

The Dental Group
6200 Baltimore Avenue
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Phone: 301-864-5200
www.thedentalgroup.com

Relax... It's Time For Your Dental Procedure

Particularly suited for patients who have anxiety about dental procedures, relaxation dentistry refers to a number of different techniques that can help to minimize—or even eliminate—your discomfort. Oral conscious sedation is one of these options, and it might be just the ticket for you if you find yourself putting off dental procedures rather than facing your fears.

With oral conscious sedation, you are prescribed a pill to be taken an hour before a scheduled procedure. You must have someone available to drive you to the office and back home again following your appointment. Upon arrival, you will be awake but drowsy and relaxed. You may use headphones for some soothing music. We'll give you sunglasses to protect your eyes from the bright lights, and pillows, blankets and other items of comfort will be available if you desire them. You will be monitored closely at all times, but able to speak and respond, remaining conscious but in a state of deep relaxation.

Although the oral sedative itself possesses no numbing agent, because you are so relaxed—and because of our painless injection techniques—you will most likely have no recollection of your teeth being numbed. The effects will wear off following a short nap, after which you will probably have little or no memory of your appointment. Oral conscious sedation is a safe, cost-effective and time-tested way of relieving the stress and anxiety some patients associate with going to the dentist. Some even sleep through the entire procedure. Because patients are so relaxed, the dentist is often able to perform more extensive, complex treatment within the time span of a single appointment. For more information or to schedule an appointment, please call our office at 301-864-5200 and talk to any of our staff.

ORAL CONSCIOUS SEDATION

- Advantages:**
- Easily administered (patient takes a small pill)
 - Safe and Easy to monitor
 - Effective for most people
 - Low Cost



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MEET OUR TEAM

GENERAL DENTISTS

Mark J. McClure *D.D.S., N.D., F.A.G.D.*
Frederick J. Blumenfeld *D.D.S.*
Anthony J. DiGregorio *D.D.S.*
Tillman R. Sease, Jr. *D.D.S.*
Ramien R. Tajick *D.D.S.*
Kashia Figueroa *D.D.S.*

ENDODONTIST

Kathleen T. Frankle *D.D.S., M.S.*

PERIODONTIST

Sarah K. Park *D.D.S., M.S.*

ORTHODONTIST

David C. Williams *D.D.S.*

PEDODONTIST

Teresa Regil *D.D.S.*

PRACTICE ADMINISTRATOR

Carol L. Patsel

DENTAL HYGIENISTS

Carol D. Cromer *R.D.H.*
Carol Levy *R.D.H.*

Care, Comfort,
Compassion & Convenience.



DENTAL HEALTH TODAY

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Welcome to the first issue of *Dental Health Today*, a forum for sharing news, information and dental health tips. If information is power, then it is our goal to empower our patients to attain optimal health and happiness by providing useful and timely information regarding matters of dental and overall health.



Since 1979, when The Dental Group was founded, it has been our shared vision to provide the finest comprehensive dental care available for the greater metropolitan Washington, D.C. area. Our mission statement can be summed up in four words: care, comfort, compassion and convenience. We are a large group able to offer the benefits of the latest technology and skills for every facet of dental care, yet we pride ourselves on always focusing on the individual needs of each patient.

Our entire staff is dedicated to excellence, from our office personnel to the technicians in our on-site dental lab to the doctors and hygienists themselves. Many hours are devoted annually to continued education to ensure that we can offer the latest techniques and knowledge to our patients. And we believe in making life as

easy as possible. We are conveniently located just one mile north of D.C.; we are bilingual (English and Spanish); and we can accommodate even the busiest schedule with our extended hours. Monday through Thursday we're open from 7:00 a.m. to 8:00 p.m. and Friday from 7:00 a.m. to 6:00 p.m. If you still can't squeeze us in, we're open Saturdays from 7:00 a.m. to 3:00 p.m. In the event that you or a loved one require immediate care, The Dental Group is available for emergency service on a 24-hour, 7 day-a-week basis for your convenience.

Please feel free to call, e-mail, or stop by and talk to any of our staff for more information or to schedule an appointment. We hope you enjoy this complimentary copy of *Dental Health Today*. We look forward to seeing and serving you soon.

Words To Live By...

If you lend someone \$20, and never see that person again, it was probably worth it.

Always keep your words soft and sweet, just in case you have to eat them.

Happiness comes through doors you didn't even know you had left open.

A truly happy person is one who can enjoy the scenery on a detour.

Gum Disease Can Kill More Than Your Smile

Bacteria that builds up between the tooth and gum can enter into the bloodstream whenever your gums bleed. This bacteria can travel throughout the body and cause serious health problems.

STROKE

A new study of fatty deposits lodged in the carotid arteries of stroke sufferers shows that up to 40% of the bacteria that cause the fatty deposits comes from the mouth if the gums are inflamed.

HEART DISEASE

Bacteria from the mouth can get into the bloodstream when the gums are inflamed. This bacteria can get mixed up with blood-clotting cells called platelets. These clumps of cells and bacteria can lodge inside the walls of the blood vessels, causing heart-stopping clots to form. These clots are what lead to heart disease. Keeping your gums healthy can reduce your risk of a heart attack.

DIABETES (pancreas)

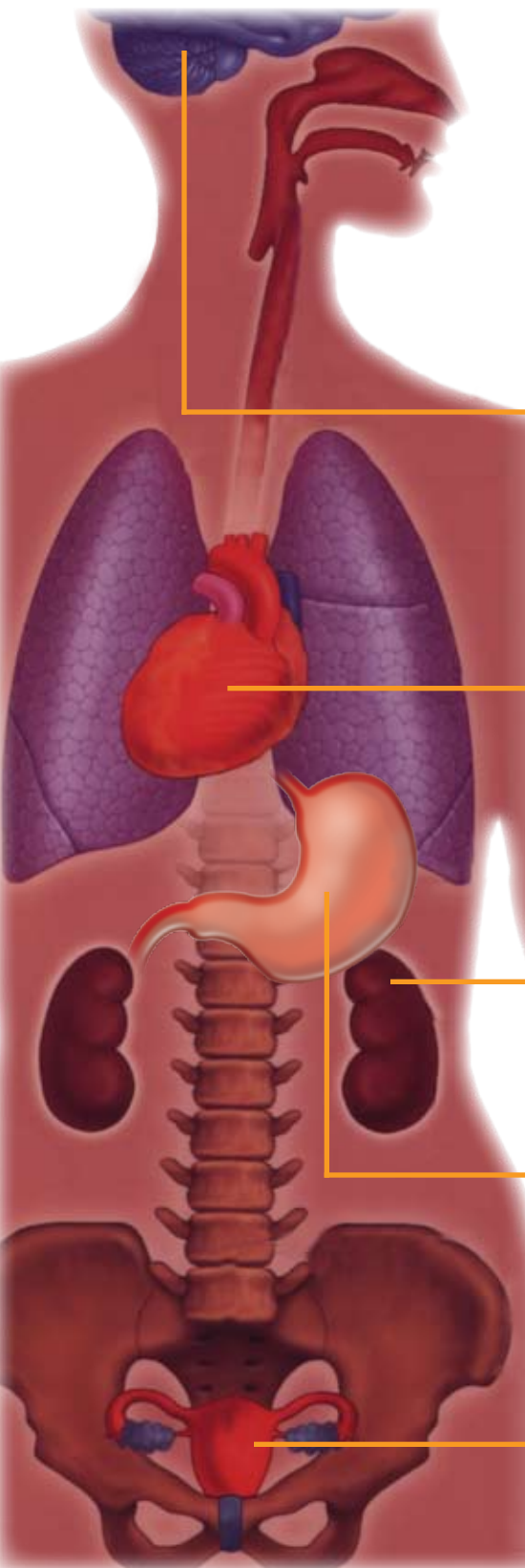
The presence of any gum inflammation can make it much more difficult for a diabetic to control their blood sugar. Elimination of any gum inflammation can directly improve diabetic control.

ULCERS (stomach)

The bacteria that collect in your mouth when gum disease is present are the same bacteria that cause gastric ulcers. If the bacterial count in the mouth is high these bacteria can be constantly travelling to the stomach, reinfecting and causing a return of ulcers.

PRE-TERM BIRTHS

Women with gum disease are seven to eight times more likely to give birth prematurely to low birth weight babies. Researchers believe that the low grade gum inflammation causes the body to release inflammatory chemicals which are linked to pre-term birth.



IF YOU HAVE NOTICED ANY OF THE FOLLOWING SIGNS OF GUM DISEASE, YOU SHOULD CONTACT YOUR DENTIST.

- Bleeding gums during tooth brushing
- Red, swollen or tender gums
- Gums that have pulled away from the teeth
- Persistent bad breath
- Pus between the teeth and gums
- Loose or separating teeth
- Change in the way your teeth fit together
- Food catching between teeth

Same-Day Crowns: Unprecedented Convenience, Beauty & Health for Today's Dental Patients

Twenty years ago, who would have thought we would make phone calls, check our mail, calendars, breaking news and stock market listings, or watch video and listen to music, all with one device small enough to carry with us anywhere in a purse or pocket? Yet today people everywhere take their palm pilots for granted. In fact, technology has brought about so many new products and possibilities that it's hard for most of us to even keep up with the ways that it's transforming our everyday lives.

Dentistry is one field in which technological advancements have truly brought about amazing benefits for today's patients. Yet many people remain unaware of the extent to which technology has minimized the discomfort and inconvenience that they may associate with dental procedures.

One of the most exciting new tools for dentists is the CEREC System. CEREC is basically a high-tech instrument that helps dentists restore damaged teeth. In fact, it's the world's only system for the fabrication of all-ceramic dental restorations in one office visit.

SINGLE APPOINTMENT DENTAL CARE

In the past, a restoration such as a crown would require at least two office visits. At your first visit, your dentist would inject anesthesia, prepare the tooth, take an impression, and install a temporary restoration. A few weeks later, you would return for another injection, removal of the temporary restoration (if it hasn't already fallen off), and installation of the permanent crown.



With the CEREC System, we take a high-precision optical impression of the tooth using a special camera. No more need to take messy impressions that must be sent out to a lab. With computer-aided design technology, your dentist designs the restoration directly from the optical impression—you can even watch the entire process on the color monitor while you wait. Within about 10 minutes, computer-aided manufacturing produces a precise restoration of ceramic material that matches your tooth color. With a strong chemical bond, we attach the newly milled restoration, leaving more of the healthy portion of the tooth than traditional crowns.

STRENGTH, BEAUTY & HEALTH

The ceramic material used in the CEREC System helps restore your teeth to their natural beauty, strength and function. They not only look great, they more closely match the composition of the tooth's natural structure than amalgam, gold and other metals. In addition to partial and full crowns, we can use CEREC for veneers and all other single tooth restorations as well. Although the CEREC System is cutting-edge technology, it actually has a history of nearly 20 years of clinical research and use, with over 6 million restorations placed. For more information, or to schedule an appointment, please call us at 301-864-5200.

ADVANTAGES OF THE CEREC SYSTEM

• Restorations performed in a single session, usually in less than one hour.	• Ceramic material is biocompatible, high-grade, anti-abrasive and plaque-resistant.
• No need for dentist to make an impression and send it out to a lab.	• Metal-free—no silver-colored fillings.
• No return visits for the patient.	• Allows dentist to save more of the healthy portion of the tooth.
• Natural looking restoration made of tooth-colored ceramic material.	• Extremely precise.