



Dear Patient Family and Friends of Port Warwick Dental Arts,



I am hoping that this newsletter finds each of you having met this summer with happiness, good/better health and that you are invigorated by the innumerable possibilities that the remainder of the year holds! We, at PWDA are already feeling the relaxing sense of summer as we have enjoyed the many outdoor concerts available throughout Tidewater. On that note, we want to let you know that as sponsors of the Wednesday evening concerts "On the Square" at Port Warwick, we especially look forward

to having you join us from 6:30 – 8:30 each week. Look for us on July 30th while the popular band "FAB" plays music that is especially familiar to those of us who share baby boomer status. **On Sept 10th, join us for the sounds of the classic "Rhondels!" Both evenings we will have a tent up on the Square, with bottled water to help quench your thirst along with an opportunity to win a \$1250 gift certificate towards dental treatment at PWDA! We will also be giving out certificates for our Whitening Wednesday promotion** in honor of the concert series. So come share a smile with us! This promotion is hard to beat! Maria was able to put together a terrific deal for you – **a two hour professional in-office whitening, usually \$750, now \$350 with certificate!! (not in any way to be mistaken for the 12-minute whitening specials at SAM'S Club or in the mall. Indulge yourself - your loved ones (18 and above) with the wonderful gift of a bright smile!** The visit will be complete with spa comforts – and you can watch a movie of your choice while you have your hands waxed and your neck comforted in a warm neck wrap. These appointments are open to new patients as well, but are limited. Help us spread the word and be sure that when your friends call, they mention your name and you, too will be entered in the drawing for the \$1250 Gift Certificate toward dental care at PWDA!

The lilies in the koi pond in our meditation garden are putting on a colorful display for us and the graceful lotus flowers are on their way up. The koi will continue to perform their dance until late fall when they will go into their usual period of hibernation. The variety of birds we attract could surely allow us to be considered a "natural habitat!" We have varieties ranging from little finch, (friendly) and big heron, (not so friendly) for the koi! And



Maria and Renee enjoying a special dinner at Schlesingers for a job extra well done!

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In Our Next Issue

Stay-tuned for our next informative newsletter where we will explore the latest in periodontal disease and its potentially devastating contribution to systemic disease:

- Heart disease (to include heart attack and stroke)
- Diabetic complications
- Lung diseases
- Alzheimer's disease
- and an ever-growing list of Cancers

Also, learn Maria's personal story of her frightening journey through Oral Cancer during 2007.

And...

More Healthy Lifestyle Tips

although the view from the treatment rooms is always soothing and inspiring no matter what the season, witnessing the blooming of life in the courtyard throughout the spring and summertime is always the most enchanting for me.

As many of you know, this year came with it a new sadness for my family when on New Year's Eve, my dear dad (retired periodontist) was admitted to the hospital unexpectedly. On February 15th, he passed peacefully into his eternal reward. Fortunately for us, my entire family, all 25 of us, were together at my house on Christmas Day and lots of precious pictures were taken of my dad, his five children and 10 grandchildren. As you will notice, Dad was not just my "daddy." He was my inspiration and mentor for our shared and beloved profession of dentistry. My passion for caring for each one of you was born from his stunning example. If you would like to receive a copy of reflections on my Dad, please email me with your request. Included therein are some of his special "words of wisdom" that are worth passing along.

We also remembered April 16th, the one year anniversary of my little cousin Reema's tragic death at Virginia Tech. Our family has been soothed immeasurably by the many prayers and remembrances so many of you have extended our way. Words will never be able to express our appreciation.

Even with the reality of the challenges and painful moments that seem to find their way into our earthly experience, know that my eyes are always focused on the beauty of what I have been given...and you all are a significant part of the beauty in my world. Thank you for allowing my team and me to be part of your world. We are honored. Know that I am lifting each of you up for your happiness and your needs. By way of the powerful grace of God, we all have the opportunity to focus on the love we are blessed to receive, preventing us from being too sad for too long. My life is overflowing with love. My hope is that yours is, too.

As always, I delight in learning the details of your highlights when you come for a visit or drop me an email or a note. Thanks for being a part of our experience throughout the year and for being a part of our lives right now as you take a little time to read this greeting.

As many of you know, July 2007 marked the 25th anniversary of my dental practice. So we decided to celebrate YOU, for you are the reason we are here! The invitation came to you in the August Newsletter. Thanks goes to each of you who were able



**My Dad
Dr. Francis J. Samaha**

to share in the celebration with us. It was certainly a night I won't ever forget and I only wish all of you could have been there.

Photos of the party are posted on our practice website, www.PWDentalArts.com in case you feel like taking

a peek at those good times! One thing for sure, we won't wait another 25 years for the next party and opportunity to thank you for your loyalty and support. **Stay tuned and just share your email with us by responding to SamahaDDS@PWDentalArts.com so we can be sure to send you an invitation reminder!**



The lovely senioritas of PWDA going South of the Border

PWDA Making National News!

As you know, PWDA is ever-committed to professional growth and this past year has marked the culmination of tremendous achievement as we have successfully established the Perio Arts Institute™, Perio Arts Research™ and Perio Passion! Seminars™. There is no possible way this could have happened without the lifelong inspiration of Dad, the undying emotional and practical assistance of my physician brother Dr. Rick Samaha, my Course Director, Jim Linn, my Director of Research, Chuck Frechette, and my devoted office team. As there always are in such major accomplishments, there were many others who enabled me to launch the Institute's first Perio Passion! Seminar™ in October, right on the premises of Port Warwick Dental Arts, and continue with additional successful seminars hosting high-level Doctors and their teams from around the country. The program is a fully approved, 16 hours of advanced education on the Mouth/Body Connection, and our leading-edge periodontal disease treatment protocol.

We have also been contacted to be featured in the first media-led national campaign to bring information about the "Mouth/Body Connection" to CNN, FOX, PBS, NBC and globally to Voice of America later this year and into 2009. Hugh Downs will be introducing the series. We will see where that goes in the next year or so! (If you forward your email address, we will be sure to keep you posted! Be sure, as always, to identify yourself by putting "PWDA" with your full name in the subject box so that I don't miss your correspondence.)

*****Don't forget to visit our newly updated website www.PWDentalArts.com because it is full of helpful information, live patient testimonials, before and after cosmetic and reconstructive cases of our patients and other fun stuff! Feel free to forward it onto your friends and family no matter where they live! There is plenty of information for everyone at every age!**

Thousands of people were surveyed by the American College of Prosthodontists and 85% of them said they would like

WHITER TEETH!

Did you also know that people with beautiful smiles look thinner, younger and more successful? They also tend to have higher incomes and greater self-esteem than those with less beautiful smiles.

88% of adults say they always remember someone with an especially attractive smile.

More than 85% of Americans believe that an unattractive smile makes a person less appealing and affects a person's professional and social life.

For a copy of our article entitled **Cosmetic Dentistry – In Search of a Beautiful Smile**, please visit our website www.PWDentalArts.com or call the office.

“Never lose an opportunity of seeing anything that is beautiful; for beauty is God’s handwriting --A wayside sacrament. Welcome it in every fair face, in every fair sky in every fair flower, and thank God for it is a cup of blessing.” Ralph Waldo Emerson

“The esthetic is itself nothing more than a beautiful symbol of the spiritual, without which the esthetic is a shadow without substance.” Rev. John Murray, 1922



Smiling PWDA Patients Clockwise from top left: Jane Callahan, Coco Pauley, Major & Betty Puryear, Chuck Frechette, Layla & Waseem Shaheen, Janna Posey Matherly, Dave & Jan Ledbetter, Catie Hankins, and Dick McGarahan

GREAT NEWS! WE ARE ON OUR WAY TO BECOMING ONE OF THE FEWER THAN 800 PRACTICES WHO ARE ACCREDITED BY THE PREMIER COSMETIC DENTAL ORGANIZATION IN THE WORLD, THE AMERICAN ACADEMY OF COSMETIC DENTISTRY.

THE AACD IS DEDICATED TO ADVANCING EXCELLENCE IN THE ART AND SCIENCE OF COSMETIC DENTISTRY AND ENCOURAGING THE HIGHEST STANDARDS OF ETHICAL AND ESTHETIC PATIENT CARE.

“PWDA... WHERE BEAUTIFUL SMILES ARE CREATED EVERY DAY!”

Enjoy us online at PWDentalArts.com

Helpful Advice for Brighter Teeth

from Renee
**First it was Atkins,
then it was South Beach,
now it's the "White Smile Diet"**

While daily home care and regular professional cleanings are essential for maintaining healthy teeth and gums, **certain foods can help remove stains from your teeth!** Foods such as apples, pears, celery, carrots, cauliflower, and cucumbers produce saliva which combines with the foods' natural fibers to naturally clean teeth and remove bacteria.

Believe it or not, **strawberries will naturally whiten your teeth;** they contain malic acid that acts as a mild bleaching agent. Crush a fresh strawberry with baking soda and brush once a week to maintain a whiter smile.



That really is Dr. S's famous "power-packed, nutrient-rich, omega 3, calcium-ich breakfast-on-the-go!"

soon afterwards. **If you cannot brush, try chewing sugarless gum.** Gum with xylitol, a natural sugar, actually reduces decay. (At PWDA we offer TheraGum and TheraMints that contain 100% xylitol.) And xylitol is antiviral and antibacterial against upper respiratory infections. In its pure form it can also be used for baking or in beverages, teaspoon for teaspoon to replace table sugar. To top it off, **the mechanical action of chewing sugarless gum stimulates saliva which will neutralize the staining effect.**

We also recommend that you **drink through a straw** whenever possible. This allows food dyes to bypass teeth altogether and also keeps the sugar and acids in soda away from the bacteria that cause cavities.

While lemons will also bleach your teeth, they are very acidic and

will harm the enamel on the teeth. They may cause sensitivity and in extreme cases will actually darken the teeth by thinning the enamel. **We do not recommend sucking on lemons or other citrus fruits as they will erode away the enamel.** Enamel typically does not replenish itself but there are special toothpastes now which can help remineralize weakened enamel. Give us a visit to find out more.

Following the "White Smile Diet" will help you have a healthier, whiter, smile and along with regular professional preventative care will help **keep you smiling for a lifetime!**

For more information on how to have that stunning bright smile, call for a complimentary consult with us at (757)223-9270. Visit our freshly updated website at www.PWDentalArts.com because we wouldn't expect you to believe without seeing when it comes to cosmetic dental care!

Renee Smith, Clinical Assistant
with a little help from our friend, Dr. Sayeg of Crown Council.



Jeri, Maria, and Kelcey at Port Warwick's kick-off concert of 2008, promoting our Whitening Wednesdays!



And here are the senioritas again... performing karaoke!

"No one around me; just God. In the green grass I lie satisfied, right next to peace, up under a weeping willow tree. So Quiet and serene, nothing but life, love, sky and the bliss of the beautiful butterflies."

Anonymous

A LITTLE-KNOWN BONUS to being a patient of PWDA

Just the other day I had a new patient with a new concern; new for me, that is. The concern was not new for “Cheryl,” though. She had been enduring the pain and frustration of this particular dental problem for years with no resolve. Although I was as challenged by her dental concern as her previous array of dentists, I was able to help. What I mentioned to Cheryl was that because of my participation in a variety of dental forums, I am able to interact any time of day with a group of some of the finest, most experienced and conscientious dentists in the world. I was able to access a diagnosis and recommended treatment for her problem within hours that very day and we began to “cure” her dental problem immediately. So, not only do our patients have the value of my own 26 years in practice, they have the advantage of the experience of the many high-level dentists with whom I interact in our online forums on a daily basis. We share knowledge, science, research, challenges, experiences with the latest technology and dental materials, philosophy of practice and more! Your identity need not ever be revealed.

And it doesn't cost you a cent for the additional “consultations” on your behalf!

Insurance Help from Jeri:

Please don't hesitate to inform us if you feel your benefits are not as expected when your insurance reimbursement check comes to you. We would be happy to investigate your concerns. Remember, the insurance company's intent is to withhold money, not give it out!

Noteworthy, is that **delays in successful filing usually have to do with the fact that we do not have updated insurance information.** Please make certain that we are made aware of any changes to your insurance carrier or information so that we may process your claim efficiently. Faxing us a copy of your insurance card is the most efficient way of making certain we have the information we need to help you receive your benefits. Please know that claims are sent out electronically within 24 hours of treatment unless narratives and/or unusual attachments to the claim are included to help secure higher benefits for your claim. In such cases, claims will be sent out via ground mail within the week. If you do not receive your check from your insurance company within 4 weeks, please call them and/or us.

Now a Few Words About Your Insurance Benefits From Jeri:

You could be losing your dental insurance benefits!!!

Every year, a significant number of our patients realize what happened just a few weeks too late. **Dental insurance has a yearly maximum which is lost if you don't use it.** That's right! **Free money simply evaporates.**

Anniversary dates of dental insurance plans vary throughout the year. Even though most plans renew on January 1st, it is important to call your insurance company and check on the renewal date of your own policy so you don't end up forfeiting your money by not using your benefits before the year is up.

Throughout the year, **we see patients, (often who end up with painful and even dangerous dental emergencies) who were planning on doing a couple of fillings or a crown during the previous year but “just never got around to it.”**

What they might not realize until it is too late is that **they just lost their previous year's benefit.** What would have been “cash in hand” towards their dental care is gone. If you have unused benefit left, take advantage of it now before it is too late.

**“An Investment in my Smile
Was an Investment in My
Professional Success”**



**Paula Wallace
Newport News, VA**



before



during



after

Even if you have already lost your benefits for last year, make that phone call to your insurance company to determine when your benefit for this year expires. **Take action and plan ahead!**

Give us a call today at (757) 223-9270 for more detailed information about your benefits, as well as to schedule an appointment.

Thank you for being part of the Port Warwick Dental Arts Family. We treasure your confidence in us and always strive to be the very best for you. Please do not hesitate to contact us if you have any questions or concerns.

The Economy and Dental Care

It seems that every household goes through economic challenges. Nowadays, we are noticing that instead of people declining much needed dental health care, "business" has never been better. It seems that many of our patients - like Paula Wallace and Chuck Frechette – understand that maintaining a high level of dental health is the cheapest form of insurance. A wise philosopher pointed out, "There's a time in the life of every problem when it is large enough to see ... and small enough to solve."

At PWDA, the core of our philosophy is "prevention" so over the years we have invested in the technology and the training that allow us to practice microdentistry, thereby catching problems when they are smaller rather than larger.

We are here for you!

Jeri Rivera, Practice Administrator

See our website for dozens of before & afters and patient testimonials

A new arrival is on its way at PWDA!

We are pleased to announce that Kelcey is expecting her third baby and she has decided to contribute an article on what is near and dear to her heart these days... an article on how to move through her pregnancy in a healthier manner, for her baby and her!

We know that many of you are beyond child-rearing years but it seems that if we aren't grandparents yet, we all know someone who is expecting a baby or has little ones. Below we will share with you some critical, life-saving information that we hope you will pass on.

Periodontal Disease and Babies Being Born Too Early and Too Small

Severe periodontal disease in pregnant women was shown to have a sevenfold increase in the risk of delivering preterm low-birth-weight babies. Researchers estimate that as many as 18 percent of the 250,000 premature low-weight infants born in the United States each year may be attributed to infectious oral disease, primarily periodontal disease.

The emotional, social, and economic costs associated with these small babies are staggering. Hospital costs alone surpass \$5 billion annually. When costs to society in terms of suffering and managing long-term disabilities often associated with prematurity are considered, this figure escalates dramatically. Naturally, nothing compares to the devastating emotional cost for the families when a mother and her baby's opportunity for a healthy life are impacted.

Mothers of preterm low-weight newborns were found to have significantly more severe periodontal disease than did mothers of full-term, normal weight babies. Periodontal disease has also been shown to increase the frequency of pre-eclampsia in the expectant

mother and can also have a catastrophic affect on her health during pregnancy.

Because of the hormonal changes occurring during pregnancy, the need for attentive dental care before, during and after pregnancy is crucial. Please pass this word onto anyone you know who is thinking of or is already expecting a baby. We would be happy to offer a complimentary consultation to discuss more of how we can help.

At PWDA we are committed to helping you and your baby remain healthy throughout life by helping both of you remain dentally healthy!

For our articles on a parent's role in raising children free of dental disease, "Your Child's Dental Health...From the Very Beginning," "Needs and Risks of the Expectant Mother and Her New Baby" and our "Parent Booklet" visit our website or call the office .

Yes, it really is possible to raise a child free of dental disease and we are here to help!

"An Investment in my Smile That Made Dollars and 'Sense' in Every Respect"



**Chuck Frechette
Newport News, VA**



before



after

FDA Rules Neurotoxic Effects May Occur from Mercury-Silver Fillings

After nearly 30 years of stating that the mercury in dental fillings was safe, the FDA has changed its position. Just weeks ago, the FDA settled a law suit with consumer groups seeking a ban on mercury fillings in the U.S. The agency didn't agree to the ban, but they have agreed to warn about use of the fillings in some people. They have also committed to issuing special controls on mercury fillings by July 2009, which may lead to more stringent regulations in the future.

What are the safety concerns with dental fillings? The FDA website states that, "Dental amalgams contain mercury, which may have neurotoxic effects on the nervous systems of developing children and fetuses." Mercury, which accumulates in the body, is toxic to the brain, the nervous system, and other organs. In fact, it is one of the most toxic materials around.

As you might know, our practice stopped using amalgam as a filling material in the 1990's. Dental amalgams contain 50% mercury. Mercury leeches out of all fillings as a vapor every time we chew or grind our teeth. Old fillings which have turned black, corroded and chipped over time are the worst. As so many of you have experienced, we have other wonderful options. We don't have to take a risk. The FDA website itself concedes that "when amalgam fillings are placed in teeth or removed from teeth, they release mercury vapor. Mercury vapor is also released during chewing."

In keeping with PWDA's dedication to healthy living, we thought we would continue with healthy lifestyle tips in our newsletter. We know that many of you enjoy your summer gardens tending to fresh fruit and vegetables. It is certainly my favorite time of year for that reason. With all the pesticides and toxins in store-bought produce, and the soil so depleted of important nutrients, we thought we would share a bit of information to help you make the wisest of choices when purchasing the produce you aren't growing at home. Although we would recommend Organic produce as often as possible, we realize it is not always available nor is it cheap. I do look for it at the local Farmer's Markets, but found the following list on the internet to be helpful when my grocery bill is tipping the scales.

Best Foods to Eat Organic

(Information adapted from an article by Victoria Spencer)

According to the EWG website, **the following list represents the produce most likely to be contaminated by pesticides** and draws on data from nearly 43,000 tests collected by the US Food and Drug Administration between 2000 and 2005. As you can see, fruits top the list.

Peaches (96.6% contaminated with pesticides; the most of any fruit or vegetable studied)
Apples (50 different kinds of pesticides among the apples tested)
Strawberries

Mercury has been removed from thermometers and vaccines, pregnant women are advised not to eat mercury-tainted fish, and industrial plants are regulated on their mercury emissions. But in a statement, the ADA stands by their position that amalgam is a "safe, affordable and durable material that has been used in the teeth of more than 100 million Americans." Based on the FDA's new position, it appears that this may have to change in the near future. Many European countries have already banned or are in the process of banning the use of amalgam fillings.

During the 26 years I have been practicing dentistry, I've seen a lot of things come and go. Just because amalgam has been around for a long time doesn't make it the best choice for our patients. We always want to make sure we take proper safety precautions when we remove these mercury restorations.

Whether you are pregnant, have children, or have a mouth full of old amalgam fillings, the new FDA position on mercury-containing amalgam fillings may affect your dental health, now and in the future.

For more information or to review a copy of our article entitled "The Amalgam Controversy" which explains more of why we have chosen to be an amalgam-free practice, please visit our website or give us a call.

Healthy Eating

Cherries
Imported grapes
Pears
Sweet bell peppers (64 different kinds of pesticides found)
Celery (94.1% contaminated with detectable pesticides)
Lettuce

Those least likely to be contaminated by pesticides are:

Onions
Frozen peas or corn
Asparagus
Cabbage

And one last tip:

When preparing your food plate, try to think of it as an artist's palate - full of a variety of vibrant color, never forgetting the rich purples and reds. This will assure you that you are getting a healthy range of nutrients in your diet! As patients of PWDA know, nutrition is an absolute KEY to achieving and maintaining healthy periodontal tissue! Visit our website for live patient testimonials on nutrition and periodontal treatment.

Enjoy a happy, healthy, and safe summer. And stay "cool!"

Warmest,
Your Dr. Lisa Marie, and her team
Jeri, Maria, Renee, Kelcey, Emily, and Zack

As many of you know, The Upper Gallery at Port Warwick Dental Arts is chock full of art. For a preview of our Dentist-Artist's work, visit our gallery or our new website
www.TheUpperGalleryatPW.com

Proceeds of art sales go to a variety of charities throughout Tidewater

Guess Who?



To win a \$50 gift certificate to the Upper Gallery, be the first to call with our "masked bandit's" identity!

Indulge yourself or a loved one with a 2-hour, in-office, highest-level, professional whitening, complete with spa comforts! Schedule a whitening party with your girlfriends and we will pamper all of you!



Port Warwick Dental Arts

warmly welcomes you to...
brighten your day on a

WHITENING WEDNESDAY

regularly \$750 -
pay only \$350 - a savings of 60%
RSVP at 757.223.9270

visit us at: www.PWDentalArts.com

At your appointment you will be automatically entered into a drawing to win a \$1250 gift certificate for dental care

