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6200 Baltimore Avenue
Suite 200
Riverdale Park, MD 20737

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.

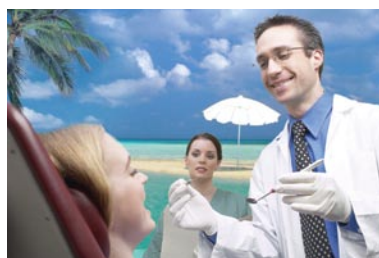
Our entire staff is dedicated to excellence, from our office personnel to the technicians in our on-site dental lab to the doctors and hygienists themselves. Many hours are devoted annually to continued education to ensure that we can offer the latest techniques and knowledge to our patients. And we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

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.

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.