

Dr. Donna Sweeney's HOUSE CALL

Spring 2008

Dear Neighbor,

Did you know that in many cases urbanites are hard-pressed to name their four nearest neighbors? Allow us to make our own small dent in that statistic!

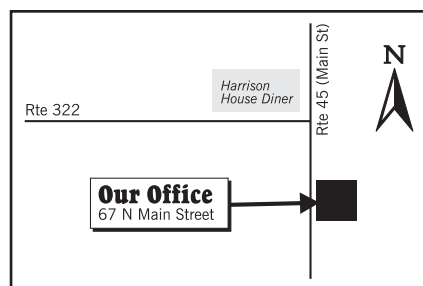
In the spirit of good, old-fashioned neighborliness, we'd like to introduce ourselves to you and share a little bit about ourselves as professionals – and as members of our community.

We've worked hard to create a practice for our patients that...

- is friendly, welcoming, and offers "creature comforts" and distractions like music and TV for the enjoyment of your whole family;
- provides patient education about home care and the links that may be associated with oral health and your general wellbeing;
- gives back to the community by committing our personal and professional support to local organizations;
- focuses the talents, skills, and training of our dynamic team on treating every patient respectfully – as a whole person with personal smile priorities and goals;
- provides proven, successful cosmetic dentistry options with effects that go much deeper than an improvement in appearance ... to help rebuild confidence and an outlook as bright as your new smile!

Yours in good dental health,

Dr. Donna Sweeney



Dr. Donna Sweeney

67 N Main Street
Mullica Hill, NJ 08062-9421

Office Hours

Monday 10:00 am – 6:00 pm
Tuesday 8:00 am – 2:00 pm
Wednesday 10:00 am – 7:00 pm
Thursday 10:00 am – 6:00 pm
Friday closed
Evening appointments available

Our Services Include:

- Family & cosmetic dentistry
- Tooth whitening
- Tooth-colored fillings
- Crowns & bridges
- Bonding & veneers
- Porcelain & composite inlays
- Latest in sterilization techniques
- Visa, MasterCard, American Express, Discover, Cirrus, ATM, and checks welcome



Visit our website at
www.drdonnasweeney.com

Call Today!
(856) 478-4480

We Welcome New Smiles!

If you are searching for a dentist, we invite you to call our office today to schedule a FREE consultation. It would be our pleasure to welcome you to our practice and answer any questions you may have.

Are Your Teeth As White As You Want?

Get whitening customized just for you!

Get ready to get complimented! Dentistry can give you a whiter smile and offset the dulling effects of the natural ageing process, staining food, and beverages like coffee, tea, and wine, lackluster home care routines, dental trauma, or medication. And there's a teeth whitening option to suit every budget and lifestyle.

5 Signs You Might Need To Have Your Teeth Whitened

1. You've stopped wearing white to shift focus from your dull or yellowing smile.
2. You've started covering your mouth with your hand when you smile, talk, or laugh.
3. You only smile with your lips closed.
4. You haven't had your picture taken in ages.
5. You've stopped smiling altogether.

5 Reasons You'll Be Glad You Did

1. Your immaculate smile will communicate youthful health and vitality.
2. With your improved self-confidence, you'll be ready to smile more often.
3. Your non-stop smile says positive attitude – and executive material – to make an impression on the job or at interviews.
4. Improved smile wattage and appearance will look so natural that people won't know exactly why you look better – except that you do.
5. People will think you're more attractive, more popular with the opposite sex, and more successful in your career!

Put the sizzle back in your smile – and keep it that way – safely, conveniently, and comfortably with dentist-supervised teeth whitening. All you have to do is get ready!



**Put the sizzle
back in your smile...
and keep it that way!**

Getting 5-A-Day?

Here's how!

Fruits and vegetables contain antioxidants, reduce your risk of heart disease, obesity, high blood pressure, and Alzheimer's, as well as cancers, including oral cancer. Nevertheless, most of us aren't even close to meeting the minimum recommended 5-A-Day target of three veggies and two fruits. What to do? Here are some tasty tips to keep you smiling.

Do...

- Add finely chopped and blended vegetables to casseroles, stews, soups, pasta, and pizza.
- Enjoy bigger meal portions bulked up with veggies, all without guilt.
- Sweeten your cereal with fruit instead of sugar.

Don't...

- Try to get by with, say, five oranges or any single food a day. Include a rainbow of fruit and vegetable colors.
- Overboil or overcook the nutrients away.
- Substitute a lot of sweet juices that can potentially damage your teeth.



Do Try These At Home!

Pro tips & tricks



Brush
your teeth using a **circular motion** close to the gumline and **hold your brush at a 45° angle** to the teeth... in front & behind each tooth. Brush **2-3 minutes** gently **2x a day.**

Floss
in between teeth to clean where **your brush can't reach...** including your last back teeth, **gently, 1x a day**, using a **different section** of floss for every tooth.

Try waxed floss for teeth that are spaced **tightly** together.

If you wear **braces**, suffer from **arthritis**, or receive **chemotherapy** treatment, ask your dental team about more tips and techniques **designed for you!**

According to research, good oral hygiene can help you look and feel younger!

10 Ways To Get Relief!

Don't get down in the mouth over stress

Do you know anyone who is smile-challenged due to stress? Today, many people are savvy about strategies that can help, like relaxation techniques, exercise, and professional support. Fewer know that elevated levels of cortisol, a hormone produced by stress, can suppress the immune system, potentially accelerating tissue damage and loss of bone and teeth due to gum disease.

Prevention through regular brushing, flossing, and dental visits is always the best strategy, but once gum disease takes root, here are ten ways your dental team can help ease your symptoms.

1. Offer treatments that help heal inflammation and red, swollen, or tender gums.
2. Demonstrate home care that will help halt bleeding that occurs when you brush.
3. Restore gums that have pulled back from your teeth.
4. Treat teeth that seem loose or have shifted.
5. Correct an altered bite.
6. Eliminate bad breath or a chronic bad taste.
7. Repair enamel and weakened fillings and restorations damaged by grinding.
8. Relieve jaw joint problems caused by grinding and clenching.
9. Restore stress-depleted saliva flow that puts your teeth at risk for cavities and your gums at risk for infection.
10. Enhance the appearance of your smile.

Even if you have always taken excellent care of your teeth and gums, we understand that people under stress may neglect their diet and lose motivation for their usual home care routines and regular visits.

Smile! Your dental team is up to the challenge.

7 Reasons Crowns Rule!

Count 'em and see!

Did you know that a crown restoration can prevent tooth loss by covering a badly damaged tooth to protect it? Losing a permanent tooth – even one people can't see – can create problems. Here are seven ways that a crown combined with a bridge restoration can prevent, restore, and even reverse damage caused by tooth loss.

1. **Bridge spaces left by missing teeth.**
2. **Prevent shifting of teeth.**
3. **Discourage dental decay and gum disease.**
4. **Prevent stress and more damage to other teeth.**
5. **Keep opposing teeth in their proper place.**
6. **Improve speech and chewing ability.**
7. **Revitalize your smile's appearance.**

Your dental team wants your smile to radiate the health, strength, and self-confidence you feel on the inside. Crowns and bridges are only two ways dentistry can help you to achieve your best smile possible!



Crowns, bridges, and veneers work beautifully together to enhance this smile.

Keep Your Secret With Invisalign®

The preferred method for straightening teeth used to be metal *train-track* braces. We are pleased to announce that Dr. Sweeney is certified in *Invisalign*®, one of the most advanced components of adult cosmetics.”

What is Invisalign?

It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners.

How does Invisalign work?

Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. There are no metal wires and brackets.

Can I benefit?

Adults account for nearly 25% of all orthodontic patients! The most common problems are crowded teeth, teeth spaced too far apart, protruding upper or lower teeth, and upper and lower front teeth that do not touch.

How do I get started?

After consultation and deciding on a treatment plan, we take an impression of your teeth, and submit it to Invisalign. You can view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

We know you'll be inspired to consider Invisalign! Please call us for a consultation.



Call Today!

What's the most important aspect of a smile to you?

Given that your smile is a genuine illustration of heartfelt happiness, amusement, joy, excitement, or gladness (the list can go on and on), the only ingredient of importance – one that will make your smile's effect exponential – is a good set of teeth. And even better ... a *great* set of teeth. This is where we come in.

If you've ever envied someone's smile, you're one step closer to actually taking a proactive step forward ... the first step in rewarding yourself with a fabulous new smile. All you have to do is decide, "Yes! I do want a smile just like Mary's ... or Gerry's." Then take action. Call us.

Make an appointment for a **free consultation**. It costs nothing but a little of your time, and it may open the door to a brand new you.

What are some of things we can do for your smile?

Here's a short list...

- Whiten discolored or stained teeth;
- Re-align crooked or out-of-place teeth;
- Re-proportion your smile;
- Close spaces between teeth;
- Restore chipped and cracked teeth;
- Lengthen teeth that are too short;
- Shorten teeth that are too long, and much more!

Call us!

And just in case you're wondering ... helping to create a more attractive smile is what makes us smile.

Call Today! (856) 478-4480

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