



Port Warwick Dental Arts

Center for Cosmetic Dentistry and Dental Medicine

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Port Warwick Dental Arts



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make you smile?

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Expect Expert Care...

Your comfort is especially important to us. Advances in dentistry now allow us to provide pain-free treatment in a relaxed, comfortable environment. You will receive the best treatment and service available from our team of professionally trained experts.



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Lisa Marie Samaha, DDS, PC

Fellow, Academy of General Dentistry

Member, American Academy of Cosmetic Dentistry

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on the Peninsula since 1982



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Dear Patients and Friends!

It is with more excitement than ever that I share with you the phenomenal advances that continue to be made at Port Warwick Dental Arts! Just since my last mailing of October, 2005, so much has happened to propel our mission forward. As you might know by now, our practice has been blessed with more quality team members, wholly devoted to helping our patients' reach their dental health goals in every respect. **Caring for our patients at the highest level continues to be our primary focus, and many significant opportunities to spread our knowledge continue to present themselves every day.**

Periodontal Disease and its Affect on our General Health

I am so exhilarated by the great news that our message about the significant connection between oral health and total body health is being heard, not only on a local basis, but nationally! Those of you who have entrusted me with your care for the 24 years I have been in practice know that this is a message that has had my passionate attention from my earliest days in dentistry. Every day we are blessed to hear from more health-conscious individuals from our region and elsewhere who understand the value of oral health. They have learned that PWDA is the "place to go" for conscientious and comprehensive health care. Along those lines, we wish to thank each of you who participated in the first annual "Daily Press Readers' Choice Awards", allowing us to be the recipients of the coveted "Gold Award" for Dentistry. It is always an honor to be recognized in the professional world of dentistry for our excellence of care, but what truly means the most is recognition by the patients in the community we serve. After all, we are here for YOU!

Spreading the Word

Speaking of the professional world of dentistry, many of you know that last year PWDA was designated an official Center for Dental Medicine, a practice which includes in its mission, the commitment to bridge the gap that has traditionally existed between dentistry and the rest of

medicine. Soon after, I was asked to be National/International Spokesperson for Centers for Dental Medicine. As a result, I have been given many more exceptional opportunities to share my message of the oral/systemic disease connection, as well as my research and protocol for the non-surgical



treatment of periodontal disease. Not only am I speaking to even larger groups of dental professionals, I am continuing to speak to all health care professionals and updating concerned physicians and their teams on the research and emerging "new standard of health care" that is occurring as a result of dental research and the protocol that we have established at PWDA.

Periodontal Disease, Laser Therapy and Periodontal Nutrition

Most importantly, right here at PWDA, we are spreading the word about the impact of periodontal disease on the body and helping to improve the general health of our patients in significant ways. Many of you came to us with periodontal disease. As most of you know, during the past year, we have prescribed testing to evaluate pre-treatment blood levels of HgA1c and hs-CRP. HgA1c is an indicator of one's blood sugar levels for the previous three months. When elevated, HbA1c is an indication of diabetic concern. Hs-CRP, when elevated, is considered a risk indicator for heart attack and stroke. Because periodontal disease is an inflammatory disease, it has the ability to raise the levels of these markers even dramatically, in some cases. Through our non-surgical treatment regimen, which includes use of one of the most specialized lasers for the treatment of periodontal disease as well as pharmaceutical grade nutritional supplements specific to the improvement of

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periodontal tissue, we are able to lower these values, typically between 50 to 90 percent. **Periodontal disease affects nearly 80 percent of the adult population in this country and is often the first sign of disease in the rest of the body. In addition, by screening our periodontal patients for markers of systemic disease, we have been able to assist physicians in diagnosing health problems that had gone undetected.**

Typically, two months after non-surgical periodontal disease treatment is completed, we prescribe post-treatment testing. By comparing the results of the tests, we have been able to objectively measure the impact of our protocol on improving total health. Through our ongoing studies, as well as the results of over ten years of dental research throughout the world, a connection has been established between periodontal disease and disease in the rest of the body. **We have found that by reducing inflammation in the mouth, we are able to significantly reduce our patients' risk of diabetes, heart attack, stroke, high blood pressure, dangerous pregnancy outcome, pulmonary disease, Alzheimer's disease, certain cancers and possibly other conditions.** The results of the blood testing have proven so significant that we have

been sharing the results with medical colleagues throughout the country in person and via the internet. Maui was my most recent opportunity to lecture to medical professionals abroad and in the month of July, I will be traveling to the Middle East to spread word of our protocol and our success at PWDA on an international platform.

In June, I will be speaking at an annual **March of Dimes Conference** about the relationship between periodontal disease, infertility and premature birth. With Hampton Roads having the highest rate of premature birth in the Commonwealth and one of the highest in the country, the periodontal disease/pre-term birth connection is a message that must be heard.

In September, I will be speaking at the annual **LINKS Conference**, addressing African American women of all ages. Many other opportunities are in the works. Please know, however, that my primary focus will remain on you, the members of our patient family.

Complimentary Seminar for Local Medical Professionals

To further support our patients and our local medical professionals, May 2 marks the official beginning of our

PWDA Center for Cosmetic Dentistry and Dental Medicine's Seminar Series. The series will focus on the impact of periodontal disease on systemic health. Each month we will cover a different area of the body.

Although the entire seminar will be presented as a full-day, AMA,

AGD and ADA accredited conference several times a year to health professionals throughout the country and abroad, **our monthly seminar series is provided to all interested medical professionals in Hampton Roads on a complimentary basis.**

If you are one of our many patients who are health care professionals and want to be included on our Seminar Series mailing list, **please email us at samahadds@pwdentalarts.com or call the office at 757-223-9270.** We want you to have first opportunity to register for these complimentary seminars. If you are not a health care professional and would like to make sure a personal invitation is extended to your own physician please provide us with their contact information, along with your name. We deeply regret that because seating is limited, we will not be able to extend a personal invitation to each one of our patients. However, we would be delighted to have you join us if space is available. Please email or call us to let us know that you would like to be on our waiting list. Your guests may also be included, space permitting. Additionally, if you belong to a community organization and are interested in having me speak at your function, please do not hesitate to inquire about my availability.

Meticulous Attention to Beautiful, Functional Cosmetic Dentistry

As you know, in addition to my focus on periodontal disease treatment, my passion for dentistry includes meticulous attention to cosmetic and reconstructive dentistry.

We continue to engage the skills of the finest dental labs in the country, utilizing the most elite master ceramists who have world-class reputations. **At PWDA, we always keep in mind that beauty without**





health is of little value. We will never compromise your investment in beauty by ignoring your need for optimum periodontal health. You will receive our utmost attention in all areas of your dental health care.



VIP Appointments of One-on-One Patient Care for the Day

As always, new procedures are being offered at PWDA. And others are being offered even more efficiently and more comfortably than ever before! What this means is that your time in the dental chair will be further minimized as we continue to invest in the instrumentation, materials, technology and education that allow us to do finer dentistry in even shorter amounts of time.

Our VIP appointments of one-on-one patient care for the day (usually Wednesdays), are scheduled far in advance. As some of you have experienced, these special days allow us to complete many days or weeks of appointments in one day, often permitting the completion of complex care in a day or two, as opposed to many months of treatment. Should you desire one of these extensive care appointments, please call the office and schedule

your day as soon as possible.

Please note that we are now able to offer an even higher level of tooth whitening with the latest deep bleaching technique and materials. Please call for further information.

We are grateful that our schedule remains quite full, but we don't want any of you to miss out on the opportunity to schedule your treatment when you are ready. We have found that our patients look forward to attaining and maintaining a strong, healthy, refreshed foundation. Others look forward to a renewed sense of confidence in a beautiful, custom-designed smile. Call to schedule your unmet dental needs now so that you do not lose the opportunity to choose your preferred appointment time.

Our New Website

Keep your eye out for our new website, www.pwdentalarts.com. Our site is getting closer to becoming a reality and we are proud to share it with you, your friends and family, no matter where they are located. This site was designed to be a rich resource for health care professionals as well as the general public.

Our Thanks to You!

As always, I want to thank you for entrusting us with your dental health care. It has been quite an honor to care for you, to grow with you, to share knowledge with you and to have the opportunity to help improve your smiles. I cherish the fact that you and I share the same commitment and enthu-

siasm for optimum dental health. My team and I often reflect on how the inherent quality of our patient family at PWDA far exceeds that of other general practices anywhere in the world. That is not because our patients are necessarily wealthier financially, but because their values lie more precisely in line with a high desire for optimum health care. We recognize and appreciate the sacrifices you make for the improvement and maintenance of your health. We believe, as you apparently do, that the investment pays dividends by improving your entire body's health.

We will continue to maintain our commitment to each of you, as if you were our only patient. As always, please let us know how we are doing. You may always reach me by emailing samahadds@pwdentalarts.com, by leaving a message on my personal voice mail at 757-223-9270, or dropping me a note the old-fashioned way!

Always, my warmest and my best,

Lisa Marie Samaha, DDS, FAGD

Lisa Marie Samaha, DDS, FAGD, PC Fellow, Academy of General Dentistry Member, American Academy of Cosmetic Dentistry



URGENT: Please contact our office ASAP if you or a loved one has been taking Fosamax, Actonel or any other bone building prescription medication. There have been reports of serious dental problems associated with these medications. We will be happy to forward you important information regarding this issue.