



# Elite Family Dental Care NEWSLETTER

Fall Issue

## Good Oral Health Will Save You Money

Millions of people postpone dental visits, but waiting until the harm is done doesn't save money. Quite the contrary. Dental disease is progressive, so if you delay, there's a good chance you'll incur even more costly repairs.

Gum disease, for example, can lead to tooth extractions and a bridge, partial denture, crowns, or implants. Yet caught early, it is easy to treat, reversible, and definitely more affordable. Not only that, but the links to gum disease and systemic illnesses are strong and may include heart disease, diabetes, respiratory diseases, cancers, and a host of inflammatory disorders including arthritis.

Whether you're thinking about putting off your dental appointment because of the economy or because you're fearful about visiting the dentist, we're here to listen and to help you. The choices you make today will save your money, your smile, and more importantly, your health.



### One-Visit Dentistry With A Lifetime Guarantee!

Crowns • Inlays • Onlays

Ask us about Cerec® restorations!

#### 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



**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**

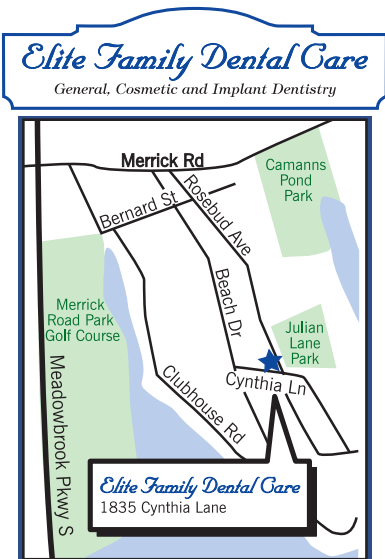
#### Email

**elitfamilydentalcare@gmail.com**

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

**Call Today! 516.608.0001**

**www.elitefamilydentalcare.com**



# What's In It For You?

## Crown restorations have so much to give

Most of us are hyper-aware of strategies for health including a weekly exercise regimen and a healthy diet. Techniques for restoring, revitalizing, and even saving your smile? Not so much. Crown restorations, for example, can enhance your appearance ... improve your ability to eat and speak ... and renew your self-confidence.

Here are some common questions about popular crown restorations.

### What is a crown?

A restorative crown can be a protective cover or cap for your tooth, or it can be attached to an implanted root to replace a missing tooth.

### Can my smile really become as good as new?

Yes, even better actually. Because of today's superior ceramics and bonding materials, crowns are strong and long-lasting like your natural enamel and they can be precisely matched to the translucence, color, and contours of your other teeth.

### How do I know if a crown would work for me?

A protective crown is an excellent choice if you have poorly shaped and discolored teeth, cracked or unstable teeth, damaged and ageing restorations, or teeth that have weakened from root canal treatment.

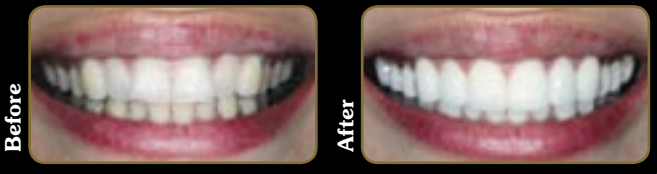
### What if I have multiple smile issues?

If you have missing teeth, several crowns can be attached to a bridge appliance to prevent drifting teeth and further damage. For extensive discoloration or chips, porcelain veneers restore teeth and improve smile proportions.

Any more questions? Please call. We're happy to help!



Crowns



## Keep This One Put a smile on your face!

Here's a tested make-ahead recipe – a pretty ribbon and wrap and *voilà* – a personalized budget-friendly gift!

### Spa Index Bath Cookies

- 2 cups finely ground sea salt
- 1/2 cup baking soda
- 1/2 cup cornstarch
- 2 tbsp light oil
- 1 tsp vitamin E oil
- 2 eggs
- 5-6 drops essential oil of your choice

Preheat your oven to 350°F. Combine all the listed ingredients and form into a dough. Form dough into teaspoon-sized balls and gently place them on an ungreased cookie sheet. Bake your bath cookies for ten minutes, until they are lightly browned. Do not over bake. Allow to cool completely. To use, drop 1 or 2 cookies into a warm bath and allow to dissolve. Yield: 24 cookies – enough for 12-24 baths.

[www.spaindex.com](http://www.spaindex.com)



## Let Go Of This Myth

### Do you snore?

**Myth:** Snoring is not important and won't interfere with my sleep.

**Reality Check:** Snoring can be a major sign of *obstructive sleep apnea*, a disorder that causes you to stop breathing briefly because throat tissue collapses and blocks your airway. This can happen 60-70 times per hour. Sleep apnea can cause high blood pressure, memory problems, weight gain, and depression, and an 18-year study found that people without obstructive sleep apnea were three times more likely to live longer than those with severe apnea!

A good night's sleep is essential to your health and emotional well-being. If you snore and have daytime sleep apnea symptoms, discuss it with your physician. Following their medical assessment, we may prescribe a small comfortable dental appliance to give you the rest you need.



## What Do You See?

### Find out what's normal

According to research, one person in three believes it's normal to see blood in the sink after brushing their teeth. Not true. Bleeding gums are commonly a sign of gum disease.

If plaque – the sticky biofilm you can feel on your teeth – is not removed with regular brushing, flossing, and professional cleaning, it will harden into tartar which can lead to *gingivitis* or inflamed gums. Left untreated it will progress and you could lose your teeth.

### Other causes of bleeding gums include:

- hormonal changes during pregnancy, adolescence, or mid-life
- ageing dentures or restorations
- infection
- medications
- health problems
- brushing too hard
- improper flossing

See us for a thorough examination...  
and get back your healthiest most-attractive smile.

# Embraceable You!

Get a new lease on life  
with your smile

Engaging in new trends like social media can help keep your mind young, healthy, and socially involved. Staying connected and maintaining satisfying friendships has other benefits too. Experts believe it is a greater predictor of longevity than even close family ties, and can protect against obesity, depression, and heart disease. So why not benefit from one of your most potent and personal means of connecting with others ... your smile.

People consistently judge smiles to outrank eyes, hair, and the body as the most attractive physical feature. Thankfully, cosmetic techniques are getting faster, better, and less expensive.

**Bonding and contouring** can deal with deep-rooted stains or patch up small cracks or chips and can even fill gaps and reshape teeth.

**Whitening** can give you a brighter whiter smile – even if you're a tea, coffee, or wine connoisseur! A dentist-supervised whitening procedure is ideal for anyone looking for great results, and it's safe, effective, and convenient. Just think – your smile could be up to eight shades whiter with results that last for years!

If your teeth are seriously mottled or discolored through genetics, medications, or root canal treatment, or have become noticeably chipped or cracked, **veneers** or **crowns** could give you back your smile. In fact, to improve the appearance of teeth that are only slightly crooked, veneers can be an alternative to orthodontics.

Any one of these strategies can give you just the boost you need to get linked up!



# Are You Ready For A Change?

At Elite Family Dental Care, we take pride in bringing added value to every patient by meeting all of your dental needs here in one location. We offer the most advanced dental products, technology and procedures. Our team is trained to put you at ease and will be happy to answer any questions or concerns you might have.

## By The Way...

We are proud to announce that we have expanded our list of dental insurance providers. Call our office today to see if your dental insurance carrier is now on our list!

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



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Dr. John G. Stanescu  
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*Elite Family Dental Care*

General, Cosmetic and Implant Dentistry

PRSR STD  
U.S. POSTAGE  
**PAID**  
PNP 14304

## Creating Smile Makeovers That Transform Lives!

Dear Dr. Stanescu,  
Thank you so very much for giving me back my smile. I didn't think I would ever be able to have amazing teeth and be able to fully smile! You have a really special gift and talent.  
Sincerely,  
Jeannine



I welcome you to come in for a **COMPLIMENTARY CONSULTATION!**  
**Experience The Difference!**



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

## 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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