



Dr. F. Alan Dickerman

OPEN WIDE FOR TOMORROW'S SMILES

Produced to improve your dental health and awareness

Spring 2009

fromthedentist

It's No Secret

Easing the pain

Isn't it good to know that there are always a few certainties that you can count on? One thing, for sure, is that we will be here for you. Our goal is to help you have the best possible oral health for a lifetime.

Why are we committed to ensure your uninterrupted good oral health? Well, for example, untreated decay will spread. The length of time treatment is postponed determines the extent of damage. You may need a crown instead of a filling, increasing costs by up to six times. Further delays could mean root canal treatment – even more expense.

What to do if you're fearful about dental visits? Instead of internally monitoring your thoughts, bring your concerns out in the open. Share them with someone trustworthy. Discuss your fears with us.

We are trained to help put people at ease with a welcoming atmosphere and a relaxed environment.

Yours in good dental health,

F. Alan Dickerman, DDS, FAGD

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

Remember Your Recall

The importance of regular examinations



Taking good care of your teeth and gums should be a habit. We like to see most of our patients for a checkup at least once every three to six months.

We refer to your checkup visit as a *recall appointment, examination and evaluation*. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities, periodontal issues, bite problems and cosmetic considerations.

If there are no problems needing treatment, we probably won't see you again until your next recall appointment!

Giving your teeth regular checkups is the only way to keep them in tiptop

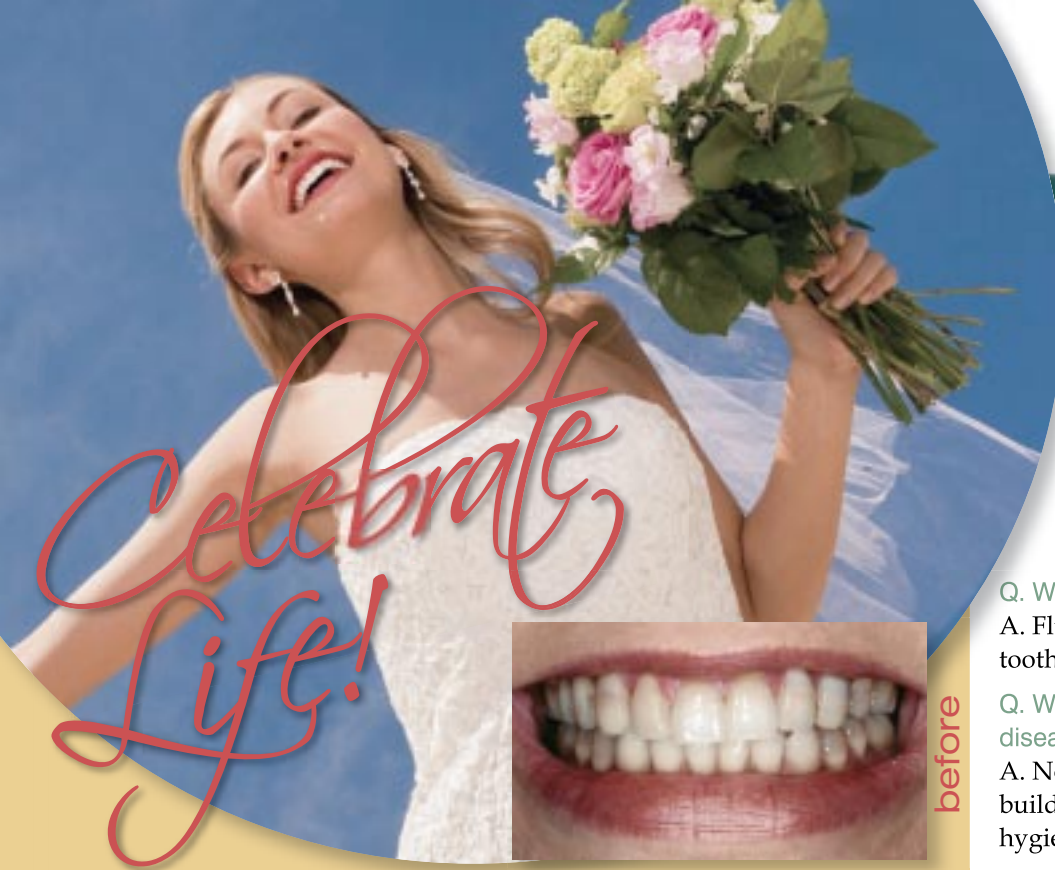
We encourage you to book your summer recall appointment today!

shape. Recall visits help to catch dental problems like decay before they turn into painful cavities. Routine

dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recall appointments a year. Insurance companies know from experience that regular recalls are a good long-term investment in your health and reduce dental cost.

We encourage you to book your recall appointment well in advance. If you aren't sure when you are due for the next one, don't delay – give us a call. Good dental habits will help your teeth last a lifetime.

Visit our web site at www.baladental.com



Celebrate Life!



before



after

Share your smile with the one you love!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...

FAQtually Speaking

About toothpaste

- Q. What does fluoride toothpaste do?
 A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?
 A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?
 A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?
 A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?
 A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?
 A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding
 Tooth-colored inlays/onlays*

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

*Dental implants
 Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



Inflammatory Statement

You need to know about this connection

Bacterial infections are known to spread throughout the body. So it doesn't take a giant leap of logic to consider that an infection in your mouth might affect other parts of you. For many years scientists believed that oral bacteria alone was the primary culprit in linking gum disease to other systemic diseases. But according to the *American Academy of Periodontology*, inflammation, which is also associated with infection, is worthy of particular attention.

Gum disease has been linked to chronic inflammatory illnesses. These include cardiovascular diseases, arthritis, and diabetes. So it makes sense that treating inflammation may help you to manage your oral health... and that by maintaining your oral health you could be helping your overall health.

Let's use diabetes as one example. Gum disease has been called the sixth complication of diabetes and for good reason. Diabetics are more likely to have gum disease than others, especially if their diabetes is uncontrolled. As well, diabetics have more difficulty controlling blood sugar levels if they have gum disease, which increases their risk of other diabetic complications.

Gum disease can appear silently without any symptoms so regular checkups are important for everyone. If it's been a while since you've had a thorough dental exam, or if you have been diagnosed with an inflammatory condition such as heart disease, arthritis, or diabetes, we particularly recommend that you book an appointment.



Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

office information

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Office Hours

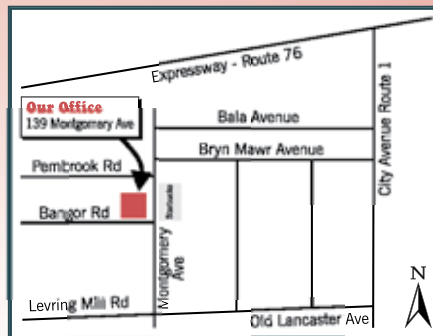
Monday 8:15 am – 6:00 pm
Tuesday 8:15 am – 6:00 pm
Wednesday 8:15 am – 4:00 pm
Thursday 8:15 am – 3:00 pm
Friday By Appointment

Contact Information

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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!

Flexible Financing

We can put you at ease

During the months of June, July and August a \$100 adjustment will be taken off every \$1000 of completed and paid for dental care. We offer no interest payment plans for up to 12 months based on approval and amount of dental care financed.

We offer several payment options that finance dental care: *CareCredit*®, *Chase*, and *Citihealth*. All are designed to help you receive the dental care you deserve when you need it.



We Welcome New Smiles