



*Dr. F. Alan Dickerman*

## OPEN WIDE FOR TOMORROW'S SMILES

Produced to improve your dental health and awareness

Fall 2008

### fromthedentist

#### Time To Give Thanks To our valuable patients

This time of the year is full of hustle and bustle for just about everybody. With work and school in high gear, it's hard to find time to do anything but try to keep up. Even the dental office is working overtime to meet the latest advances in dental treatment and the increased needs of our patients in this busy time of the year.

No matter how busy we are, there's always time for the people who mean the most. In a dental practice, it's the patients who are number one. That's why in the spirit of the Thanksgiving season, we would like to take some time out to tip our hats and simply say thank you.

You may not think much of it, but your ongoing loyalty, cancellation notification, referrals and each and every kept appointment go a long way toward making this practice run smoothly and efficiently. That makes the dental office a more comfortable and rewarding place for everyone.

These are exciting times for dentistry. You'll read about some of the latest developments and treatments in the pages of this newsletter. If anything catches your eye, or if it's time for a checkup, just give us a call ... we'd really like to say *thank you* in person.

*Yours in good dental health,*

*F. Alan Dickerman, DDS, FAGD*

## Don't Settle For Less!

Be at your very best with essential esthetics

Do you cover your grin? Wouldn't you rather enjoy the spotlight and flash your perfect smile? Don't let a less-than-ideal smile hold you back ever again! Dentistry can repair, restore, brighten, and enhance your smile – often in only one or two visits!

Brighten dull teeth enamel simply and safely with professional teeth whitening – whether your smile has become discolored from food or tobacco stains, age, or root canal therapy.

**Conceal** chips and cracks with marvelous bonding materials. With tooth flaws concealed, the only thing people will notice is your beautiful smile.

**Close gaps** in your smile with natural-looking bonding or veneers that build up and

re-proportion your tooth surfaces to eliminate unattractive spaces.

**Realign** the appearance of crooked, crowded, or worn-down teeth with bonding and veneers that boost your smile power with natural-looking restorations.

Improve appearance and **strengthen** teeth with crowns that cover or cap teeth, restoring them to an ideal shape.

Span gaps with a bridge to **replace** one or more teeth.

**Match fillings** to your teeth color, even at the back of your mouth, with attractive and durable composite fillings.

With **dental health** ... show pink healthy gums, clean and beautiful teeth, and enjoy sweet smelling breath.



## Smile Makeovers

Improve the appearance and proportions of teeth that are stained or chipped, or that overlap or are uneven, with cosmetic veneers. Veneers are extremely thin but strong porcelain shells that are layered over the front surfaces of natural teeth. They can be designed to improve the proportions of your smile.

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



You'll like it!

### Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

### Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

### For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

## Prevention Is Better

### Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

#### ■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

#### ■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

#### ■ Preventable

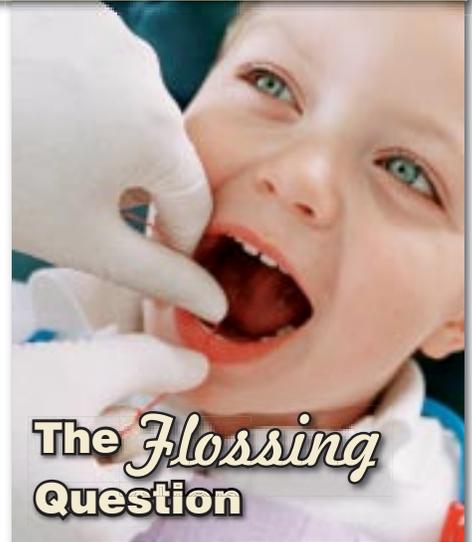
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

#### ■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

**Gum disease** can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



## The Flossing Question

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



# Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

## LIFE STAGE

## FOCUS

## HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults  
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults  
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

## 8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

### What can affect your whitening outcome?

#### Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

#### Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

#### Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



# Is Your Smile... Spotted?

## We can help

It was a great photo. You were caught in the middle of a "full-on" laugh. Then you noticed the old, silver, amalgam fillings and realized that your entire dental history is on display! No need to be self-conscious any longer. There is a simple and attractive solution to the problem.

According to research, the demand for natural-looking white composite resin fillings has surpassed silver amalgam by a ratio of more than 3:1! These fillings are more natural looking than amalgam, and have the added advantage of never discoloring surrounding or neighboring teeth as older amalgam fillings have been known to do. Modern materials and processes ensure that they are also durable, reliable, and predictable.

Because of these advantages and high consumer demand, we have recently restocked one of the finest composites available. This material can be so precisely color-matched to your teeth that

it will be invisible to the casual observer.

Let's talk about concealing, once and for all, your "dental history" with composite fillings. It can usually be done in only one visit or two, and because your silver fillings could be upwards

of 15 years old, your insurer may cover replacement costs.

Call us about this impressive improvement. Be laugh-out-loud confident ... whether you're in front of, or behind, the camera!



## officeinformation

### F. Alan Dickerman, DDS, FAGD

139 Montgomery Avenue  
Bala Cynwyd, PA 19004-2828

### Office Hours

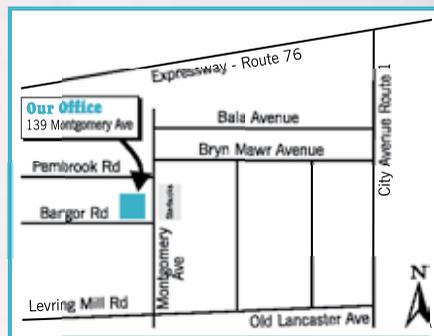
Monday	8:15 am – 6:00 pm
Tuesday	8:15 am – 6:00 pm
Wednesday	8:15 am – 4:00 pm
Thursday	8:15 am – 3:00 pm
Friday	closed

### 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
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### Vizilite Exam

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

During the months of October  
November & December receive \$10  
off our regular fee.

## Chocolate

### Boosts Health?

*You bet it can!*

Diabetics have found heaven on earth. So have dentists who have discovered the extraordinary health benefits of Xocai™ dark chocolate, coined "The Healthy Chocolate." Unlike most commercial chocolate that claims to have 80% or higher cacao content – Xocai (Sho-sigh) uses its own exclusive "unheated" process that keeps "alive" over 300 ingredients full of antioxidant, *eliminating almost all of the fat and sugar typically found in other chocolate.* In fact, 1 chocolate nugget is equal to ½ a pound of spinach – sharing the #6 position in the top 10 super foods.

With less than 10% of North Americans consuming enough fruits and vegetables to obtain the necessary antioxidants their bodies need, healthy chocolate like Xocai is a delicious option for slowing the ageing process, improving your health – and even reducing plaque and gum disease!

