



Dr. F. Alan Dickerman

OPEN WIDE FOR TOMORROW'S SMILES

Produced to improve your dental health and awareness

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fromthedentist

Are You Dieting... In the fast lane?

Is Monday morning "Crash Diet Day" at your household? If so, be aware that on-and-off diet patterns can create deficiencies in some minerals and proteins as well as Vitamins D and B-12, which are important to the health of teeth and gums.

We know that sweet sticky foods can increase calorie intake and cling to teeth, encouraging decay and cavities. But you may be choosing a diet high in fruits and juices without realizing that natural sugars can also decay and erode tooth enamel.

Some cheeses like Monterey Jack and Cheddar can actually protect your teeth from cavities with buffers that neutralize acids.

The key to protecting overall health is to *avoid crash dieting*. A thorough oral hygiene regimen and regular visits to our office can maintain your oral health.

Yours in good dental health,

F. Alan Dickerman, DDS, FAGD

turnthepage

Break through with the new you!

Crown your way to glory!

Spice up your smile...

Waiting Until It Hurts

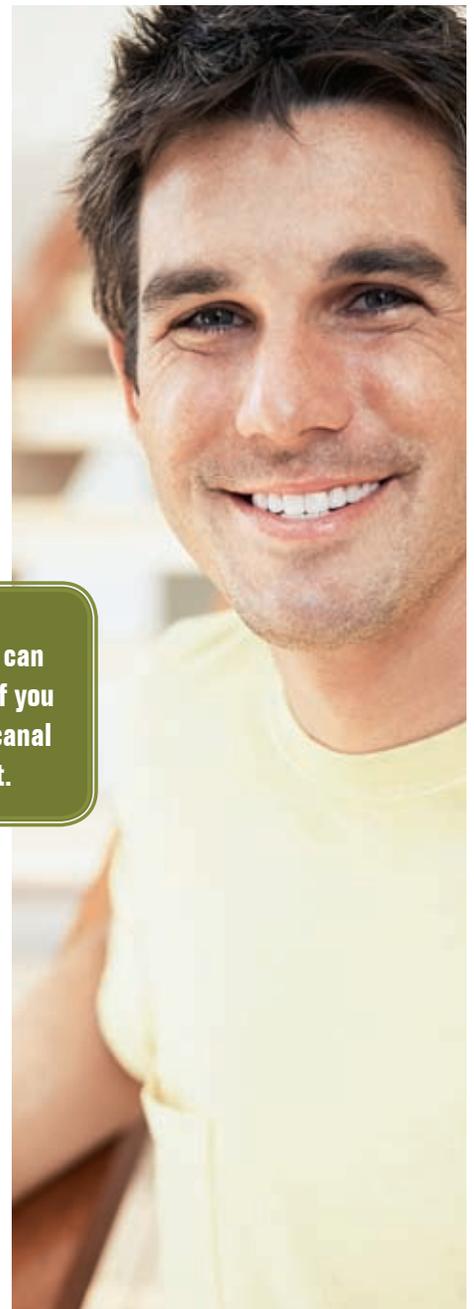
The economics of prevention

If serious damage caused by dental disease hasn't convinced you to take care of your teeth, the high cost of repair eventually will. It's unfortunate, but all too often prevention of tooth and gum problems is neglected until pain makes extensive corrective work necessary. Most people still believe there's no effective way to deal with dental troubles, except to have them repaired after the harm is done. In fact, the high cost of dental work keeps millions of people from seeking treatment and repair. What isn't realized is that waiting until it hurts will hurt your pocketbook just as much in the long term.

The longer you wait, the more dental repairs will cost. If left untreated decay can spread, and you may need a full crown. If you wait even longer, you could need a root canal ...an even bigger bite out of your budget.

Gum disease is another expensive repair. In the early stages it's easy to treat. But left to run its course, gum disease can lead to several tooth extractions and a bridge or partial denture. These corrective measures can total thousands of dollars. And believe us, it doesn't end there if preventive actions aren't taken.

Still thinking of putting off that dental checkup? You can clearly see that prevention really is the only cost-effective way to deal with your dental future.



Visit our web site at www.baladental.com

More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers

Reproportion

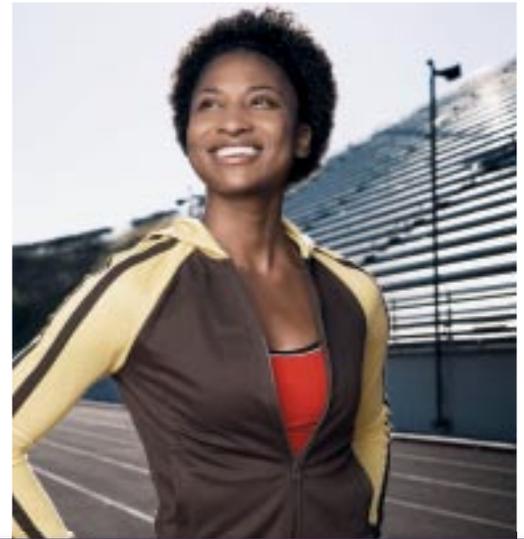


orthodontics & veneers

Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!

For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!



Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!



Periodontal Disease:

Most common cause of adult tooth loss

Periodontal disease has been at the forefront of many programs and publications. It is not only the leading cause of tooth loss in adults, it's also been linked to heart disease, low infant birth rate, and a whole host of systemic conditions including diabetes.

It has been estimated that three quarters of adults over age 35 have some degree of gum disease. Bacteria and debris in the gum area that are not removed by proper and regular flossing will cause inflammation and infection that can affect the body.

A near painless condition, some of the early warning signs of gum disease are swollen and tender gums, bad breath, and gums that bleed when you floss. The good news is, you can halt and even reverse the disease with proper diagnosis and treatment. Some people are more susceptible to gum disease than others - lifestyle has a lot to do with it. Smoking is a big risk factor, and

so is heredity and diet; foods high in sugar can make your teeth and gums vulnerable.

The best prevention is regular dental care and thorough daily brushing and flossing. Use whatever kind of floss you

like best but use it often!

Even if you are cavity-free, don't skip a dental recall. We screen for periodontal disease every time you visit the practice ...before periodontal disease has a chance to attack your smile.



Periodontal Disease vs Healthy Tooth & Gums

Periodontal Disease

Gingival pockets are the small spaces between your teeth and gums where debris collects.



Healthy Tooth

The crown is the visible part of each tooth.

The gums are the soft pink tissues that cover your tooth and bone.



The root of each tooth is lodged in your supporting jawbone.

office information

F. Alan Dickerman, DDS, FAGD

139 Montgomery Avenue
Bala Cynwyd, PA 19004-2828

Office Hours

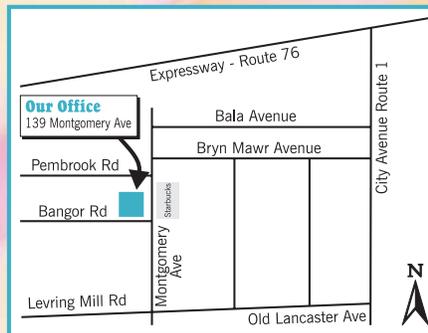
Monday 8:15 am – 6:00 pm
Tuesday 8:15 am – 6:00 pm
Wednesday 8:15 am – 4:00 pm
Thursday 8:15 am – 3:00 pm
Friday closed

Contact Information

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

Give A Big Smile...

Give a gift certificate!

Do you know someone who'll soon be making an important appearance? Someone who is being married? Going to a graduation? Attending a special event? Now you can give them the gift of looking and feeling their best!

We are pleased to offer a terrific gift idea: our very own Gift Certificates which can be purchased by anyone... for anyone ... for any dollar amount.

These certificates can be used for any dental service that we offer, from an introductory visit or cleaning, to cosmetic and natural-looking restorative procedures like teeth whitening, veneers, and implants.

Special Offer!

Purchase a \$50 Gift Certificate for \$42 towards dental services for family, friends or yourself.



We Welcome
New Smiles!

