

Bala
Dental

Reconstructive & Cosmetic Dentistry

Open Wide For Tomorrow's



with Dr. F. Alan Dickerman

Providing Quality Dental care to Philadelphia and the Main Line areas

We provide gentle, family oriented dental care with the best and latest in dental technology and treatment.

Our team consists of individuals who are kind, friendly, and dedicated to ensuring a pleasant experience during your visit. Our number one priority is our patient's well-being. We implement all of the tools available to make sure you have a comfortable experience during your dental visit.

Out services

General Denistry
Cosmetic Denistry
Teeth Whitening
Dental Implants
Orthodontics/Invisalign
Much more!!

Visit our website at :
www.baladental.com

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Fax: 866-995-9227
Web: www.baladental.com

OFFICE HOURS

Monday 8:15 am—6:00 pm
Tuesday 8:15 am—6:00 pm
Wednes 8:15 am—2:00 pm
Thurs 8:15 am—2:00 pm
Friday appointment only

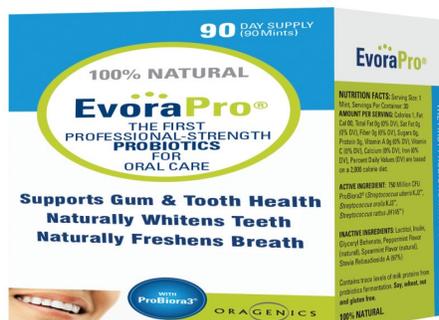
The year of the Probiotics...

“Probiotics, believed to help with digestion, are increasingly being studied to treat wide-range conditions, from colic to cholesterol and the common cold.”

www.wsj.com/articles

Probiotics is an increasingly common term in healthcare, often associated with digestive health. Probiotic yogurts promote beneficial bacteria that are naturally present in our digestive system and now oral Probiotics can promote the necessary beneficial bacteria that are naturally present in our mouths. The delicate balance of bacteria is constantly challenged by stress, medication, illness, what we eat and drink, and how often we're able to brush.

Our office is prescribing Once-daily EvoraPro to help replenish the “good” bacteria we need. EvoraPro is a natural supplement that can improve gum inflammation, create whiter teeth and fresh breath.



Natural Supplements

A natural supplement that Dr. Dickerman has found very helpful to improving gingival health is CoQ10. Over the past 10 years he has been advising patients to consider a daily dose of 100 mg of CoQ10. CoQ10 helps to keep periodontal disease under control by oxygenating muscles within our gums as it increases the production of energy in the mitochondria, the energy center located inside each cell. Periodontal patients frequently have significant gingival deficiencies of CoQ10, and the deficiency indicates a nutritional imbalance that is not likely caused by neglected oral hygiene. A gingival deficiency could predispose this tissue to gum disease and gingivitis could even enhance the deficiency.

For those patients who are at risk CoQ10, office periodontal treatment, and good oral hygiene can promote periodontal health.



*Happy New Year!
& Cheer's
May 2015 bring health and
happiness to you and your
family.*

With the new year comes resolutions and many people say they want to lose weight, visit their primary doctor and maybe even see their dentist.

Well now is the time to keep your mouth healthy and clean, so you can smile all day long with no worries.

With the above in mind we have decided to extend our **new patient special offer** thru March 2015. Tell your friends, neighbors and loved one to take that leap of faith and make that phone call today to secure your dental appointment.

610-667-0588



New Patient Offer!

Due to the overwhelming success of our promotions we are continuing our offer for 50% savings for new patients.

**Get 50% savings during the months of
January, February & March for an Exam, Cleaning, Oral cancer
screening and panoramic x-ray
\$205.00**

Call our office to reserve your spot 610-667-0588



MEET THE STAFF

This month we are featuring one of our Registered Dental Hygienists:

ROBIN WEINSTEIN, R.D.H.
KNOWLEDGEABLE AND DETAILED

Robin grew up in Lower Merion and was educated in the Lower Merion school district. She received a B.A. degree following graduation from Purdue University in Indiana. Shortly after graduation Robin decided to pursue a career in dental hygiene. She attended Montgomery Community College graduating as a Dental Hygienist in 1996. Our office can take some credit for her decision to change her career to dental hygiene given that she had been a private patient in our practice from age nine. She continued as a patient, and returned to our office in 2006 employed as a dental hygienist. She remains a valuable and active staff member.

She resides in nearby Havertown with her husband Adam and their children Anna and Ethan and their dog Jackson. Her interests include reading, interior design, yoga, skiing, and camping.