



Dear Friends of Port Warwick Dental Arts,



We hope you are enjoying some well-deserved vacation time this summer and that you will be able to highlight our summer by helping us celebrate a special occasion on August 25th. It is with great joy and a humble heart that we thank you for allowing us 25 wonderful years of creating beautiful, healthy smiles in Hampton Roads! So we are having a party

to celebrate and the details are right here in the newsletter.

We look forward to your presence, as those of you we have had the privilege of coming to know over the years are a precious gift to us. Your confidence has allowed our unique and personalized brand of dental care to thrive and we are forever grateful.

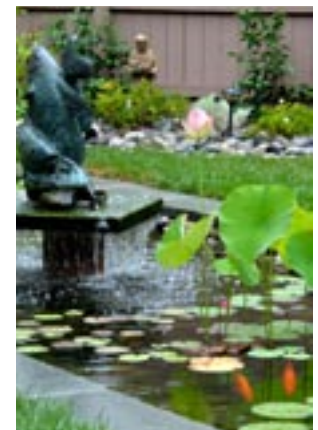
True to what you have come to know about us, we continue to be involved in such exciting educational and technological growth at PWDA. Staying on the leading edge of research, materials and technology has kept us very busy learning and having a great time traveling up and down the east coast.

In May, our team went to the engaging city of Atlanta for the American Academy of Cosmetic Dentistry's annual meeting, the premier cosmetic dental conference in the world. While there, and in between all the educational and fun-filled times, we began the rigorous process of accreditation in the Academy by passing the intensive written examination. (Since the AACD was founded in 1982, there have only been 260 accredited members world-wide! The process is rather grueling and takes up to 5 years to complete.) The best news for you is our commitment means we are continuously excelling in the art of dentistry. And we are actively searching for patients with the specific cosmetic dental needs required for accreditation. If you or someone you know is interested in pursuing cosmetic care, there couldn't be a better time to call us! We will be offering complimentary cosmetic dental screenings through September 30. And anyone who is eligible to be an accreditation case will receive a 10% courtesy on their entire cosmetic dental treatment! Those free appointments

are already filling up fast, so don't hesitate and please feel free to pass the word to your family, friends and coworkers. Make sure they mention your name as we would like to thank you by offering you a \$50 credit on your account if they become an active patient in our practice. And when you have a chance, enjoy our newly updated website www.pwdentalarts.com and feel free to pass it along. Thanking you in advance for your support in our exciting venture towards cosmetic dental accreditation. **CALL 223-9270 before Sept 30 for a FREE CONSULTATION!**

June took us to Norfolk for the annual Virginia Dental Association Conference and July took us to Boston Harbor for more exciting advanced educational opportunities to help our patients have healthier, more beautiful smiles than ever before!

Maria, our senior clinical assistant, will be accompanying me to San Diego in November for my final certification in the placement of implants. We are now placing implants and restoring many wonderful, comfortable smiles for patients who have had missing teeth. Whether only one tooth is missing or all of them, we can now give back the look and feel of "real teeth" with unprecedented stability and long-term predictability.



Our pond looks its very best this time of year. Stop by while it's in full bloom!

With regard to our evolving team of excellence at Port Warwick Dental Arts, we are pleased to introduce Dr. Reeby Kirane to you. Our newest addition, we are so proud to have her on board. Dr. Kirane had been practicing dentistry in India for seven years when she decided to come to the U.S. with her husband, an Orthopedic Surgeon. While he has been pursuing his doctorate in Biomechanics, she received her Master's in Health

Check This Out

Do you still struggle with eating a nutritious breakfast? This is something that had alluded me for nearly all of my life. A few years ago, I decided I had better figure something out or I wasn't going to enjoy my great health and high level of energy for long.

DR. LISA MARIE'S POWER- PACKED, CALCIUM PROOF, OMEGA-3, ANTIOXIDANT RICH, NUTRIENT SATURATED, ON-THE-GO- BREAKFAST! (OR DESSERT)

Make this a Sunday night 30 minute project for the whole family!

- ▶ 20 servings
- ▶ 8 quarts plain non-fat yogurt. (Stonyfield is one of the most nutritious you can get in the local grocery stores)
- ▶ 4-5 1 lb bags fresh or frozen fruit such as mango, mixed berries, blueberries (one of my favs), peaches, strawberries, etc
- ▶ 6 cups walnuts, broken up with rolling pin or food processor
- ▶ Mix by hand in large bowl

Makes 9 - 11 quarts

Will remain fairly fresh for a few days but the real magic is, it freezes beautifully! Take the mixture and place it in freezer-safe containers. Fill each container about $\frac{3}{4}$ full as mixture will expand during the freezing process. This mixture can freeze for weeks. Remember to take it out the night before you want to eat it.

Serve 1-2 cups per person
Just before eating, add 1-2 tbs freshly ground golden flaxseed to each serving

Administration from Penn State. Through the wonderful world of the Web, she and I met and within days, decided we would make a great pair! Dr. Kirane will not be practicing clinical dentistry at PWDA. She is here as my Research Associate, with a goal of pulling together the very significant periodontal statistics we have been collecting with regards to periodontal disease and its danger to the rest of the body. This will free me up to focus even more on direct patient care. She will also be here to assist me in the continued development and presentation of my seminars to dentists and physicians on the same topic. **With our combined passion for the diagnosis and treatment of periodontal disease, Dr. Kirane and I have great plans for future research, publishing and lecturing on an even broader basis.** Our newest periodontal seminar will be launched Oct 19, 20 at PWDA to a national audience of dental practitioners wanting to learn from what we are doing

Fatima, as many of you know, began with us just one year ago, aspiring to become a dentist. We are proud to tell you that she has now begun her first year of dental school at my very own alma mater, MCV/VCU! And we couldn't be prouder! We told her the key to the office is always hers, so don't be surprised if you happen to see her helping out during one of her rare vacations from the rigors of school.

Maria and Kelcey's advanced clinical skills are helping our patients enjoy an even more relaxing experience as we help them move into a greater level of dental health. Kelcey is also cross-training in the administrative area of the practice, while Cindy is having a ball as our Administrator and Patient Care Coordinator. With thirty five years of dental experience behind her, Cindy has lightened up our world with her ingenuity, cheerful, can-do spirit. We are blessed to have her as a part of our team, and she considers her experience with us a culmination of her professional dreams.

Keep your eye out for new star players on our team as the year moves on.



In celebration of the hard work and diligence of my exceptional team, we reserved a day in May just for us at Ohm Sanctuary Spa, selecting our custom-packages of soothing therapies along with a light and nutritious lunch. Ahhhhh... ohmmm... that was nice!!

Our multicultural experience at PWDA has broadened with several languages now among us. Dr. Kirane speaks her native

Indian language as well as 4 other Hindi dialects. As you will see, she also speaks a beautiful English! Maria, a native of Columbia, South America, speaks fluent Spanish, Italian, French, English and as she says, "pigeon Hawaiian." We think the ethnic blend is quite enchanting and we are having such fun exchanging all sorts of cultural customs and food with one another. Yum! (As for me, I am adding a few new words of Arabic to my limited Spanish.) Our newfound language skills allow us to help more people than ever. No matter what, a smile is a smile in any language, and we love to share ours.

On a more somber note, I want extend my warmest thank you to each of you who so lovingly extended your condolences with notes, cards, emails, flowers and memorial contributions during the tragic time of my young cousin's murder at Virginia Tech. The outpouring of expression I received numbered in the thousands and I regret that I have not been able to respond to each demonstration personally. Our Reema, forever eighteen.... Words cannot express how much we miss her, yet we know she is our angel, only a thought away, enjoying the graces of paradise with her Savior, her Jesus.

VOTED HAMPTON ROADS' PREFERRED COSMETIC DENTIST

Port Warwick Dental Arts was once again voted the winner of the Daily Press Reader's Choice Gold Award for Dentistry and we couldn't be prouder. Whether your needs range from straightforward, preventive care, to the more complex care of periodontal disease or the more captivating, personalized creation of the custom-designed smile of your dreams, *we are here to help.*

Those of you whom we have the honor of serving know that listening to you and helping you achieve your dental health goals with consistent excellence in a beautiful, comforting atmosphere are paramount to our mission.

We are not simply dedicated to creating stunning smiles, we are also dedicated to the highest level of dental health. It is well established that dental health is an essential part of general health. When you are a patient of Port Warwick Dental Arts, you will become intimately aware of — and involved with — your dental wellness. In so doing, we know we will be able to help you improve and maintain total body wellness.

We are most grateful for the continued confidence you have shown in us as we have served the community for twenty five years with leading-edge technology and compassionate care. We look forward to many more years as Hampton Roads' preferred dental practice.

CSI TESTING FOR DETECTING PERIODONTAL DISEASE

Hundreds of our patients have experienced the incredible value of DNA testing for periodontal disease as we seek to beter diagnose and understand this disease. For those of you who are not familiar with this sophisticated CSI technology, bacterial and human DNA is unraveled in the DNA-PCR process, permitting the most predictable, accurate and definitive treatment possible for controlling the life-threatening infection of periodontal disease, a disease which affects as many as 90% of Americans during their lifetime.

Dr. Samaha is the first dentist in Virginia certified in DNA testing for periodontal disease. The testing takes only a few minutes, the process is painless and is performed in our office.

Genetic susceptibility to periodontal disease as determined by DNA testing is important in the treatment of periodontal disease because one-third of all individuals have inherited the genetic markers for periodontal disease. A genetic predisposition to this aggressive disease can be determined early, preventing serious problems throughout the rest of the body, to include heart attack, high blood pressure, stroke, diabetic complications, pregnancy complications for mother and child, Alzheimer's disease, colon cancer, pancreatic cancer and oral cancer.

Periodontal disease is an infectious disease, and highly contagious. If one family member has periodontal disease, all family members should be tested for infection and treated, if disease is found.

If you or your significant other has it, you both probably have periodontal disease. If you have it, your children probably have periodontal disease.

GET TESTED! Call (757) 223-9270.

Does Your Smile Reflect the Joy in Your Life?



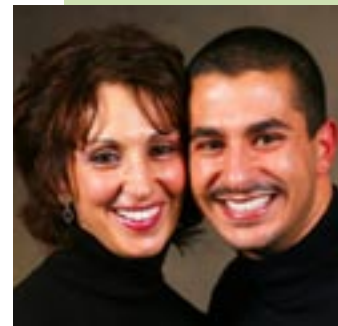
"In the years that I've been Dr. Samaha's patient I've seen many examples of her skill, her precision, her ability to combine balance and

beauty with the most advanced levels of care. My expectations have been exceeded year after year."

*Jan Ledbetter
Williamsburg, VA*

"She knew the best way to get my extensive treatment done faster and more comfortably than I expected, and the results were great. Dr. Samaha and her team are friendly, enthusiastic and obviously dedicated to giving their patients the best care with the most comfort."

*Dave Ledbetter
Williamsburg, VA*



"Dr. Samaha completely revitalized my entire mouth. I feel healthier and more confident in my smile. She not only gave me the natural white teeth I

have always wanted, but she corrected all the dental health problems."

*Layla Shaheen
Hampton, VA*

"As a result of Dr. Samaha's expertise and careful planning, years of damage and disease were taken care of in just a few visits. After a full reconstruction of both my upper and lower arches, my gums became healthy, bad breath disappeared and my smile was set free!"

*Waseem Shaheen
Hampton, VA*

Now through September 15, Free Periodontal Screening Offered to Friends and Family Members.

Enjoy us online at PWDentalArts.com

Dr. Lisa Marie Samaha and her team joyfully invite you to help celebrate 25 years of creating beautiful, healthy smiles.

Save the Date:
Saturday, August 25, 2007 6-10pm

Casual outdoor barbeque with a live performance by

EZGO

Come prepared to dance the night away to EZ Go Band's beach music and classic rock, featuring Dr. Don "Rock 'n Roll" Rellins

Your friends are our friends! Please feel free to offer them the opportunity to share in a unique Port Warwick Dental Arts Experience.

We are most grateful for the continued confidence you have shown in us as we have served the community for twenty five years with leading-edge technology and compassionate care. We look forward to many more years as Hampton Roads' preferred dental practice.

Come and receive one of Lisa Marie's art prints as our way of saying thank you for 25 wonderful years!

Please RSVP by August 20. By phone at (757) 223-9270 or by email at samahadds@pwdentalarts.com

This is your
**25TH ANNIVERSARY
CELEBRATION INVITATION!**

Enjoy our website at
PWDentalArts.com

Learn critical health information and find out what wonderful things people are saying about their experiences at Port Warwick Dental Arts.



**Professional
Whitening
from \$110!**

The wonderful world of whitening is alive and has never been better at PWDA! Besides the most gentle, most powerful whitening process known in dentistry, we are now able to offer a highly successful whitening process that costs a fraction of power whitening, yet is professionally overseen. Call us for a complimentary whitening evaluation today.

Available to the first 17 patients who schedule before September 30, 2007. Appointments will go quickly, so book them soon by calling **(757) 223-9270**.

We are happy to be here to brighten your day!