

Dr. Donna Sweeney's HOUSE CALL

Spring 2009

Pick Your Preference

Prevention – always the number one choice!

Intellectually, most people understand how important it is to have their oral health checked regularly, and to follow through with recommended home care and follow-up treatments. Taking action is sometimes another matter. Let us help you with simple, non-surgical, preventive approaches that will save time, money ... and your smile.

Start with the basics...

We can provide you with a thorough assessment, cleaning, and instruction for your home care regimen. By preventing dental plaque and tartar from accumulating, your risk of tooth decay and gum disease decrease dramatically. Research has linked gum disease with chronic conditions like heart disease and stroke, diabetes, osteoporosis, respiratory diseases, and complications of pregnancy.

Boost your buffer...

Bolster the natural protection that your own saliva provides. We can apply fluoride in-office and prescribe fluoride gels, mouthrinses, drops, or tablets for home use to keep your teeth strong and resistant to problems like these...

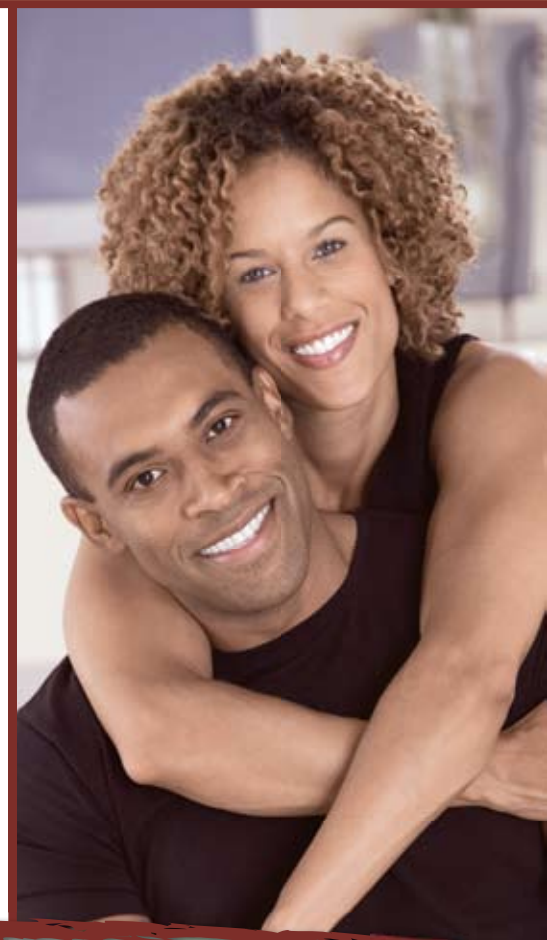
■ Demineralization or the loss of essential minerals from tooth enamel can be prevented, denying access to cavity-causing bacteria.

■ Decay around roots and existing fillings can be blocked and early-forming cavities can even be reversed.

■ Tooth sensitivity, usually due to receding gums, can be relieved.

■ Tender gums that bleed can be relieved in early gum disease and re-infection can be inhibited in more advanced stages.

Please call and book your appointment. An ounce of prevention really is worth a pound of cure.



Dr. Donna Sweeney
67 N Main Street
Mullica Hill, NJ 08062-9421

Office Hours

Monday 9:00 am – 7:30 pm
Tuesday 9:00 am – 7:30 pm
Wednesday 10:00 am – 7:00 pm
Thursday 9:00 am – 6:00 pm
Friday closed
Evening appointments available

Call Today!
(856) 478-4480



Our Services Include:

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



Visit our website at www.villagedentalarts.com

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.



Don't Be A Holdout

Join the mainstream and start smiling

Beauty has been democratized, no doubt about it. Not only is it truly accessible, but there is no longer only one single model of attractiveness. And you don't have to go to extremes to look good either. Sure, you can still hold out for an idealized smile where the combined width of the two upper front teeth is 1.618 times the height of each tooth. But in reality, the most popular and accessible cosmetic dental treatments look completely natural, are very patient-friendly, and can improve your smile without surgery in only one visit or two.

Choose to...

Brighten dull teeth enamel and remove unattractive stains and discolorations with dentist-supervised teeth whitening.

Replace dark outdated silver fillings and match your natural tooth enamel with white composite bonding, porcelain, cast glass, or resin inlays and onlays.

■ **White Composite Bonding** restores and strengthens decayed areas while looking like original tooth color.

■ **Inlays** matched to your teeth enamel lie between molar cusps, the small bumps on the top surface. They are custom-made to fit the cavity.

■ **Onlays** are similar to inlays except that they extend over one or more cusps, repairing outer surfaces.

More men and women just like you are living healthier lives, looking younger, and enjoying every opportunity that life presents to participate in the democracy of beauty.

Reward yourself
with a

marvelous
makeover

Stay On Top

Here's how!

You wouldn't miss washing a third of your body while you shower ... what would be the point of that? Well, why would you skip flossing? Brushing alone cannot reach in between your teeth and under the gumline – that third where the bacteria that cause gum disease, caries, and bad breath love to hide.

Flossing once a day, preferably before bedtime, is just as essential as brushing for 2-3 minutes twice a day. Your floss can give you other clues too. Is it hooking on chips or cracks, snagging on a jaggy filling, or catching on a spiky cavity?

Actually, many dental problems begin silently. Regular dental visits can identify problems in their early stages when they are easier and cheaper to treat. And we can help keep you on top of your flossing technique!



You Have The

Use it!

Power

Your mindset can profoundly affect the quality of your life. This is not speculation. It's fact and it's been proven in study after study over time. It's also been proven that physical fitness and overall health contribute to a sound mind and sound body. Pilates (pronounced puh-lah-teez) improves your mental and physical well-being, increases flexibility, and strengthens muscles.

Pilates uses controlled movements in the form of mat exercises or with equipment to tone and strengthen the body. These exercises are designed so that your body uses its own weight as resistance.

Whether you choose pilates, yoga, or meditation to tap into the power of a positive attitude, keep in mind that your oral and overall health are linked. A nutritious diet and a good home care and fitness routine combined with regular dental visits will keep you smiling.



Brighter

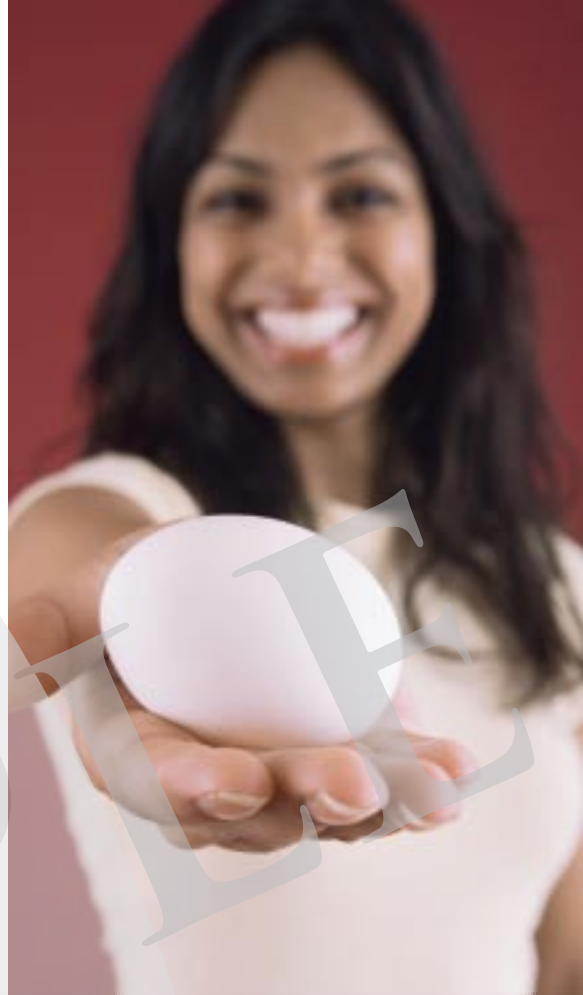
A Ray Of Sunshine

You can get enough

Vitamin D helps our bodies use calcium and phosphorous to help muscles and nerves work properly, fight diseases including cancers, and to build and maintain strong bones and teeth. If vitamin D is lacking, even an abundance of calcium won't keep your skeleton strong.

Although D is called the sunshine vitamin because we can produce it naturally through exposure to the sun's ultraviolet rays, there's a problem with that. According to the experts there's no such thing as a safe tan. Tans and skin cancers including lip cancer both begin with DNA damage caused by exposure to ultraviolet light.

What to do? Enjoy antioxidant-rich fish like salmon and sardines, liver, and egg yolk which naturally contain D. Consider a supplement and fortified foods and beverages like milk, soy drinks, and margarine.



We Make It Easy For You

Here's how to get the smile you deserve



You know that you're going to update your smile. You know you want to look younger, healthier, and show off a new, more competitive you. But where to start? That's the easy part – with a consultation at the dental practice!

Once you get all the facts, you'll stop worrying and gain confidence. Once you decide, you'll be free to act! Improving your smile is not a problem, it's a terrific solution. We'd be proud to help you find the best solution for your smile.

Easy-care cosmetic veneers (made of either composite materials or porcelain) and dental implants are two very popular choices.

Beautiful composite veneers are a popular and affordable option that can be used effectively to fill gaps and chips, strengthen,

whiten, and straighten the appearance of your smile.

Completely natural-looking porcelain is more translucent like natural teeth enamel and is highly stain-resistant to food, tobacco, and beverages like tea, coffee, and red wine. The durable, smooth, glass-like surface is so resistant to oral bacteria, many just slip away.

Permanent porcelain implants look completely natural, and will prevent bone loss and shifting and tilting of your bite.

Making the right decision has never been so easy. Choose to look younger by brightening your smile or improving the appearance of crowded or gapped teeth without

braces. Please come and see us at our office for a consultation.

Improving your smile is not a problem – it's a terrific solution

\$500 OFF!
Invisalign®

Comes with complimentary
teeth whitening kit after
treatment.

**Zoom! Whitening
Specials!**

In-office • \$550
Take-home • \$300

**No Insurance?
No Problem!**
**Receive 20% OFF
your first visit!**

**Receive a special
10% discount
when you book an
appointment between
11am - 3pm!**

All offers expire August 31st, 2009



Village Dental Arts
Dr. Donna Sweeney
67 N Main Street
Mullica Hill, NJ 08062-9421

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Dear Neighbor,

Give your smile a boost

One of the biggest joys I have is having a patient give me a big ear-to-ear smile as they leave my office when their treatment is complete. That departing smile is really what my team and I strive for, whether it be after a dramatic smile transformation or after a routine recall appointment. Not only does this smile tell me we've done an excellent job and have met our patients' expectations, it tells me that my patients feel good about their smile ... and that is crucially important.

Having confidence in your smile can make or break every hour of your day. It can have tremendous impact on your relationships, and even on your career success. Here are just a few smile imperfections that we have corrected for our patients. Take a moment to review the list and see if there is anything on it that you can relate to.

- crooked, misaligned teeth
- gaps due to missing or widely spaced teeth
- chipped or cracked enamel
- protruding or recessed dentition
- short or small square teeth
- uneven gumlines
- discolored enamel
- unsightly fillings
- puffy, red gums that often bleed when brushing or flossing
- conspicuous, ill-fitting restorations

Did you find your smile in the list? If so, give us a call! We really want to see you flash your beautiful smile!

Yours in good dental health,

Dr. Donna Sweeney

P.S. During your FREE consultation, my team and I will listen to your needs and identify any oral health concerns. Then together we'll discuss treatment options. Please call today! (856) 478-4480.