

WHO'S WHO

Embarrassed to Eat Your Favorite Foods With Your Favorite People?

Custom-Fitted and Custom-Designed Dentures at Port Warwick Dental Arts

If you're too embarrassed to share a meal with friends and family because you don't want to "lose your teeth," keep reading. You needn't settle for your grandfather's discount dentures. At Port Warwick Dental Arts, you can get custom-designed, custom-fitted, natural looking dentures. You can return to eating your favorite foods with your favorite people – with frequent pause to show off your beautiful smile.

The challenges that many people face while wearing dentures include looseness, mouth sores and other discomfort, whistling when speaking, and rocking from side to side while eating. "Sadly, we find a lot of new patients come in with dentures that are left on the night stand table and not worn," says Dr. Lisa Marie Samaha of Port Warwick Dental Arts in Newport News.

Last-generation dentures often don't look natural either. "The majority of people, especially nowadays, don't want to look or feel like they have false teeth," Samaha says. "An older style denture might have teeth that have been worn away and are too small for your face – teeth that don't show when your lips are at rest or even when you smile. The teeth may look short and flat and they will typically look dull, like plastic as opposed to translucent and reflective like natural teeth."

As a dentist with extensive training in preventing and treating periodontal (gum) disease, Samaha's first goal for all her patients is to preserve their teeth. But she also believes strongly that those who have lost their teeth should have the opportunity to choose the best possible for tooth replacement, in order to support their overall health, comfort, function and self-esteem.

"People who can't chew well are limited in the choice of foods they eat," she says. "They're often eating a high carbohydrate diet that encourages diabetes and cardiovascular disease." The mouth sores and ulcers that badly fitting dentures can cause, might become cancerous, Samaha says.

Better-fitting dentures recreate the ever-shrinking distance from the tip of your nose to the bottom of your chin, eliminating the crone look and erasing a decade or more from your age, says Samaha who has 28 years of training in cosmetic dentistry. She takes pride in transforming patients' smiles -- with



Ingrid Sanders, Newport News

the teeth they were born with or with replacements. "Many dentists don't find making dentures enjoyable and prepare only a few dentures every year," she says. "At Port Warwick Dental Arts, making dentures is almost an every-day occurrence. We love the artistry and we love the opportunity to give people hope when they feel they will never be able to smile confidently or chew comfortably again."

At Port Warwick Dental Arts, Samaha and her well-trained team will first thoroughly examine your mouth, face and bone structure to determine the right fit, size, shape and color for your new smile. If necessary, she can even match the exact tint and custom-characterize your gums.

"We now have the opportunity to choose from hundreds of styles, shapes, sizes, textures and shades of teeth," Samaha says. "By listening to our patient, we come to understand his or her esthetic desires. This allows us to

narrow down the selection to two or three wonderful choices. This, along with our computer imaging photographic technology, allows our patient to visualize his or her smile before we're even finished."

Using the latest technology and materials, Samaha is able to achieve tighter-fitting dentures than your grandfather may have worn. Some patients may want to transition to

implant-supported dentures that snap securely in place or even to a full set of permanently implanted new teeth.

Samaha sees her denture patients periodically to inspect the fit and refresh the dentures. "Dentures can build calculus and tartar just like natural teeth," she says. "The fit and the oral tissues must be professionally evaluated, at least once every year, and more often if the denture feels loose or sore spots occur. If implants or natural teeth are present, visits every 3-6 months are necessary. Periodontal disease will always be a concern in these circumstances. Fungal infections can easily occur under dentures, so the oral tissues and denture should be carefully inspected for this potentially dangerous and stubborn condition."

Ingrid Sanders is one of many people who are smiling again, thanks to Samaha. "From the first day I walked into her office, I was impressed with Dr. Samaha and her team," Sanders says. "Dr. Samaha is a perfectionist when it comes to smiles. She has given me a great smile - something I have not had for many years even before I got my first dentures. That was well over 10 years ago. I smiled with a closed mouth for so long that when I received my new dentures from Dr. Samaha, I had to completely relearn how to smile so that I could enjoy showing my beautiful teeth. In a matter of weeks, Dr. Samaha erased 10 years off my age - better than any face lift - and painless, too! I not only look, but feel 10 years younger. Even more exciting is that I can finally enjoy socializing with friends again - eating in comfort and with total confidence."



Port Warwick
DENTAL ARTS

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Dr. Lisa Marie Samaha
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