



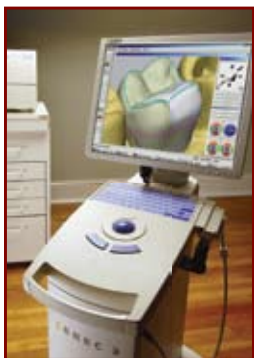
Elite Family Dental Care NEWSLETTER

Spring 2009

It's Simple!

Enjoy your extra time!

Are you or a member of your family coming to the dentist multiple times?
With CEREC™, now you can have beautiful fillings, porcelain crowns, inlays, onlays and veneers in just ONE visit!



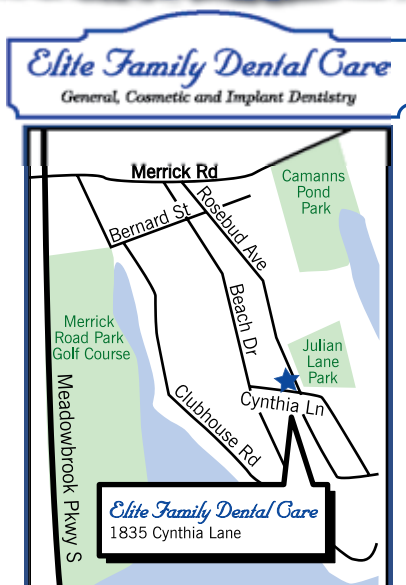
There's nothing else like it! Only a handful of specialized trained dentists provide this new cutting-edge care. No more messy impressions. No temporary crowns or fillings.

The patented CEREC computer-generated restoration is designed after an optical impression is taken with a handheld camera.

The CEREC mills the custom designed restoration from a porcelain ceramic block in just a few minutes. It's then permanently bonded to your teeth and you're done, in about an hour!

Now that's something to smile about!

Spring into Summer with a whiter smile!
Perfect for weddings and graduations!
Buy one - get one FREE!
Zoom2® professional in-office whitening.
Offer expires June 30th, 2009



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

elitefamilydentalcare@gmail.com

Our Services Include:

- ◆ New, modern, state-of-the-art facility
- ◆ Family & cosmetic dentistry
- ◆ Evening & weekend appointments
- ◆ Cerec® same-day crowns
- ◆ Lumineers® - No prep veneers
- ◆ 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

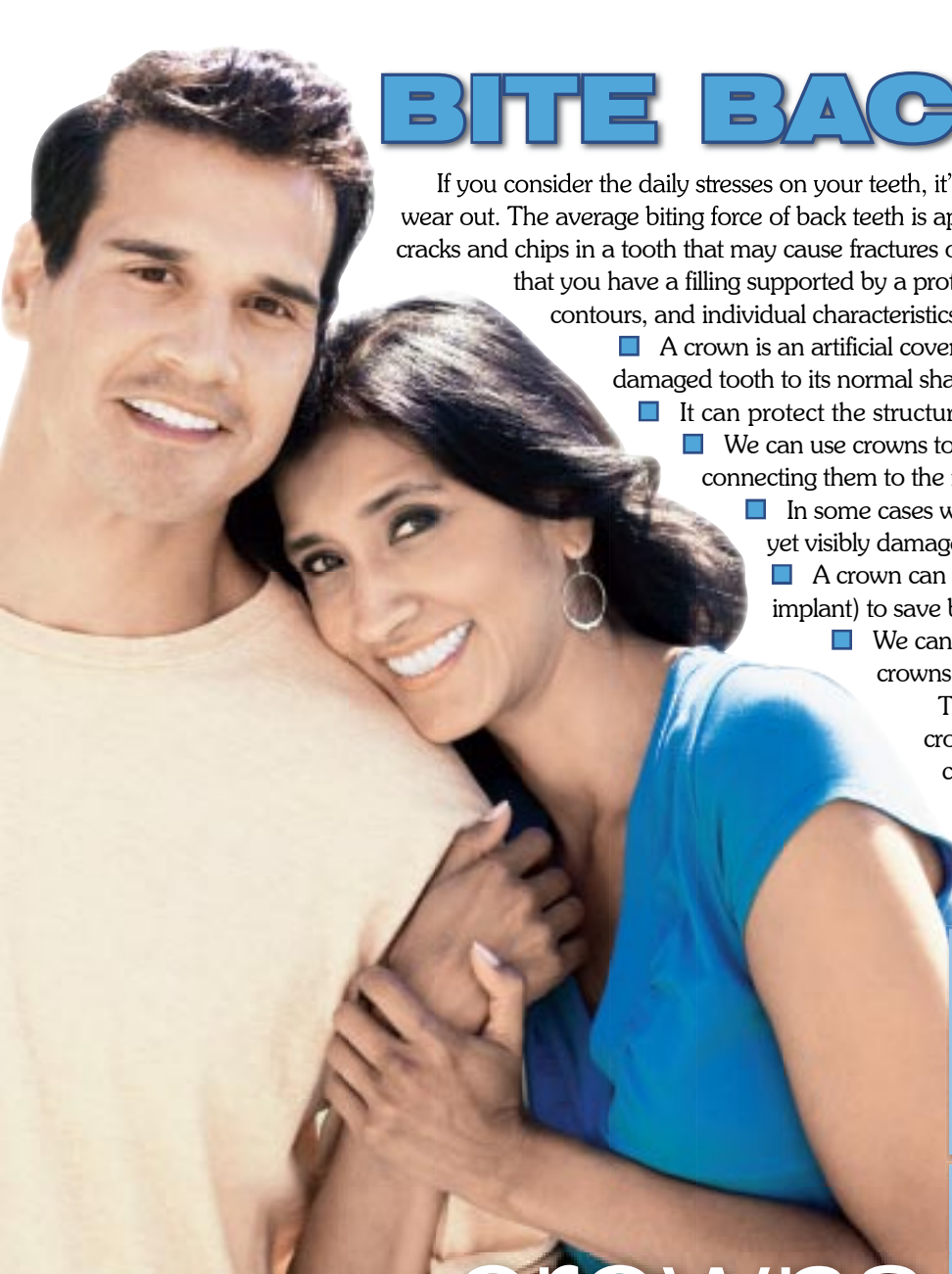
BITE BACK!

**Strong beautiful crowns
will restore your smile**

If you consider the daily stresses on your teeth, it's not surprising that both natural teeth and fillings wear out. The average biting force of back teeth is approximately 170 lbs. of pressure which can put tiny cracks and chips in a tooth that may cause fractures over time. When that time comes, we may suggest that you have a filling supported by a protective porcelain crown that will match the shade, contours, and individual characteristics of your other teeth.

- A crown is an artificial cover for a tooth and is used to restore a decayed or damaged tooth to its normal shape and size.
- It can protect the structure of a tooth that is cracked or broken.
- We can use crowns to stabilize teeth loosened by gum disease by connecting them to the neighboring teeth.
- In some cases we may even suggest a crown for a tooth that is not yet visibly damaged, to keep it from harm.
- A crown can be attached to an artificial root (permanent dental implant) to save bone and prevent other teeth from drifting.
- We can replace old matte-finish crowns with new porcelain crowns for ultimate esthetic improvement.

The esthetic and oral health benefits of crowns, crowns and bridges, and dental implants are considerable, and include stability and security, durability and longevity, and teeth that look and feel completely natural. To explore how we can help your smile, please ask for a consultation!



crowns

stability ... security ... durability ... longevity



Sweet
Magnolia

Fight bad breath & tooth decay

Sometimes you can't tell if you have bad breath. But then again ... sometimes you – or others – can. That's why there's such a wealth of aromatic therapies on the market. Mints and florals are especially popular.

So you'd think scientists would focus on the fragrant blossoms of the sweet magnolia for their effects on bad breath. Uh uh. It's the bark extract. Apparently, within thirty minutes, it can kill most oral bacteria that cause bad breath and tooth decay!

Unlike flavored chewing gum and mints that can only mask the odor of bad breath for a limited time, mints and chewing gum containing magnolia bark extract offer more promise. In fact, they're so effective against bacteria you might want to keep them handy for when you just can't brush.

Healthy Mouth, Healthy Body

Run towards your healthy future

Did you know that science has linked gum disease with heart disease and stroke, kidney disease, respiratory diseases, cancers, diabetes, arthritis, and complications of pregnancy?

You can protect yourself with good home care. Brush twice a day and floss once a day at home to remove oral bacteria. An invisible microbial film called plaque builds up on your teeth 24/7. If allowed to proliferate, it will alter the bacterial balance in your mouth and allow harmful bacteria to cause caries and gum disease.

Keep regular dental appointments. Once plaque hardens into a yellowish substance called tartar, professional cleaning in the dental office is the only way to remove these damaging hard deposits from your teeth. Left untreated, chances are it will lead to gum disease.

The US Surgeon General said: The mouth is the gateway to the body ... and provides health care providers and individuals with an invaluable window to their general health status. You cannot be healthy without oral health. We must recognize that oral and general health are inseparable.

The connection between oral and overall health, particularly the potential for links with systemic and inflammatory diseases has been demonstrated, although study must continue. Let us help you to make choices that will keep you and your family healthy and happy. Our practice is always pleased to welcome new patients.

the *mouthbody* link



Oral Cancer

An association may exist between gum disease and pre-cancerous lesions and oral tumors.

Heart & Stroke

People with gum disease are more likely to suffer from coronary artery disease, and gum disease may aggravate existing conditions such as endocarditis.

Bones

Women with osteoporosis may be at higher risk for gum disease, and people with gum disease may be at a higher risk of underlying osteoporosis.

Respiratory

Gum disease may be linked to pneumonia, bronchitis, emphysema, and chronic obstructive pulmonary disease, particularly in the elderly.

Keep This Newsletter

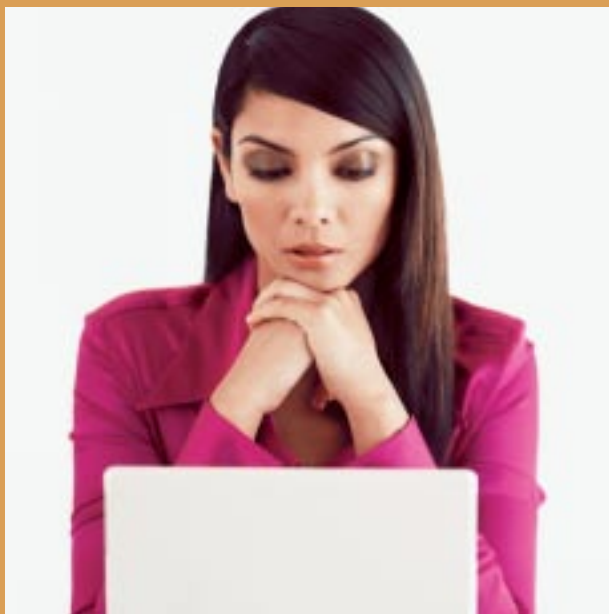
Be prepared

The most common type of dental emergencies usually involve a chipped or broken tooth, or a knocked-out tooth. Immediate treatment is vital to reduce discomfort and to save the tooth, if possible. Bring the patient to our dental practice or go to a hospital for an evaluation and treatment. It's always wise to be ready ahead of time for the unforeseen.

Here are our suggestions for an emergency dental care kit:

- Emergency phone numbers
- Saline solution and small container with lid to transport a knocked-out tooth
- Handkerchief or tea towel
- Gauze
- Tweezers
- Sterile cotton
- Small mirror
- Ibuprofen – *not Aspirin®*, acetylsalicylic acid, ASA.

Many mouth injuries can be prevented. Feel free to ask us about custom-fitted mouthguards that we can make for you right here at our practice. Yours could save your smile!



Cyberchondria

Or cyber smart?

Eight out of ten Internet users have looked online for health information on various topics, and more than seven million Americans go online every day to research health or medical information. No wonder *cyberchondria* has entered the lexicon.

Originally coined exclusively for a group of individuals totally focused on checking their symptoms on the Internet, many of us generalize the term to describe most self-directed health research.

What's the trick to staying cyber-informed without feeling overwhelmed by incendiary headlines and unconfirmed data? No trick. No unnecessary anxiety. You can rely on us – your personal smile-consulting team.

The Internet is a valuable tool, but it's not your only resource. We will be happy to answer your questions and discuss your oral care options with you. Call our practice today.

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 includes: check up digital x-rays, a routine cleaning, **and** an additional 15% savings on any restorative dental needs.



A Kid Friendly Office!

Good habits (like brushing) and bad habits (such as thumb sucking) are of primary concern to dentists because they can profoundly affect your children's smile development. We understand that these habits must be treated with sensitivity and patience. Also we are aware that some children feel scared or uneasy about dental visits. Our gentle, accommodating manner will help your child (and you) feel at ease.

Please call today to schedule your child's appointment!



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



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Dear Neighbor,

Elite Family Dental Care is proud to announce that Dr. John Stanescu has been selected this year as one of America's Top Dentists by the Consumers Research Council of America.



This award is based on meeting stringent standards and criteria evaluating education and continuing education, board certifications and affiliations with professional dental associations.

Only a select few dentists are chosen each year who distinguish themselves among their colleagues by their progression of advanced dental care to all patients and by their professional development through continuing advancement of dental education.

If you currently have a dentist you are happy with, please consider this newsletter helpful. If you are looking for a dentist, please think of us.

Call Today! 516.608.0001

FREE DENTURE EVALUATIONS

**Do you have new or old dentures
that are not fitting well or coming loose?**

**We can change the way you feel
in one visit!**



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