



## One Visit Dentistry!

With CEREC™, now you can have beautiful fillings, porcelain crowns, inlays, onlays and veneers in just ONE visit!

Very few dentists provide this specialized service. No more messy impressions, temporary crowns or fillings. The CEREC computer-generated restoration is designed after a 3D image is taken. The tooth is made in just a few minutes and then permanently bonded to your teeth in about an hour!



© CEREC



## Spring Into Summer With A Whiter Smile!

Introducing the **NEW Venus®**  
in-office, one-hour whitening system!

*No light required therefore decreased sensitivity.*

Reg. \$600 **NOW 50% OFF\***

*\*(includes take home trays with whitening for life!)*

*Limited Time Offer!*



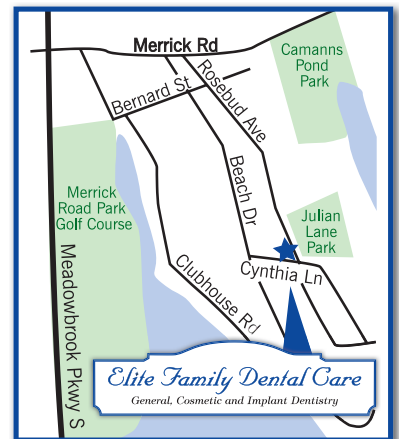
## We offer One Visit Cerec® Dentistry with a LIFETIME guarantee!

Convenient location and appointment times to suit your busy schedule

**CALL TODAY! (516) 665-1141**

**We welcome new patients!**

Call now for a FREE consultation appointment.



**Dr. John G. Stanescu**

1835 Cynthia Lane • Merrick, NY

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

# Heart-Healthy Marinades

**Spice up your life!**

Spicing up your favorite dish not only produces great flavor, but promotes great oral and general health as well. And right now, even some of your favorite marinades may contain anti-inflammatory ingredients which support a healthy heart and decrease the risk of cancer, Alzheimer's, diabetes, and other serious illnesses.

Add these ingredients to your next marinade, jerk sauce, or dry spice rub to do wonders for your heart and soul: garlic, hot peppers, paprika, ginger, cinnamon, turmeric, thyme, rosemary, oregano, black pepper, basil, cardamom, cilantro, chives, scallions, cloves, parsley, and cayenne pepper!

A proper jerk recipe is founded on copious amounts of Scotch bonnet peppers and allspice, and the old standbys of parsley, sage, rosemary, and thyme are all brimming with anti-inflammatory benefits. Add tasty, anti-inflammatory olive oil to your marinades, and you'll have a perfect recipe for healthy living.



# Identify Your Strengths

**Perfect for healthy active lifestyles!**

If you're looking for more zest instead of rest, go for it! Today's dental techniques and materials not only re-energize smiles, they're perfect for active lifestyles. There is no need to worry about special care regimens and they'll give you that great smile you deserve!

## CROWNS

### WHAT ARE THEY?

Crowns cover decayed or damaged teeth, restoring them to a natural shape and size. They will also make your teeth stronger and improve their color.

### HOW TO CARE FOR THEM:

Brush and floss as usual.



## BRIDGES

### WHAT ARE THEY?

Bridges replace one or more teeth and older crown and bridge restorations can be updated with beautiful metal-free materials that are anchored permanently.

### HOW TO CARE FOR THEM:

Brush and floss, but remember to clean under the bridge. We'll show you this simple technique.



## VENEERS

### WHAT ARE THEY?

Veneers made from natural-looking ceramic or bonding materials are applied to the surfaces of teeth and add strength while straightening their appearance and concealing gaps, cracks, chips, or stains.

### HOW TO CARE FOR THEM:

Brush and floss as usual.



Cosmetic and restorative dentistry have come a long way. Your overall quality of life can be enhanced by replacement teeth that look, feel, and function like your natural teeth by combining beauty, strength, and practicality for increased confidence ... so eat that exotic dish, travel to that remote country, and participate in extreme sports. Make an appointment today and let's discuss the option that's best for you.

# PREVENTING PREDIABETES

One of North America's largest health epidemics, prediabetes, is the gray area between higher-than-normal blood sugar and diabetic levels. People in this range are at risk of not only developing type 2 diabetes, but heart disease, stroke, and gum disease.

Gum disease is often called the sixth complication of diabetes. It may not cause diabetes, but gum disease can affect its severity.

Prevent gum disease by:

- Brushing after meals
- Flossing daily
- Visiting us for regular cleanings.

Reduce your risk of prediabetes by:

- Controlling your weight
- Exercising regularly
- Getting at least 6 hours of sleep at night.

The important thing to remember is that prediabetes may not have to lead to type 2 diabetes. Making healthy changes to diet and lifestyle today can help you to alter your future for the better.



## Dental Checkups Are Essential

### Open wide for health!

Even if you are the most diligent brusher and heroic flosser, there are simply things that your dentist or dental hygienist can detect that you can't. Our goal is to catch and treat problems early, before they become major issues.

#### **We will look for:**

- signs of gum disease
- cavities, root cavities, and cavities under existing fillings
- signs of oral cancer
- deterioration of fillings, crowns, or other dental work
- hairline tooth fractures
- impacted wisdom teeth
- ...and much more!

Regular visits to our practice may also aid in the early detection of chronic health conditions, including heart disease and diabetes which can have specific symptoms that appear in the mouth.

Call us today to ensure your recare appointments are on track! We want to help you maintain a healthy lifestyle and a happy smile!

## 4 Reasons You Should Never Wait

### Make your smile work for you

Millions of mature adults are ready to retire but can't. Others are coming out of retirement into a very competitive environment. True, you need to keep your smile looking good to compete, and we can help you with that, but if you want to keep working, you need to stay healthy. That means taking care of your oral health because it can affect the rest of your health.

Dental problems that hurt and look unattractive such as receding gums and tooth sensitivity will likely get your attention. Yet gum disease, potentially your most serious oral health risk, is often ignored because it is painless as it takes hold.

**Don't wait for signs to appear. See us first. It's that important...**

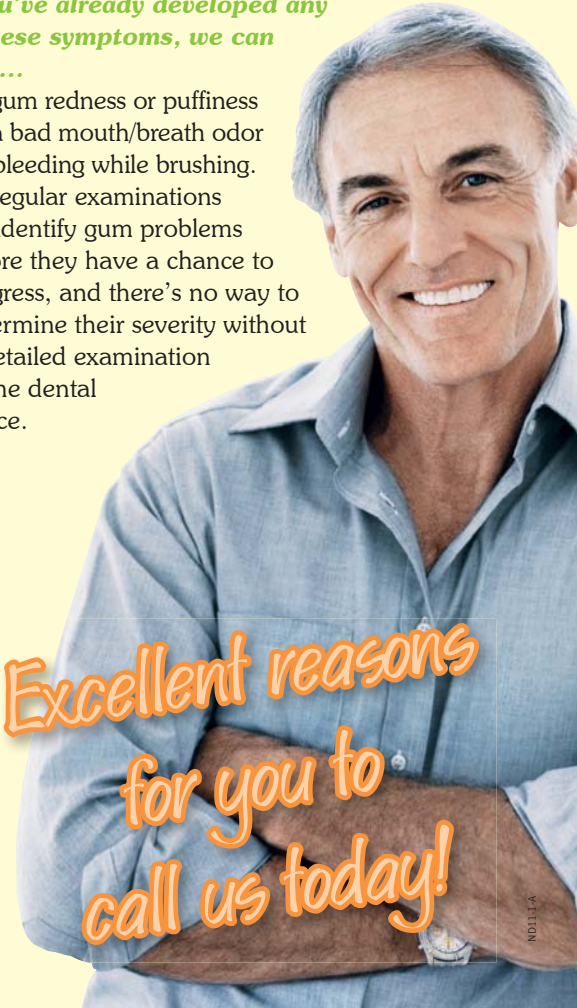
- 1 Gum disease is the top cause of adult tooth loss.
- 2 It can destroy the ligaments which support your teeth and the bone which supports them.
- 3 It could lead to painful and misaligned jaw joints, limit your ability to chew, create digestive problems, oral sores, and bad breath.
- 4 It has been linked to cardiovascular diseases, diabetes, arthritis, and cancers.

**If you've already developed any of these symptoms, we can help...**

- gum redness or puffiness
- a bad mouth/breath odor
- bleeding while brushing.

Regular examinations will identify gum problems before they have a chance to progress, and there's no way to determine their severity without a detailed examination in the dental office.

Excellent reasons  
for you to  
call us today!



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*Elite Family Dental Care*

*General, Cosmetic and Implant Dentistry*

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**Do you – or someone you know deserve a  
Smile Makeover courtesy of Dr. John Stanescu?**

Then we encourage you to take part in our

*Smile Makeover Contest!*



*Results Like This Could Be Yours!*



*Actual Patient of Dr. Stanescu*

Send us a letter or email along with a photo telling us why you or someone you know needs and deserves a smile makeover.

**If you...**

- have lost your confidence about smiling in front of other people;
- wish your teeth were whiter;
- feel you show too much gum or too many teeth;
- dislike the shape of your teeth;
- constantly compare yourself to a younger you...

**Then it's time to change your life ... starting with your smile!**

*We look forward to welcoming you to our practice.*

## 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.

## 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.

**Call Today!**  
**(516) 665-1141**