

Bala
Dental

Reconstructive & Cosmetic Dentistry

Open Wide For Tomorrow's



Smiles

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.

Our services

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

Visit our website at :
www.baladental.com

F. Alan Dickerman,
DDS, FAGD
139 Montgomery Ave
Bala Cynwyd, PA 19004
Phone: 610-667 0588
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—6:00 pm
Friday by appointment

Did you know?

Did you know tooth enamel can be damaged by soda (this is also true with diet soda)? Just as much so as if you were doing illegal drugs!. Well it's true. " tooth erosion occurs when acid wears away tooth enamel, which is the glossy, protective outside layer of your tooth. Without the protection of enamel, teeth are more susceptible to developing cavities, as well as becoming sensitive, cracked, and discolored." "Once erosion occurs, it can't be reversed and affects people their whole life." .

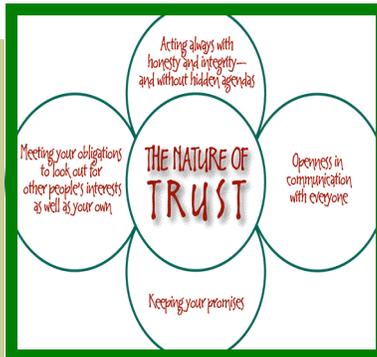
Certain affects like "tooth sensitivity can become a lifelong problem, limiting things we like to drink and even food choices. Even cold air can become a major issue for some people.

"Phosphoric and citric acid, which are common ingredients in many popular sodas and diet sodas, alter the PH balance in the mouth and can cause tooth erosion over time.

"Dr. Kim McFarland D.D.S. associate professor in the University of Nebraska Medical Center College of Dentistry, offers some great tips for those who continue to drink soda.

- Limit consumption of soda to meal time
- Don't drink soda throughout the day
- Brush your teeth afterwards-toothpaste re-mineralizes or strengthens where acid weakened the teeth
- If tooth brushing is not possible, at least rinse out your mouth with water
- Chew sugar free gum or better yet, gum containing Xylitol."





A note from Rosalia:

Although I have been in the field of dentistry for over 20 years as an dental assistant I still enjoy what I do. “The field of dentistry is unlike any other field of medicine in that it is completely built on relationships”. I know this sounds pretty elementary but simply being nice, having eye contact, being myself are the most important parts of working with our patients. I also believe in the importance of following up with our patients after treatment. And lastly, I pride myself with trust. Building a relationship to the highest level of trust is what I value the most. If there is any advise I can stress it is the importance of prevention. . Dr. Dickerman as well as our dental team expresses the importance of:

- regular examinations
- Oral hygiene instructions
- Risk assessments for caries and periodontal disease
- Prophylaxis
- Application of fluoride
- Sealants
- Appropriate radiographs

With these simple steps for prevention we can teach you the right steps for your dental health.

www.dentalassistance.org

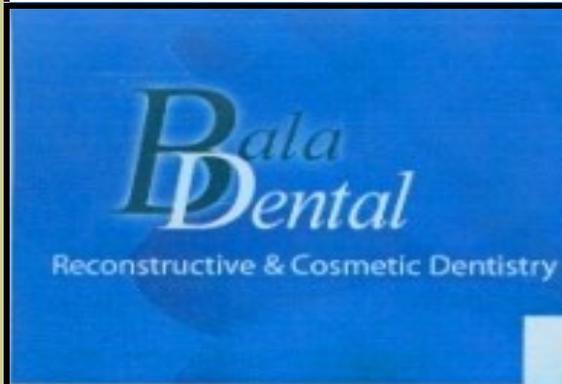
New Patient Offer!

Summer vacations are coming to an end and the hustle and bustle of school, work and everyday life will be hitting us before we know it. So below is our new patient offer!

Get 50% savings during the months of August & September. Before the hectic school year starts and winter is upon us please call our office to schedule your cleaning.

New patient Only: Exam, Cleaning, Oral cancer screening, and panoramic x-ray for \$205.00

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



MEET THE STAFF

This month we are featuring our Dental Assistant:

Rosalia Fosco

Rosalia was born in a small town in Italy and immigrated to the United States when she was 4 years old. Her education prepared her for secretarial and academic skills, but following graduation from high school she began to pursue a career in dentistry. She worked in a multi-doctor specialty endodontic practice for over 18 years. She was a primary member of the assisting team in that office, accumulating over 300 hours of additional dental education in seminars and post graduate studies. Rosalia left that practice in 2007 and further advanced her dental knowledge by employment at a quality cosmetic dental office where she learned new skills and enjoyed her new position. She interviewed for a Dental Assisting position at our office with the thought that a position in a very high quality full service dental office would be the challenge she desired. She has not been disappointed! Rosalia has been working in our practice over 3 years.

Rosalia lives in Havertown with her husband Joe and daughter, Daniella, Her hobbies and interest include travel, reading, swimming and of course cooking.