dentistry, bleaching teeth, veneers, clear orthodontic aligners, (Invisalign®) and other smile enhancing dental treatments, our office has always been on the cutting edge of the newest technological advancements.

A recent article in the *Philadelphia Inquirer* discusses a patient's quest for a beautiful smile and the obsession she has of obtaining and maintaining that smile with professional cleanings and examinations as well as meticulous home hygiene maintenance. Most of our patients have that same obsession and we have been accommodating their needs over the past 35 years.

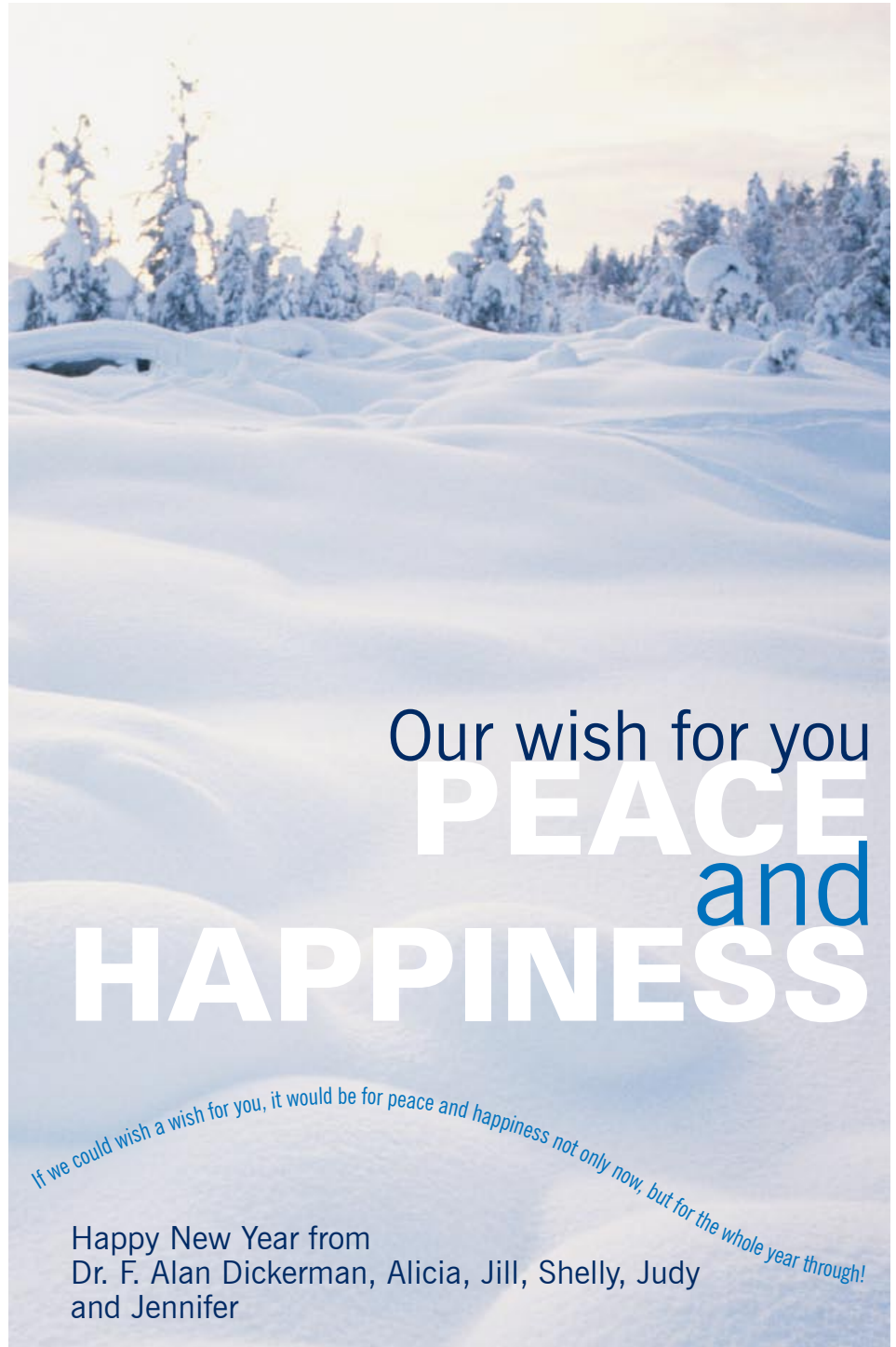
A healthy attractive smile is a window to the inner health of the individual. Maintaining that healthy smile goes hand in hand with proper diet and exercise. Please call our office now to get on track for your healthy smile.

Yours in good dental health,

F. Alan Dickerman, DDS, FAGD

Looking Ahead

To enhance your dental experience, please look for our dental spa coming in 2007.



Our wish for you
PEACE
and

HAPPINESS

If we could wish a wish for you, it would be for peace and happiness not only now, but for the whole year through!

Happy New Year from
Dr. F. Alan Dickerman, Alicia, Jill, Shelly, Judy
and Jennifer

A healthy smile will last a lifetime!

Serendipity And Your Smile



DENTAL IMPLANTS

This could be one of the most serendipitous articles you've ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently

replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will *always* follow the loss of a tooth. And if bone is lost even from only

one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we'll take into account your health, where the implant is needed, the best implant design, and its suitability for your lifestyle.

HOW CAN IMPLANTS HELP?

- Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.
- For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge.
- Implants really do look and feel just like real teeth.
- Implants help to keep gums looking healthy and young.



Wine & chocolate... or rather grapes & cocoa beans...



...develop distinct personalities from a geographical factor known as *terroir*: soil type, temperature, and other factors including weather conditions. Well, according to science, so do – of all things – oral bacteria.

In an international study of patients with chronic gum disease, scientists found clear geographical differences in the bacterial content of dental plaque, the biofilm that coats your teeth. Other research suggests that the microbial differences are *not* confined to disease. They appear in healthy individuals as well.

What differences? Brazilians and Americans have completely different kinds of bacteria in their mouths. In fact, one type of microbe might be more dominant in one group than another. This is exciting stuff! Instead of one-treatment-fits-all, there is potential to tailor treatments for patients from different

parts of the world ... no matter where their travels take them!

Probing Questions Smart Answers

Periodontal disease is an inflammatory disease of the gums and the tissues that support your teeth. It is caused by bacteria. Many adults know little if anything about it. Here are some answers to common questions.

How do I know if I have gum disease?

You may not know without visiting us. In early stages, it's asymptomatic which is why it's called the *Silent Disease*. Eventually, you'll develop a bad taste in your mouth, bad breath, and gums that bleed when brushed or flossed.

How can gum disease affect me?

If symptoms are ignored, they could progress and you could lose your teeth. Gum disease has also been linked with heart and stroke, diabetes, kidney disease, lung disease, Crohn's disease, premature deliveries, and pre-eclampsia.

What is being done about periodontal disease?

In the microscopic world of mouths, bacteria form ecological systems. Understanding this has led to scientific interference with bacterial and microbial nutrients, pH balance, oxygenating agents, communication systems, and ability to self defend.

How will this benefit me?

New understanding leads to new treatments and new diagnostic methods that are available at our dental practice. Prevention through good home care routines and keeping regular dental appointments are still your best defense against periodontal disease.

Think *Zinc!*

Think you have some peculiar food fixations? In one study, 20% of the participants didn't like their foods to touch on the plate. About the same percentage will eat only from a selection of the same ten (or fewer) foods. More than a third rejected slippery food like oysters ... something to reconsider?

Oysters contain more zinc per serving than any other food. It may help prevent oral and esophageal cancers, and help maintain smell and taste.

Other good sources of zinc include red meat, poultry, beans, nuts, seafoods, whole grains, breakfast cereals, and dairy.

No matter how distinctive your food preferences, everything tastes better with a clean mouth and tongue. Regularly brush, floss, and rinse!

Knowledge Is **POWER**

A British study has confirmed that smokers are six times more prone to gum disease than non-smokers. Gum disease can predispose you to oral cancer. Such knowledge is power. Why? Because quitting can improve periodontal (gum) health, prevent premature tooth loss, and diminish your chances for oral cancer.

Oral cancer, if caught early enough, has an extremely high cure rate. Science is expanding its knowledge by integrating *systems theory* to both cancer and periodontal disease research. Instead of only examining individual parts of disease and looking for weak links to cure, systems theory tackles biocomplexity and helps us understand how systems work.

Visit our office regularly. Gum disease and oral cancer can be spotted early, successfully treated, and prevented!



Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches and earaches. One of the first culprits we look for during regular examinations is *bruxism*.

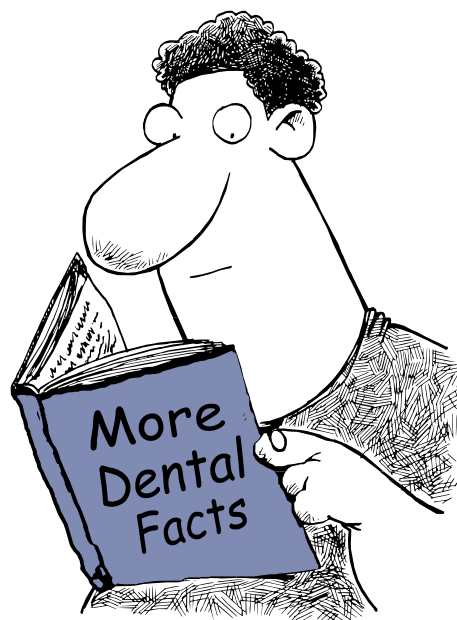
Bruxism is the name for forceful

grinding and/or clenching of your teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

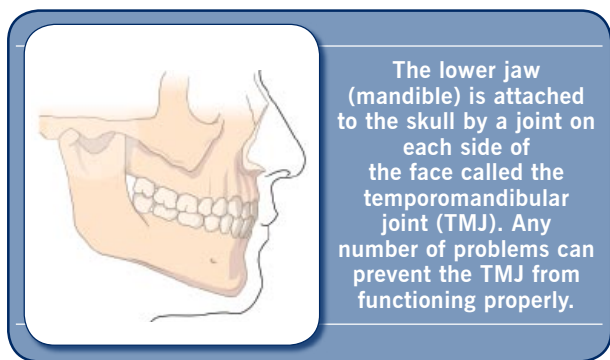
- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend



simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.



The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.

office information

F. Alan Dickerman, DDS, FAGD

139 Montgomery Avenue
Bala Cynwyd, PA 19004-2828

Office Hours

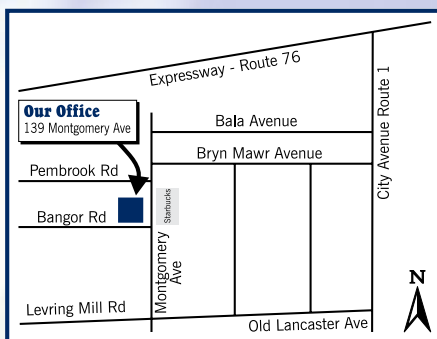
Monday 8:15 am – 6:00 pm
 Tuesday 8:15 am – 6:00 pm
 Wednesday 8:15 am – 6:00 pm
 Thursday 8:15 am – 4:00 pm
 Friday closed

Contact Information

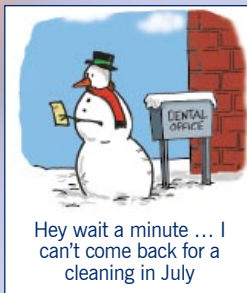
Office (610) 667-0588
 Fax (610) 664-0736
 Emergency (610) 667-0588

Office Staff

Alicia..... Hygienist
 Jill..... Hygienist
 Shelly..... Dental Assistant
 Judy..... Business Secretary
 Jennifer..... Office Manager



- ❖ Family & cosmetic dentistry
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Hey wait a minute ... I can't come back for a cleaning in July



Tooth Whitening Special

If you think your smile is a good candidate for some brightening up, make an appointment. After a thorough oral examination we'll be able to make a diagnoses and design a whitening treatment that will get your smile the brightest it can be. Now there's even more reason to smile. For a limited time we're offering a whitening special! You can combine 1 hour Rembrandt® in office whitening in addition to convenient home bleaching trays and solutions to maintain the bright smile!

Regularly - \$1070.00
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Offer Expires: February 28, 2007