



*Dr. F. Alan Dickerman*

# OPEN WIDE FOR TOMORROW'S SMILES

Produced to improve your dental health and awareness

Winter 2009

## fromthedentist

### Happy New Year!

#### *Thanks to you all*

It was a great holiday and we've returned renewed, rejuvenated, and ready to get going for another year. We hope you had a terrific holiday season with friends and family helping to make it special.

As this New Year dawns, we'd like to take the opportunity to thank all of you for your business in the past year. Your loyalty and patronage mean a lot to us, and we'd like you to know we appreciate it.

The New Year is always full of promises to improve ourselves and to live healthier lifestyles. Make a resolution to yourself to brush, floss, and rinse, and it'll go a long way in making good home care happen.

Here's to a Happy New Year, and once again, thank you for your business and your friendship.

*Yours in good dental health,*

*F. Alan Dickerman, DDS, FAGD*

## turnthepage

Keep diabetes at bay!

Strengthen teeth with exercise?

Grin and love it!

## Make A Statement!

### Orthodontic smile transformations

Orthodontic treatment involves the correction of existing or anticipated bite problems due to malocclusion (which literally means bad bite). Crowded teeth, missing teeth, misaligned teeth, jaws that are out of alignment, or bad oral habits like pencil chewing can create a bad bite.

#### Childhood orthodontics can...

- guide the jaw to grow toward optimal shape;
- direct incoming permanent teeth to correct thumb-sucking damage and to reduce the risk of trauma to protruding teeth;
- eradicate or lessen problems with swallowing or speech;
- simplify treatment for future orthodontics, saving time and money;
- preserve or gain space for the aligned eruption of permanent teeth;
- enhance appearance and boost self-esteem.

#### Orthodontics for adults can...

- improve chewing function;
- realign teeth to make oral care easier



and more effective thereby preventing and/or improving gum disease;

- arrest or reduce loss of the bone that supports teeth;
- allow space to replace a missing tooth with crown & bridge or implant treatment;
- improve esthetics for a healthier,

more dynamic smile ... which will enhance self-confidence and boost self-esteem.

Orthodontics can have life-transforming results! Please call today to arrange a consultation for yourself or your children. Afterwards we'll present your personalized plan, discuss it with you in detail, and include you in all decisions. And that's just the beginning of a new straight smile that you can flash for a lifetime!

## Malocclusion

poor

alignment

The dental term for bite disharmony when one jaw has not grown in alignment with the other.



Visit our web site at [www.baladental.com](http://www.baladental.com)

FAQ

**Q How often should I brush my teeth?**

**A:** Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

**Q My teeth are too close together to floss. What can I do?**

**A:** If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

**Q How do you floss wide spaces between teeth?**

**A:** You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

**Q Should I use an oral irrigator?**

**A:** Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



**So Much In Common**  
About gum disease, diabetes ... and you!

*Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic.* This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

**Grin & Bear It** ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!



# Be The Best You Can Be

## Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

**Teeth whitening** is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

### For example...

**Create your dream smile** by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

**Update your look** by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

**Lead the pack** with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



## Crown Classics

### Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



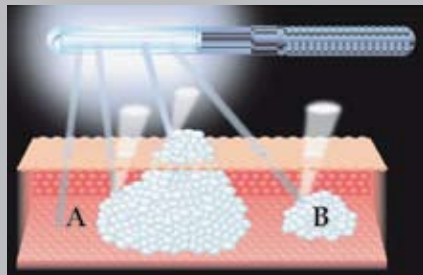
# Screening For Oral Cancer

## ViziLite™ chemiluminescent technology

Now we have new wellness exam technology that dramatically improves our ability to screen for oral abnormalities that could lead to cancer. Because early detection is essential to increase chances for successful treatment, we always check your whole mouth (tongue, lips, cheek lining, and gums). We have acquired ViziLite™, a state-of-the-art, painless, non-invasive screening tool that helps us to see what we can't see with the unaided eye during your routine oral cancer checkup.

What can you expect during a ViziLite examination? We'll ask you to rinse vigorously with a safe, non-toxic solution for 30-60 seconds. The solution tastes a bit vinegary. After you rinse, we'll dim the lights and take a look inside your mouth with a special light that looks much like a glow-stick. The entire procedure takes only about ten minutes. All of the screening kit components are discarded after use, so you will be the only patient ever tested with that kit.

**ViziLite™ enhances our ability to identify abnormalities.**



A – Normal cells absorb ViziLite illumination and appear dark  
B – Abnormal cells reflect ViziLite illumination and appear white

Because the chemiluminescent technology will highlight *any* surface irregularities including normal scarring from chewing or rubbing on your gums or cheek, we mark everything down on a map or atlas of your mouth. This gives us a baseline for future reference.

We want all of our patients to have a bright and smiling future. And because in its earliest, most treatable stages, oral cancer usually causes no pain or discomfort, we will perform this test for you *every* year.



## 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 – 4:00 pm  
Thursday 8:15 am – 3:00 pm  
Friday closed

### Contact Information

Office (610) 667-0588  
Fax (610) 664-0736  
Web site [www.baladental.com](http://www.baladental.com)

### Office Staff

Robin ..... Hygienist  
Jill ..... Hygienist  
Shelly ..... Dental Assistant  
Judy ..... Business Secretary  
Giselle ..... Office Manager



- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening/Rembrandt®/Laser
- ❖ Orthodontic treatment/Invisalign®
- ❖ Dental implants
- ❖ Gum treatment
- ❖ Laser dentistry
- ❖ Nitrous oxide sedation

### Vizilite Exam

Ask about this quick & painless exam that could save your life!

*We Welcome New Smiles*



## SMILE MAKEOVER

If you've been thinking about having a smile makeover, but you're a little nervous about where to start, call for a courtesy consultation.

We can help you to say goodbye to a dull, stained, smile. Simply, safely, conveniently - from start to finish.

We are offering a \$500 coupon for cosmetic services including Invisalign®, braces, veneers or crowns. (Minimum - 2 veneers for coupon)

*Come in and talk to us about your options!*