



Dr. F. Alan Dickerman

OPEN WIDE FOR TOMORROW'S SMILES

Produced to improve your dental health and awareness

Summer 2006

fromthedentist

Getting It Done!

Fall's the time

There's a saying that if you want something done, ask a busy person... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment.

Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

Yours in good dental health,

Dr. F. Alan Dickerman & Staff

turnthepage

Smile transformations you won't believe!

Go ahead! You too can take your first steps!

How to get whiter teeth!

Meeting Your Needs

Through experience and continuing education

For over thirty years I have been treating families in a capable, caring, and relaxed atmosphere. During this time, my staff and I have developed a strong relationship with you, our patients, and it has been our pleasure to provide you with complete dental service and up-to-date information on dental health care.

I believe that dedication and continuing education are the keys to providing the latest preventive dentistry and state-of-the-art treatments. I am a Fellow in the Academy of General Dentistry and a member of numerous dental associations, and I have had the honor of being named one of a small number of "Top Cosmetic

Dentists" by *Main Line Today* magazine and the *Consumers Research Council of America*.

I am honored that my staff is educated, experienced, and dedicated to the care of all of our patients. We practice comprehensive dentistry in a relaxed, comfortable environment that includes the option of sedative medications and nitrous oxide sedation with audio and visual entertainment and education. Our wide range of treatments include implants, orthodontics, *Invisalign*® (clear invisible braces), periodontics (gum disease treatments), tooth replacement, root canal treatment, laser oral surgery, restorations (tooth-colored fillings and inlays), cosmetics (bonding, veneers, whitening), jaw dysfunction therapy, and the latest in holistic dental care.

I would like to thank all of you, my patients, for your kind words and praise over the past thirty years, and to ensure you that my team will always offer the best dental care!



A healthy smile will last a lifetime!



Captivating Cosmetic Veneers

Using Deep Brain Stimulation (DBS), neurologists can produce smiles and euphoria. Smile and you'll feel good ...and because people like what they see, they'll smile right back! If you are reluctant to reveal your less-than-perfect smile, you could be missing out. Cosmetic dentistry can benefit anyone who wants to look better, feel better, and smile healthier!

With cosmetic *veneers* you can...
...look younger by filling out wrinkles...

hide severely stained teeth ... close gaps between your teeth ... improve the look of crowded or overlapped teeth without braces.

Strong, hand-sculpted porcelain veneers can give your teeth such a straight appearance that they have sometimes been called "instant orthodontics." Once bonded to your teeth, they're durable and easy to maintain. They are extremely smooth, solid, and glass-like so ... veneers look completely natural ... they reflect light like natural tooth enamel ... they mask flaws and rejuvenate smiles ... veneers resist staining from food, tobacco, and beverages like tea, coffee, and red wine... veneers reject most oral bacteria which tend to slide off their smooth surface!

Cosmetic *veneers* can give you the two things most people notice first in anyone's smile ... straightness and the whiteness and color of teeth! Please come and see us at our office for a consultation.

Balancing pHacts

BALANCE: Symmetry and balance affect your smile's appearance in more ways than one. Some substances can affect the acid balance of your smile.

ACID: Some factory workers, lab technicians, and professional wine tasters can experience teeth staining *and* erosion. For example, wine makers can taste from twelve to eighty wines per day!

ALKALINE: Competitive swimmers of any age can develop swimmer's calculus - brownish stains on their teeth. Chlorinated water's high pH factor can cause salivary proteins to break down, forming organic deposits on teeth enamel.

PREVENTION: Most patients can control exposure to these kinds of hazards. But if staining or tooth sensitivity due to enamel erosion are a problem for you, come and see us.

INTERVENTION: We can provide a professional assessment and cleaning, and suggest home care products and techniques.

Building Healthy Smiles

Your smile foundation!

Did you know that a cavity is what is left *after* tooth decay is removed? Or that the incidence of tooth decay is second only to the common cold? Decay is the most important cause of tooth loss in younger people. Periodontal (gum) disease is the leading cause of tooth loss in adults. Both are caused by the presence of bacteria.

Thanks to preventive, minimally invasive dentistry, we can help you

to control bacteria and preserve your oral health with some back-to-basics advice...

1. Brush, floss, and rinse.
2. Stay away from sugary foods.
3. Get regular checkups for your whole family to curtail decay, gum disease, and correct overcrowding or gaps that can cause problems.

Remember ... the true foundation of even the most glamorous Hollywood smile is a healthy mouth!



COSMETIC CONTOURING Too short ... too much ... TWO methods

Are you self-conscious because your teeth look too short or too long ... because too much of your gums show... because your teeth look different lengths?

Now dentistry can cosmetically contour your smile! If your gumline is uneven or if your teeth look too small, short, or square, we can restore symmetry and proportion by sculpting your gumline with a **gum lift** or **crown lengthening**. Both reveal the natural enamel hidden by excessive gum tissue.

If your teeth look too long, it could be that ageing or periodontal disease has caused your gumline to recede. The proportion of gums that appear "too short" can be restored by applying the same **porcelain veneers** that we use to hide other smile flaws.

Gum sculpting revealed the beautiful smiles of twin sisters with amazing results!



Progressive Makeovers

Supervised **teeth whitening** and **cosmetic bonding** are popular and affordable first steps toward a smile makeover that can dramatically improve your smile.

Teeth whitening is a new invention. FALSE Supervised teeth whitening which *removes* stains is completely safe, reliable, quick, and convenient because the procedure has been refined for more than 100 years. Bonding, which can also give you whiter teeth by *covering* stains, was invented in the 1950s.

Teeth whitening and bonding are minimally invasive and require no anesthetic. TRUE Not only that – but your teeth can be brightened in our office or over several weeks at home. You decide!

Age is a factor. FALSE For patients under twenty, whitening is the most-demanded cosmetic procedure. After childhood, age is not an issue, and most people can benefit because there is no upper age limit. Even children can benefit from tooth-colored bonding materials for fillings.

Teeth can be whitened up to eight shades. TRUE Whiteness depends on the intensity of staining. Our team can help you select the best option for your smile.

Bonding materials can be used to replace older, compromised amalgam fillings. TRUE Especially in your front teeth where appearance is important. Porcelain inlays and onlays are excellent options for back teeth.



Straight Choices

Smile more with orthodontics!

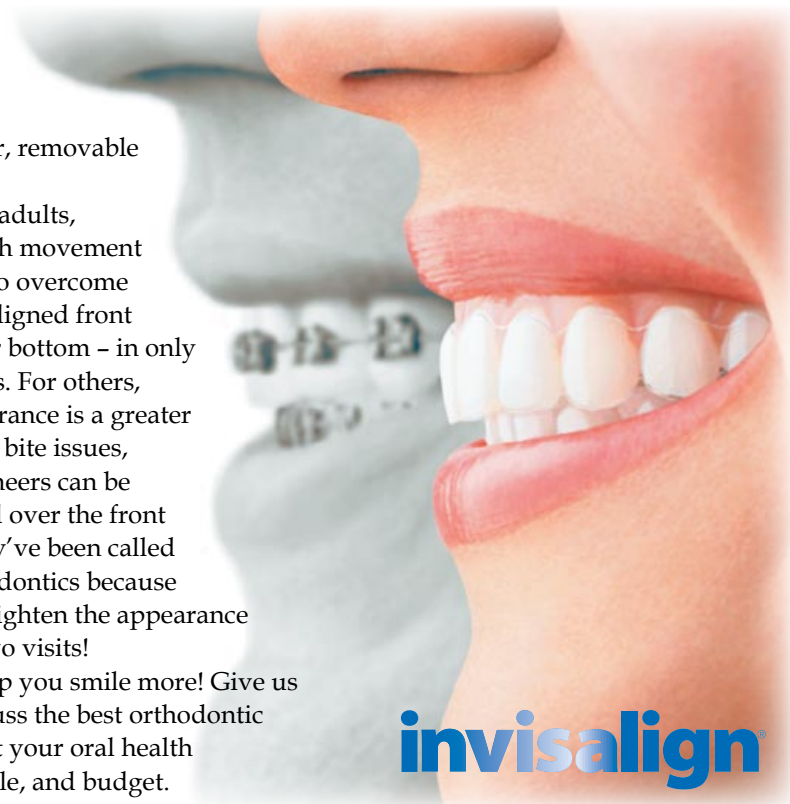
Given the choice, most people would prefer a beautiful smile with perfectly aligned teeth over a smile that showed crooked or crowded teeth that diminishes their self-esteem. That's because most of us know that in our society, an appealing smile is held in high esteem. In addition, straight teeth and aligned jaws are easier to brush and floss, lowering the incidence of cavities, gum disease, and tooth loss. Could orthodontics – the art of placing gentle pressure on teeth to move them into proper alignment – help you smile more?

The type and duration of treatment varies according to each patient's condition. We'll examine and assess your teeth, and discuss a treatment plan that's best for you. Options include the "traditional" braces you're probably most familiar with: bands, wires, elastics, and removable appliances. A more recently available

option is *Invisalign*[™], invisible braces – a series of clear, removable aligners.

For some adults, minimal tooth movement is sufficient to overcome slightly misaligned front teeth – top or bottom – in only a few months. For others, where appearance is a greater concern than bite issues, porcelain veneers can be custom-fitted over the front of teeth. They've been called instant orthodontics because they can straighten the appearance of teeth in two visits!

Let us help you smile more! Give us a call to discuss the best orthodontic option to suit your oral health needs, lifestyle, and budget.



invisalign

office information

F. Alan Dickerman, DDS, FAGD

139 Montgomery Avenue
Bala Cynwyd, PA 19004-2828

Office Hours

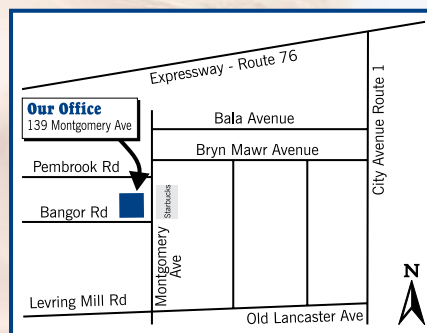
Monday 8:15 am – 6:00 pm
Tuesday 8:15 am – 6:00 pm
Wednesday 8:15 am – 6:00 pm
Thursday 8:15 am – 4:00 pm
Friday closed

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
Jessica.....
..... Office Manager/Dental Assistant



- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening/Rembrandt®/Laser
- ❖ Mercury-free fillings
- ❖ Orthodontic treatment/Invisalign®
- ❖ Dental implants
- ❖ Gum treatment
- ❖ Laser dentistry
- ❖ Nitrous oxide sedation
- ❖ TMJ treatment
- ❖ TVs, videos, & music in treatment rooms



Invisalign Consultation

Now thru
January 31st, 2007



Consultation
regularly \$600
now \$300

You can then receive up to an
additional \$300 off treatment!