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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 Denistry

Cosmetic Denistry

Teeth Whitening

Dental Implants

Orthodontics/Invisalign

Much more!!

**Visit our website at :
Www.baladental.com**

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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

Snooze News

**What do the Dentist and Sleeping have to do with each other?
More than you might think.**

“Have you heard of sleep dentistry? No, it’s not napping during a cleaning. Sleep dentistry is what dentists do to help people with sleep problems. It’s not especially new, but it is gaining traction, says Leopoldo Correa, BDS, associate professor and head of Dental Sleep Medicine at Tufts University School of Dental Medicine in Boston.

Since the American Academy of Dental Sleep Medicine’s founding 15 years ago, doctors, sleep specialists, and dentists have increasingly worked together, mostly on easing sleep apnea and snoring symptoms. About 50 million to 70 million Americans have chronic sleep disorders, including about 18 million with sleep apnea.

Obstructive sleep apnea (OSA) happens when tissue in the back of the throat collapses and blocks the airway while you’re sleeping, reducing the amount of oxygen delivered throughout the body. When blood-oxygen levels drop low enough, you momentarily wake up, though sometimes so briefly you don’t even know it, says Mark Wolff, DDS, PhD professor and chair of Cardiology and Comprehensive Care at NYU College of Dentistry. Snorers may also lose sleep, sometimes because their own loud honking rouses them-not to mention their bed partner, also tormented by the noise.

One effective dental remedy: a custom oral appliance worn at night. These plastic devices pull the jaw forward, which advances the tongue and potentially opens the airway, cutting down on snoring and the tissue collapse that causes OSA. They are like night guards and retainers with a top and a bottom.”

If you have been diagnosed and have symptoms of snoring or sleep apnea and you have been treated with a CPAP appliance and find the appliance uncomfortable or difficult to use, a dental appliance maybe a better choice.

Dr. Dickerman is a member of the Academy of Dental Sleep Medicine and has been treating snoring and sleep apnea for over 25 years.

Www.webmd.com





A note from Shelly:

Americans Don't Prioritize
Dental Visits

"1 out of 3 Americans did not visit the dentist in the last year.

This information comes from Gallup Well-Being. The rate was basically the same in the previous year and in 2008 as well. Women were more likely than men to go for a dental checkup, based on this study.

It's important for every person to visit the dentist at least once per year.

People ages 18-29 were less likely to see a dentist but there wasn't much of a difference when compared to senior citizens. People ages 30-44 have gone to the dentist less often than they did in the past.

Based on many studies, poor oral health leads to poor overall health. Regular dental visits are crucial for any person to stay healthy. "

<http://dentistrytoday.com/today>

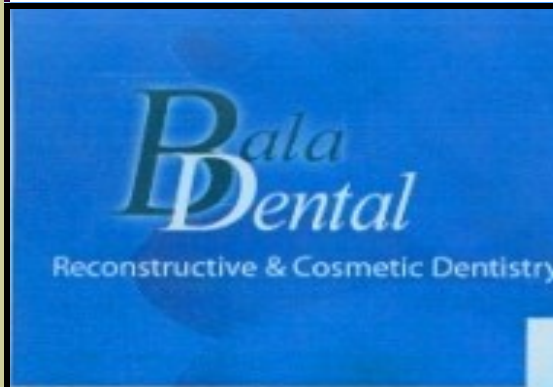
New Patient Offer!

Winter is approaching and before it's too cold to go outside take advantage of our new patient offer!

Get 50% savings during the months of December & January. 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 and Office Manager:

Shelly McKeon

Shelly grew up in Aston, Pa. and now resides in Clifton Heights with her husband Andrew, step daughter Ashley and their dog Jessie. She attended Harcum, College for dental assisting and completed and obtained a B.S. degree at Neumann University in 2010.

Shelly has been a team member of Dr. Dickerman's staff for over 10 years. Her extensive training includes all aspects of dental care including but not limited to; crown and bridge restorative treatment, implants (surgical and restorative treatment) patient education, Invisalign (orthodontics) and endodontics (root Canal treatment). Shelly received her radiology certification in 2002, and is CPR certified. She has attended numerous post graduate training courses related to dentistry.

Shelly is an integral part of our dental practice and is vital to the ongoing success of our dental care family.

Her hobbies include walking her dog, spending quality time with her family, and Traveling.