



Dr. F. Alan Dickerman

OPEN WIDE FOR TOMORROW'S SMILES

Produced to improve your dental health and awareness

Spring 2010

fromthedentist

Spring Is Here! We deserve it!

Open up the windows and breathe! It's time to throw the weight of winter off of our shoulders and put some new life into our steps. When brightening things up why not include your smile?

Spring is the perfect time to come in for a cleaning and get your mouth feeling its best. And we would be happy to give you a refresher on how best to care for your teeth at home – the best way to avoid repairs.

You may also be considering updating your smile. We can whiten, mask stains, fill gaps, and cover cracks quickly and painlessly. Just tell us what we can do for you.

Looking your best helps you feel your best. We're always happy to help. How better to say welcome spring than with a dazzling smile?

Yours in good dental health,

F. Alan Dickerman DDS FAGD

turnthepage

Save money ... and your sanity!

5 harmful habits. Are *you* guilty?

Work out the green way!

Implants: A New Smile

Comfort and confidence again

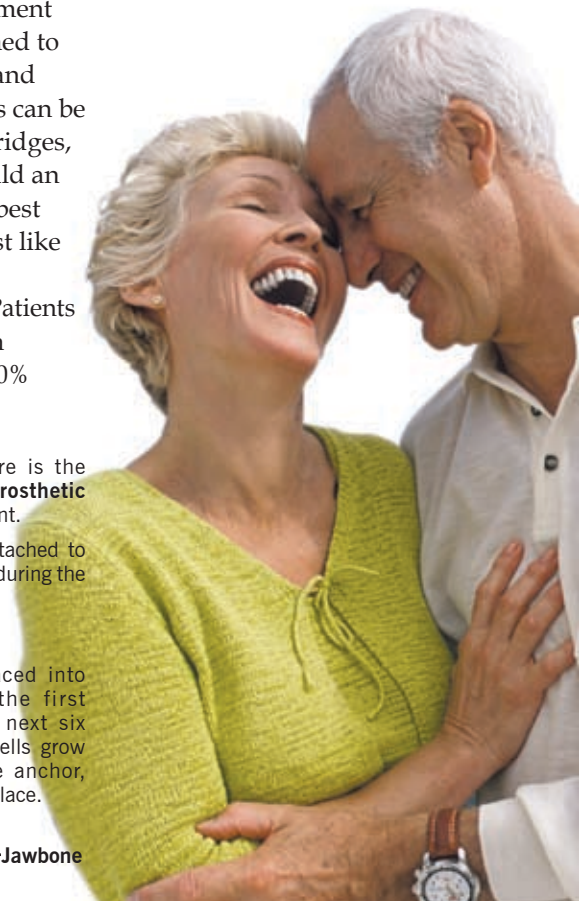
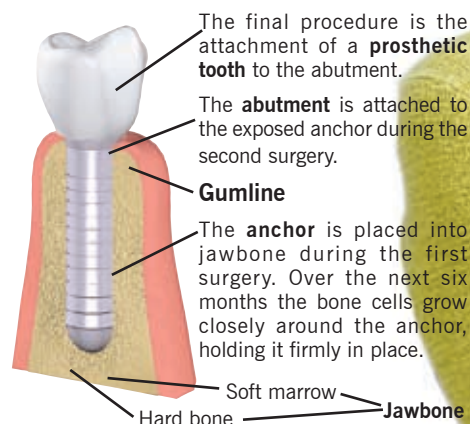
Whether you're missing one or all of your teeth, there are many options that will help you smile with confidence again. Thousands of people are flashing smiles that have been beautified by implants, a fabulous tooth replacement technique that can be performed right here in our office.

Implants are made of special biomaterials that are surgically placed in the jawbone under your gumline. After a few months the implant becomes anchored to the surrounding bone. A natural-looking replacement tooth is then permanently attached to the implant to replace the form and function of a real tooth. Implants can be used to stabilize dentures and bridges, replace just one tooth or to rebuild an entire jaw of missing teeth. The best part is that they look and feel just like natural teeth.

Dental implants are reliable. Patients have retained them for more than twenty years with a better than 90%

success rate. Most patients can receive implant treatments right in our office. We will use a local or general anesthetic to ensure comfort during the procedure.

Dental implants have helped thousands of people to eat, smile and speak with renewed self-confidence. Patients who practice good oral home care and regular dental checkups can enjoy implants that last a lifetime. We can help you decide if a dental implant is right for you. The investment in your smile is well worthwhile.



Visit our web site at www.baladental.com

The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- | | |
|---|--|
| <input type="checkbox"/> Garden | <input type="checkbox"/> Play tennis |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim |
| <input type="checkbox"/> Canoe or sail | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk | <input type="checkbox"/> Run |
| <input type="checkbox"/> Bike | <input type="checkbox"/> Hike |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

Whitening & Veneers



Pregnancy Perio Risk

Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don’t smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That’s why, during your pregnancy, we may suggest more frequent follow-up than you’re used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits. We screen for gum disease at every visit ...because we like to see you smiling.



Easy On You

Easy on your wallet

Here are some budget-friendly ways to de-stress:

Picnic in the park. Relax, dress casually, and don’t worry about which fork to use. Take a simple pre-prepared meal with you.

Dine at home. Have a special family meal. Let everybody pitch in. It’s fun to share the cooking (and cleaning!), and even little ones can help.

Step back. Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

Create a home spa. Alone, or with friends and family at your “spa,” create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

5

Just Lose Five
Drop these now...

Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

Avoiding routines

Don’t skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You’ll also be keeping your breath fresh and your smile white and appealing.

Release Your Tension!

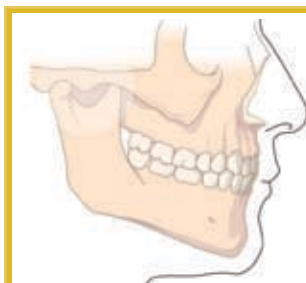
Treating temporomandibular problems

Do you suffer from tenderness in the jaw muscles or jaw joint, limited jaw opening, jaws that get stuck, unexplained facial or head pain, joint grating or clicking? Chances are you may be one of the sixty million Americans who have a condition called *temporomandibular joint disorder* or TMD. In most cases it can be diagnosed and treated in the dental office.

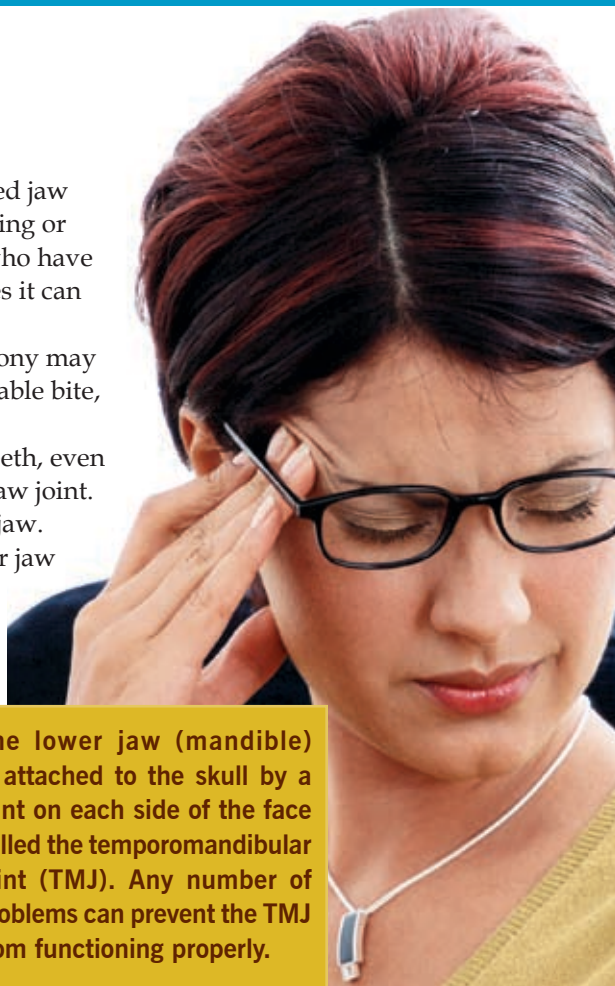
There's no simple prescription for TMD. Restoring your jaw's harmony may require several kinds of treatment to reduce muscle tension, regain a stable bite, or rest and heal your jaw joint.

TMD develops for many reasons. You might clench or grind your teeth, even without knowing it. This tightens your jaw muscles and stresses your jaw joint. Maybe a bad bite caused by incorrect jaw growth has misaligned your jaw. A blow or injury to the face or jaws can easily displace or dislocate your jaw joint. Other causes of TMD include worn, loose or missing teeth, gum problems, poorly fitting dentures or oral habits like pen and pencil biting, nail biting, gum chewing, and sometimes an erupting wisdom tooth.

The best way to diagnose TMD is a thorough oral examination, medical history, and radiographs in the dental office. If you think you may have signs of TMD ... come see us! Thousands of patients have been diagnosed and treated successfully, with excellent results.



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.



officeinformation

F. Alan Dickerman, DDS, FAGD

139 Montgomery Avenue
Bala Cynwyd, PA 19004-2828

Office Hours

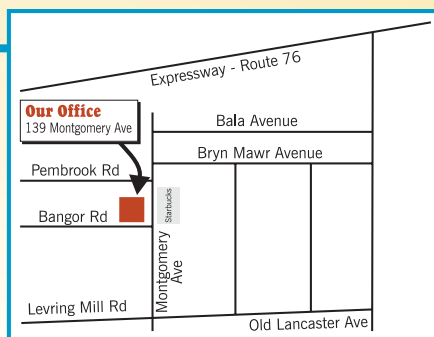
Monday 8:15 am – 6:00 pm
Tuesday 8:15 am – 6:00 pm
Wednesday 8:15 am – 4:00 pm
Thursday 8:15 am – 3:00 pm
Friday By Appointment

Contact Information

Office (610) 667-0588
Fax (610) 664-0736
Web site www.baladental.com

Office Staff

Shelly Office Manager
Robin Hygienist
Jill Hygienist
Kathie Dental Assistant
Judy Business Secretary
Stacy Business Secretary



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

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We Welcome New Smiles

Would You...

Do us a favor?

We are looking to add a few new patients to our practice, and have decided that we would like our new patients to be similar to our existing patients. In other words ... we would like more patients like you!

We decided to come directly to you and ask for your help. If you are happy with the service, professionalism, skill, and results produced by Dr. Alan Dickerman and our staff, we would very much appreciate it if you'd tell your family and friends about us.

As our way of saying thanks, we would appreciate it if you would accept a gift for every new referral who becomes a patient. Just ask them to mention your name when they make their first appointment.