



# Elite Family Dental Care NEWSLETTER

Winter Issue

## What's Your New Year's Resolution?

**Give yourself the smile you've always dreamed of!**

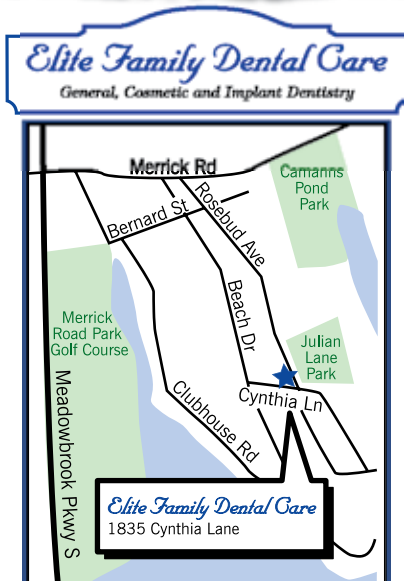
The start of a new year is always buzzing with promises to make positive changes and pledges to drop bad habits. Weight loss, quitting smoking, exercise and better eating – these are often among the top New Year's resolutions. We'd like to suggest a resolution that's guaranteed to put a smile on your face. Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter and happier smile.

A healthy attractive smile can do as much for your sense of self-esteem as any resolution. The best part is that you don't have to do it all by yourself. We can show you how to eat and brush better by choosing healthy foods and using fluoride and soft bristles.

We can also introduce you to some new cosmetic dental services that can whiten dull teeth, fix gaps, chips and crooked teeth. Resolving to improve your teeth is a lot easier than many resolutions, and the benefits will give you a reason to smile and feel good for years to come.



*Happy New Year!*



**Elite Family Dental Care**  
**Dr. John G. Stanescu**  
1835 Cynthia Lane  
Merrick, NY 11566 - 5107

**Office Hours**  
Mon-Sun 7:00 am – 9:00 pm  
**\*24 hour emergency dental care**

**Email**  
**elitfamilydentalcare@gmail.com**

**Our Services Include:**

- ◆ New, modern, state-of-the-art facility
- ◆ Family & cosmetic dentistry
- ◆ Evening & weekend appointments
- ◆ Cerec® same-day crowns
- ◆ Lumineers®
- ◆ Invisalign® clear braces
- ◆ Dental implants
- ◆ Most insurance plans accepted
- ◆ Payment plans available



*We look forward to meeting you and your family!*

**Call Today! 516.608.0001**  
**www.elitefamilydentalcare.com**

# Something To Smile About

## Recapture that confident feeling!

It's not too strong a statement to say that your life could improve dramatically after experiencing cosmetic and restorative dentistry. A fine example is one of our most popular and flexible restorative options: dental crowns. Not only are crowns strong and long-lasting, they can be matched to the translucence, color, and contours of your other teeth.

If you have gaps in your smile, or have teeth that are badly worn, fractured, or otherwise damaged, crown restorations are a tried-and-true smile prescription!

A **crown** can be used to cover a tooth to protect and strengthen it, and to improve its appearance.

A **bridge** can combine several crowns to span the gap left by missing teeth and to save your other teeth from drifting.

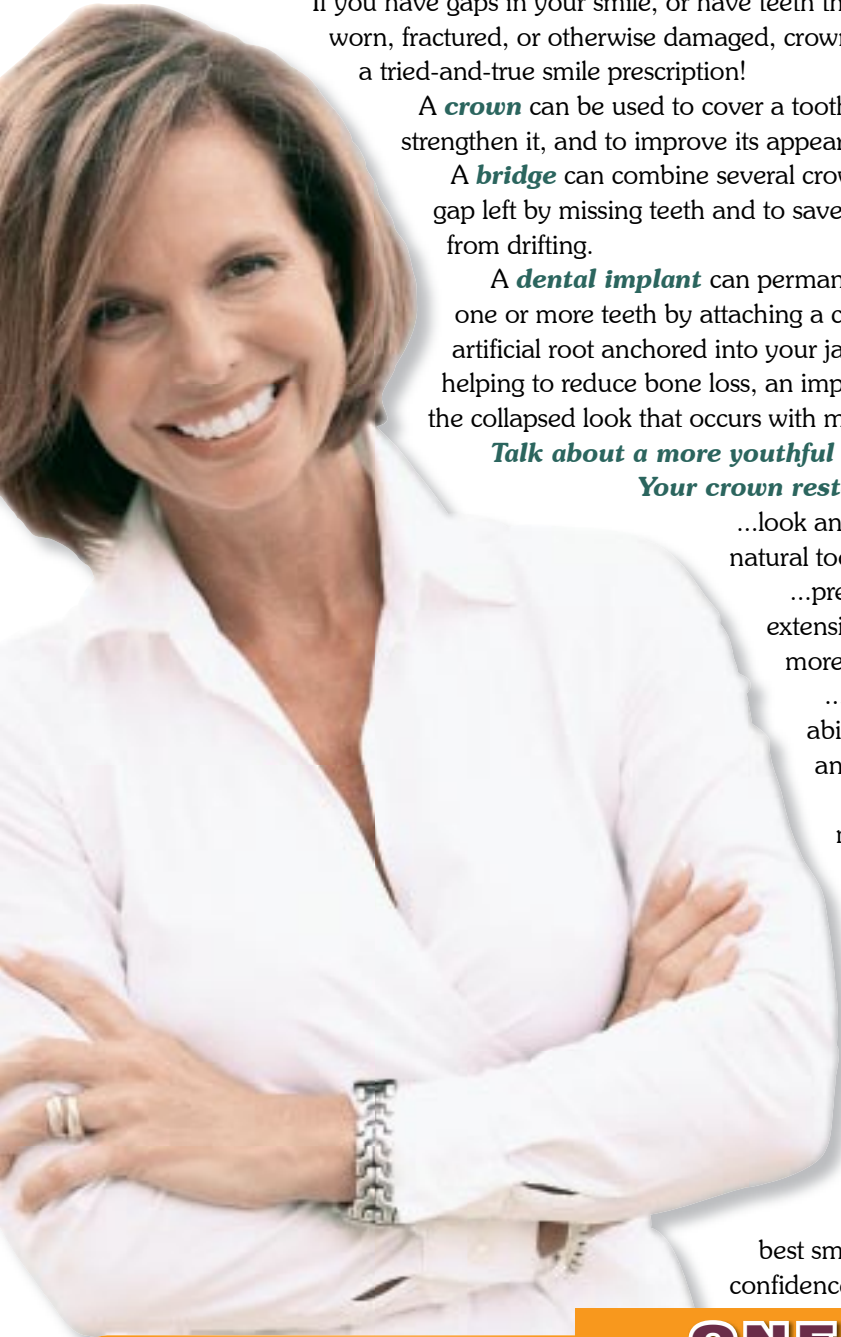
A **dental implant** can permanently replace one or more teeth by attaching a crown to an artificial root anchored into your jawbone. By helping to reduce bone loss, an implant can combat the collapsed look that occurs with missing teeth.

**Talk about a more youthful appearance!**

**Your crown restoration will...**

- ...look and function like a natural tooth;
- ...prevent more extensive damage and more costly repairs;
- ...restore your ability to enjoy food and socializing;
- And there's more... Crowns can be shaped, sized, and positioned to dramatically improve the look and function of your teeth.

We really can help you to get your best smile – and your confidence – back!



## It's A Sneak Thief

### Don't lose your teeth

Gum disease is sly – it can turn up without symptoms. It's also responsible for more tooth loss than any other dental problem. Gum disease is an infection caused by plaque – a film of harmful bacteria that forms on teeth and irritates the gum tissue. Eventually, without treatment, the gum will pull away from the teeth, jawbone is destroyed, and the tooth is lost.

You could have gum disease if you experience:

- red, swollen, or tender gums;
- gums that bleed when you brush;
- receding gums;
- loose teeth;
- a change in your bite or the way dentures fit;
- chronic bad breath.

If caught early enough, gum disease can be treated and sometimes reversed. There's no way to determine its severity without a detailed examination at the dental practice.



## SEVEN Interesting Things YOU NEED TO KNOW

### ONE

You may transfer cavity- and gum-disease-causing bacteria through kissing, tasting, sharing or blowing on food, or by sharing eating utensils, toothbrushes, or water bottles.

### TWO

You can brush and floss away plaque which is the soft invisible bacterial film that builds up on teeth.

### THREE

Tartar or calculus, the hard yellowish deposit that forms when plaque is left to collect, can only be removed during a dental visit.

# Got You Covered!

Cosmetic solutions for every need

Did you know that for every decade over the age of 30, you show a millimeter less of your front teeth as everything starts to sag a bit? That could be up to 15-20% of your smile! Today, beautiful permanent cosmetic veneers are only one of the many cosmetic options available to help you look your youngest, healthiest, and most attractive.

Here are some examples of safe and effective procedures that can be used individually or in combination to create your dream smile...

**Supervised Teeth Whitening** – This has become a favorite way to brighten smiles whether dulled by time, life’s little habits, or health issues.

**White Fillings** – Fabulous durable and completely natural-looking materials can be used to create the appearance of a flawless smile that has never been touched by a dentist’s drill.

**Bonding** – Matching composite material to the surface of your tooth can cover stains, chips, or cracks and reshape your tooth to fill gaps much like a cosmetic veneer.

**Translucent Porcelain Veneers** – Today’s veneers range from very fine to thick enough to mask even serious staining and smile flaws while still looking completely natural. Veneers have even been called *instant orthodontics!*

Thankfully, cosmetic dentistry has never been a “one size fits all” kind of science. In fact, it’s the artistry behind many techniques, and the trust that is built up with your dentist, that creates your ideal results. We’ll be happy to answer all of your questions.

BEFORE



AFTER

## TMD Symptom Checklist

Get your pencil ready!

Stressed out? It could be affecting your oral health. Sore jaws, popping, clicking, and headaches belong to a host of symptoms of Temporomandibular Joint Disorder (TMD).

If you think you may have signs of jaw joint trouble ... take the pressure off! Share your symptoms with your dental team at your next visit. There could be a dentally related solution.

**Jaw joint (or temporomandibular joint) problems can develop for many reasons:**

- Stress-related behaviors like clenching and grinding teeth;
- Repetitive habits like pen and pencil biting, nail biting, gum chewing;
- A misaligned jaw joint/bite;
- A direct blow to the face or jaw, or a whiplash injury;
- Poorly fitting dentures;
- Erupting wisdom teeth;
- Worn, loose, or missing teeth.

### FOUR

Plaque and tartar can cause decay and gum disease.

### FIVE

Gum disease may be linked to systemic and inflammatory diseases including cardiovascular diseases, arthritis, diabetes, cancers, lung diseases, and complications of pregnancy.

### SIX

Some people can inherit a gene that makes them as much as six times more likely to get severe gum disease.

### SEVEN

You can prevent gum disease by brushing twice a day, flossing once per day, and keeping your regular dental appointments.

# What Are You Waiting For?

During the winter, many of us lose our drive for health and fitness and slip into hibernation mode. If this sounds like you – please don't let your dental care be one of the healthy habits you let slide.

Delaying important treatments can lead to bigger, more expensive issues down the road. There is no need for you to postpone procedures, especially since a more stable winter schedule makes it easier to book appointments.

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Dr. John G. Stanescu  
1835 Cynthia Lane  
Merrick, NY 11566-5107



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## Are You Ready For A Change?

### “Experience the Difference”

At **Elite Family Dental Care** we believe that people count, we do the right thing and hold ourselves to very high standards.

Come in and see us and we'll:

- ❖ give a tour of our safe and clean environment,
- ❖ listen to your fears and concerns,
- ❖ answer any dental/treatment questions you may have,
- ❖ introduce you to our patient-friendly technology,
- ❖ help you get started on your smile makeover,
- ❖ make you feel like part of our dental family.

Providing quality dental care in our community is important to us. It gives us the opportunity to help you, *our neighbors*.

**Call Today! 516.608.0001**

## No Insurance? No Worries!

Although Elite Family Dental Care has been accepting a new list of insurance plans, we are also offering a **Preferred Rate Plan** to new patients without dental insurance.

For an annual fee, patients are entitled to receive semi-annual visits with our registered dental hygienist which include: check up digital x-rays, a routine cleaning, **and** an additional 15% savings on any restorative dental needs.



**Mixed Sources**  
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