



Dentally Speaking

WITH DR. DILIP DUDHAT & ASSOCIATES

Summer 2011

Dear Neighbor,

If you haven't seen a dentist in a while, if you're worried about the health of your teeth, or you have a concern about someone in your family, please call us today. We have been practicing in your neighborhood for years with over 15 years of combined experience, and we always welcome new patients!

Call us now - start with a consultation. You'll meet our team, and receive an oral health exam. You can talk about concerns and smile goals - then decide if we are right for you and your family!

WE PROVIDE:

- the convenience of multiple, well-maintained, and welcoming office locations,
- personalized dental care, comprehensive treatment planning, restorations, and cosmetic dentistry - to achieve optimal oral health and fulfill smile goals,
- prevention-focused dentistry to reduce the amount of time spent in the dental chair,
- patient-friendly care using modern techniques and technology,
- interest-free financing and numerous payment options,
- a spa-like atmosphere, including paraffin hand treatments and heated neck wraps.

We know that the healthier your teeth and gums are, the less you'll need to see us - that's our goal! We hope you enjoy this informative edition of our newsletter, and do feel free to call us with any questions, we'll be happy to answer them. Our friendly team is eager to welcome you.

P.S. Our consultation appointments fill quickly - call to reserve yours!



Family, Cosmetic & Implant Dentistry Creating Beautiful Smiles for Generations

Convenient evening & weekend appointments
to suit your busy schedule.

CALL TODAY! (215) 687-4114

We welcome new patients!

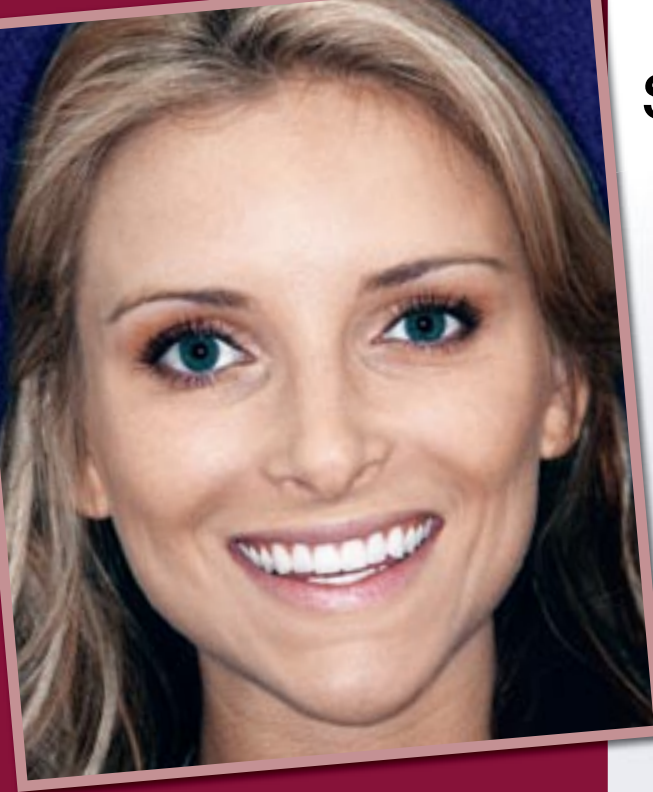
**See page 4 for your
Summer Specials!**



**Dr. Dilip Dudhat
Dr. Pappy Chhina**

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www.advanceddentalsmiles.com



Smiling Is *Good* For You...

Try these 2 enlightening solutions!

People are attracted to you when you smile, and most people find it charming. Smiling does other great things for you too. It boosts your immune system, lowers your blood pressure, and gets those feel-good endorphins going. So if you're unhappy with the way your smile looks, don't let it get you down. Instead, consider uplifting affordable cosmetic options like bonding and teeth whitening.

Teeth a little dingy? Age, tobacco, staining foods and drinks, poor health, and heredity can all dull your enamel ... but we've got the remedy.

Supervised teeth whitening is very safe and it's a simple effective pick-me-up for your smile. In some cases, it will lighten your smile by as many as 8 shades!

Got a little gap between your front teeth? A few chips? Old fillings that look more like old stains? Bonding is extremely versatile.

Composite bonding won't stain surrounding healthy enamel. It can be veneered directly to the surface of your tooth and sculpted to fill in spaces, cracks, or chips while making your tooth stronger.

We'd love to help you and your smile go from dreary to dynamic! You'll look and feel wonderful ... at your captivating best!



Discreet subtle procedures can fix cracks, discoloration, & improve crown-length esthetics.

Catch Cavities Early

What to look for

We all know that untreated caries (cavities) cause pain, infection, and eventually tooth loss. But did you know that they are caused by two types of bacteria and are among the world's most common diseases? With proper care and regular checkups, cavities can be prevented or detected before they cause serious trouble.

Here's what to look for:

- White spots or brown areas on teeth
- Sensitivity when eating or drinking hot, cold, or sweet foods
- Toothache
- Holes or pits in teeth
- Pain when chewing.

Smaller cavities may not have symptoms, so it is essential to keep to a six-month-checkup schedule for early detection because we will detect a cavity when you might not. Ensure regularly booked appointments for you and your family, and brush and floss regularly!





It May Be Time!

Let's talk about modernizing your restorations!

Older fillings, bridgework, and dentures that have been allowed to deteriorate can affect more than your appearance. Unsightly staining is embarrassing, sure, but a change in how they fit may lead to pain, infection, chewing and speaking difficulty, plus unwelcome odor. That's why regular dental visits to monitor restorations are essential. Exciting new materials and procedures are available to give you a healthy young-looking smile.

DENTURES & BRIDGEWORK

Issues: Older dentures and bridges can lose their fit, wobble, and rub on your gums because you are losing the supporting bone beneath. This gradual continuous loss of jawbone begins as soon as the teeth are removed.

Options: While modern properly fitted dentures are comfortable and function beautifully, you may want to consider securely anchored implant-supported dentures. The dental implants act as artificial roots to stop bone loss surrounding their placement. A bridge can also be replaced by an implant-supported bridge that looks, feels, and functions like your natural teeth.

FILLINGS & BONDING

Issues: In addition to being unsightly and sometimes staining your natural enamel, silver-colored fillings can allow bacteria to seep beneath the filling if allowed to break down, causing havoc on healthy tooth structure.

Options: Try tooth-colored porcelain or resin fillings which require the removal of less enamel than silver-colored amalgam, strengthen tooth structure, and look more appealing.

Update your smile – the zest is yet to come!

Healthy Gums For New Moms

Maintenance essential

As with all other tissues in your body, your gums are affected by having a baby. Hormonal changes and changes to diet and sleeping habits make caring for your mouth even more important in your time-starved day.

Important facts:

Hormones: Hormonal changes exaggerate the way gum tissues react to plaque. Thorough brushing, flossing, and regular dental checkups are essential.

Sleep: Zzz-deprived new moms require at least 6 hours of sleep nightly to fight oral infections and regenerate cells.

Nutrition: A radiant new-mom smile requires good nutrition. Make sure that your diet contains plenty of vitamins A, C, and calcium for healthy gums and teeth.

Throughout all of life's stages, good oral health is important to your overall health.

Ensure a vigilant home care regimen to keep your smile at its best during this exciting time!



Childcare Myths

What you should know

According to research, outdated childcare myths are still believed, even by some healthcare professionals. While waiting 30 minutes after eating to swim is harmless, other myths can place a child at risk. Prevention is the best medicine – keeping informed keeps your child healthy and happy!

Myth: Honey is safe for babies before age 6 months.

Fact: Infants are at risk of botulism, a rare but serious type of food poisoning.

Myth: Children over age six can be given Aspirin for a fever.

Fact: There is risk of Reye's syndrome, a rare but serious illness.

Myth: Teething can cause high fever.

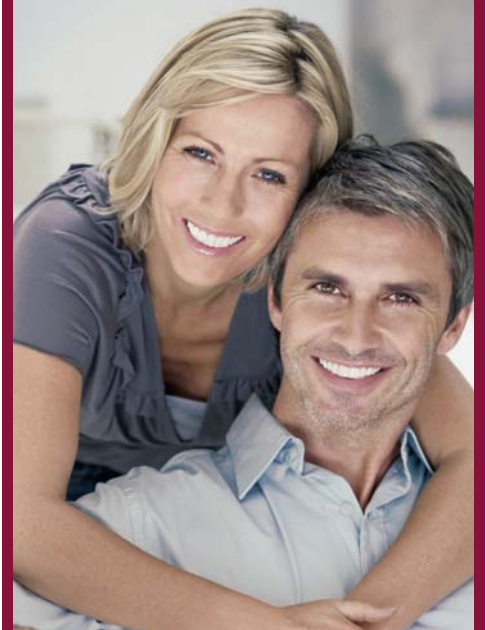
Fact: There is no evidence of this, and you might miss other important symptoms.

More questions about these myths or other concerns? Your family physician will be happy to help!

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PNP 14304



Valuable Health Information For Our Neighbors

Don't Place Your Health In Jeopardy!

If you are diabetic ... you may be more susceptible to gum infections which can make blood sugar more difficult to control.

If you have a compromised immune system ... gum disease can progress at an accelerated pace and may impact existing systemic diseases.

If you are pregnant ... hormonal changes can make you more susceptible to gum disease which has been linked to adverse effects such

as premature delivery and smaller birth weight, gestational diabetes, and toxemia.

Gum disease can begin at any age, and it develops slowly and without pain. By the time you are aware of it, you may be in danger.

We are totally committed to

preventive dentistry to avoid tooth loss and potential oral and general health complications for you and your family – today and at every stage of life. We would love to see you regularly to keep you healthy and smiling.

We provide a complete range of services. **Call (215) 687-4114 and book your free consultation.**

Your oral health can affect every aspect of your wellbeing, and my team and I are here to help you.

Summer Specials

Overdenture with Mini Implants

With all inclusive pricing at
\$3989

Not to be combined with any other offer.

Receive a **FREE Tablet**

...Upon completion of one or more of the following:

- Complete Implant Treatment (includes abutment and crown)
- Invisalign®
- 6 or more Lumineers™/ crowns / veneers or onlays

Treatment must be started between the period of July 15th and September 30th, 2011.



Full payment is due at the time of service.

Financing with interest an option.

**Offer valid for new and existing patients*

Offers cannot be used with any other coupons. Must bring this newsletter to your first appointment to receive specials. Call now before these amazing offers expire on September 30th, 2011.

Please call
215.687.4114
We look forward
to meeting you!

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