



**Dr. F. Alan Dickerman**

**OPEN WIDE FOR TOMORROW'S SMILES**

Produced to improve your dental health and awareness

Fall 2009

fromthedentist

This month's newsletter includes a reprint from a recent Professional magazine featuring an upfront and personal view of my office, my staff, and myself. Our office was honored to have this feature article printed in the July, 2009 issue of the *Doctor of Dentistry* magazine, and I am happy to share the contents with my patients and the new residents in our neighborhood and the surrounding communities.

The article *Building a Practice and a Man* includes a brief autobiography and gives my current patients (and potential new patients) insight into the type of practice they have been a part of, or may be interested in becoming a part of. The article accurately describes the concept of total care that our office exemplifies, as well as the expert attention they can be expected to receive.

We continue to welcome new patients and would be happy to have you become a member of our dental practice family.

*Yours in good dental health,*

*F. Alan Dickerman DDS FAGD*

**turnthepage**

Brush up on brushing!

Transform your smile!

Slow food for health!

## WHAT WE OFFER TO YOU

### All about our practice and the dentist

We would like to thank you for choosing Dr. Alan Dickerman as your dental professional. The team at our office is dedicated to providing you with quality dental care in a relaxing, friendly and caring environment.

When you are at our office we want you to feel completely at ease. That's why we offer Analgesia (Nitrous Oxide), traditional anesthetics, and sedation for your procedures. Our treatment rooms are equipped with television and music for your enjoyment and comfort.

The team at our office is well educated, experienced, and enthusiastic about helping you achieve optimum oral health. We pride ourselves on providing complete, comprehensive,

state-of-the-art dentistry for your entire family.

Although you may be familiar with some of our treatment options, we would like to tell you that our extensive services include: implants, braces, *Invisalign*®, Periodontics (gum disease), tooth replacement, root canals, tooth colored fillings, inlays, bonding, porcelain veneers, laser oral surgery, whitening, jaw dysfunction therapy, holistic dental care, and oral cancer screening. We offer this broad range of services for your convenience. The concept of many procedures completed in one practice saves you from multiple appointments and the travel time between offices.



AGAIN, WE THANK YOU FOR YOUR TRUST AND PATRONAGE. WE ARE ALWAYS ACCEPTING NEW PATIENTS AND INVITE YOU TO REFER FRIENDS OR FAMILY THAT YOU THINK COULD BENEFIT FROM THE SAME QUALITY CARE THAT YOU RECEIVE AT DR. DICKERMAN'S OFFICE. CALL US TODAY!

**(610) 667-0588**

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

# PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

**Restore** gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

**Prevent** or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

**Sculpt** your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



## Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.



# STEP UP TO THE WINNER'S CIRCLE!



## Winner Takes All!

### Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

**Brighten your teeth** by up to eight shades quickly, reliably, and safely.

**Camouflage** more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

**Say goodbye to old silver fillings** with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

## Set Your Sights On Health

### Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.



# The Time To Act Is Now!

We can help save your money & your smile

We want you to know how important it is to treat your oral health as a top priority. Delaying treatment until your oral health has suffered can have serious consequences for your overall health and your appearance, and end up costing you more in the end.

Untreated tooth decay can spread and require a root canal, crown, or implant, far more expensive procedures than a filling. In turn, delaying restorative treatment can mean cracks will continue to enlarge and deepen, requiring extensive repair later. You could lose your tooth.

Doesn't it make sense that a small cavity diagnosed early means you won't have to live with chronic toothache, and a smaller restoration will require less expense and trauma to your teeth?

Similarly gum disease caught in early stages is easy to treat – it's actually reversible if caught early enough. But left too long, gum disease can lead to tooth extractions, shifting teeth, and the expense of a restoration. Not to mention the damage to your self-esteem.

And the most costly outcome of all? Gum disease has been linked to chronic systemic illnesses like heart disease and stroke, diabetes, respiratory diseases, cancers and complications in pregnancy.

Brushing and flossing daily, eating a healthy diet, and visiting us regularly for an oral exam is critical to your health. Call us.



**You'll save money in the end ... as well as your health and your smile.**

## office information

**F. Alan Dickerman, DDS, FAGD**

139 Montgomery Avenue  
Bala Cynwyd, PA 19004-2828

### Office Hours

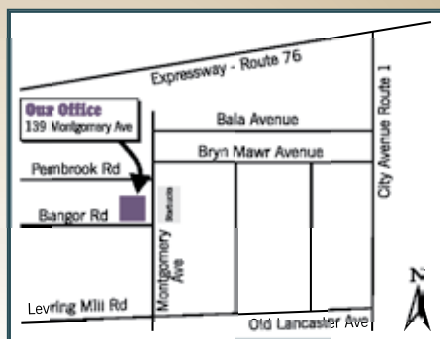
Monday 8:15 am – 6:00 pm  
Tuesday 8:15 am – 6:00 pm  
Wednesday 8:15 am – 4:00 pm  
Thursday 8:15 am – 3:00 pm  
Friday By Appointment

### Contact Information

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

### Office Staff

Robin ..... Hygienist  
Jill ..... Hygienist  
Shelly ..... Dental Assistant  
Judy ..... Business Secretary  
Giselle ..... Office Manager



- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening/Rembrandt<sup>®</sup>/Laser
- ❖ Orthodontic treatment/Invisalign<sup>®</sup>
- ❖ Dental implants
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### ViziLite™ Exam

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

*We Welcome New Smiles*



## Dangers of Chewing Ice

Did you know...

It may just be frozen water, but chewing ice can be very hard on your teeth. People who chew ice end up with a lot of fracture lines in their teeth. These slight cracks make teeth painfully sensitive to cold and biting pressure. Sometimes a whole piece of tooth will break off and the only way to save the tooth may be to place a crown. If the fracture lines are deep enough to threaten the tooth nerve, that can mean a root canal or an extraction.



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