



Dear PWDA Family and Friends,



Hoping your Christmas and New Year holidays were everything you imagined them to be and that no matter what challenges the past year brought, you are in hopeful anticipation of 2010 as your best year ever!

Once again, the celebration of Christmas came before I knew it, finding me less than prepared in the most important way. I found instead, the greatest peace and calm came to me in the days which followed the GREAT day, and was grateful to have had a little time off work. Thanks for the greetings so many of you sent our way over the holidays. Always loved are

the precious photos and many stories of your past year. Please share with us as often as you can.

As we pass another celebration of love—Valentine's Day—we hope that it was with those who cause you to feel most loved and lovable. And that this year you are already experiencing more love in your life than ever before.

**Suffice to say, I couldn't be more proud of my team for all they have contributed to our success—truly dentistry from our hearts. Speaking of hearts, look inside for the special Valentine's gift basket drawing we have dreamed up for you!**

Our well-accepted periodontal treatment protocol continues to be a critical component of how we treat in our clinical practice, yet we are also performing more implant dentistry, high-end cosmetic dentures, treatment for snoring and sleep apnea, migraine and headache treatment, cosmetic reconstructions and soon, short term orthodontics (an amazing adjunct to our practice of cosmetic dentistry). We believe that even those who have lost their teeth deserve a beautiful, comfortable smile.

My exceptional team, (Maria, Renee, Eliza, Abby and Leah, led by our amazing Office Manager, Lisette) has been working diligently to make your experience with PWDA the best ever this year, as we all look forward to ways in which we can serve you better by offering you more exceptional services, techniques and technologies.

**Within this newsletter, and ongoing on our website, [www.PWDentalArts.com](http://www.PWDentalArts.com), you will learn more about how we can help partner with you for your best health through innovation, scientific research, constantly updated skill and our own unique brand of personalized dental care.**

May you continue to experience our commitment to serve and care for you in the very best way possible. May your New Year be filled with new surprises, sweet dreams, precious memories and the deepest love ever!

Always my warmest, Dr Lisa Marie

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## Puppy love = Gum Disease?



Did you know you that recent research shows what we have long expected? Although a dog's bite is not typically as dangerous as a human's, you can get periodontal disease from kissing your pet. So be careful when your warm and loving doggie wants to lick your mug.

# Chew On This: A Bad Bite May Be Causing Your Headache—But Treatment Is Available

Are migraines or tension headaches an unwelcome but normal part of your life? Do you often wake up with a headache, a stiff jaw or sore teeth—or experience this discomfort during the day? The answer isn't more pain medication. You may be suffering from "occlusal disease."

When the bite is out of balance and the jaw muscles are activated in clenching and/or grinding activity—often due to stress at home or work—the muscles of the head and neck go into spasm, triggering nerve endings which trigger headaches.

Teeth clenching and grinding cause not only head and neck pain, but also cracked fillings and teeth, inflammation of the gums and breakdown of the jawbone around the teeth. Cracks in teeth can cause extensive damage, requiring expensive crowns and root canals. In some cases, **the teeth may have to be removed because the powerful forces of the bite can cause the teeth to split into the nerve, up the root and into the bone.**

It's sad when we have to remove the entire tooth because in almost every case, the problem could have been avoided with a microscopic dental evaluation done previously.

Our early intervention and treatment can not only protect the teeth before they crack, but also help patients minimize headaches and jaw pain, often overnight, and with no medications. Once we help get the jaw muscles relaxed, we might need to gently re-contour tiny spots on patients' teeth to help balance the bite. We take the pressure off the individual teeth that are being hit hardest, which allows us to spread the biting forces more evenly among all the teeth in the mouth.

This allows the muscles to remain in better balance. **Our goal for our patients with headaches is to get them free from medication.** If their headaches are merely due to grinding or clenching, we are able to do so, sometimes overnight.

For cracks, we often see them around old mercury/silver fillings because they expand and contract much more than natural tooth structure. If we can find those cracks sooner, we can treat with plastic or porcelain fillings long before the tooth splits and requires a full crown, root canal, or extraction.

**When migraine and jaw pain is replaced with a balanced bite and cracked teeth are fixed early, our patients are ready to smile again—anytime.**

**"All of this relief with no medications. That is the best part of all."**

Registered nurse Tracy Meister is one of our many success stories. **"I used to awaken every morning in pain. My jaws, my entire face, my neck and shoulders felt tight and hurt all the time.** I even had terrible muscle spasms that would come and go throughout the day.

"Within days of having Dr. Samaha treat me for migraines, my face was not sore and I had minimal back, neck and shoulder pain. Because of her treatment, I do not clench or grind my teeth anymore. I am not cracking my fillings or suffering from migraines like I used to."

**"Dr. Samaha's conservative care has drastically improved my quality of life," Meister says. "All of this relief with no medications. That is the best part of all."**

## SLEEP PROBLEMS RUINING YOUR LIFE? FREE Snoring or Sleep Apnea Consultation



**Before:** Rev JC Linn of Phoebus, Virginia, struggled at night with his CPAP mask.

**After:** Now he sleeps great with an oral appliance from Port Warwick Dental Arts



**Sleep apnea is a serious medical condition.**

Because your body isn't getting enough oxygen while you sleep, sleep apnea can lead to depression, weight gain headaches, high blood pressure, diabetes, erectile dysfunction, stroke, or even heart attack.

Unfortunately, CPAP machines can feel like a cure that's worse than the condition.

They can be cumbersome to set up and use, inconvenient to travel with, and annoying to your bedmate. And the bulky mask itself, with its long tube and constant blowing air, can prevent you from moving in bed and sleeping well in the first place.

**But you still need some way to get air while you sleep, right? Dr. Lisa Marie Samaha can help. Working in collaboration with the area's finest sleep physicians, Dr. Samaha knows that some people have trouble adjusting to a CPAP, and can't or won't wear one.**

If that applies to you, Dr. Samaha is pleased to offer comfortable, custom-fitting dental devices as effective alternatives to CPAP so you can get back to sleeping peacefully again. **Sleep CPAP free! Call us today at 757-223-9270!**

# Toxic Toothbrushes

You think your tooth brush is clean, think again. Yes, **scientific research has shown that upwards of 10,000,000 microorganisms can thrive on toothbrush bristles at any given time!**

And our toothbrushes can contaminate and recontaminate us over and over again. Our bathrooms are simply a haven for bacteria. **PWDA is now introducing you to the ultimate toothbrush sanitizer.**

With the use of germicidal ultraviolet light, Violight toothbrush sanitizer is award winning, and **utilizes the same method that hospitals and laboratories use to sterilize their spaces, physically destroying microorganisms safely and within minutes.**

Did you know that a typical toothbrush has millions of colonies of bacteria like E. coli, strep, and salmonella? **Let Violight eliminate 99.9% of those unwanted germs** (even proven to kill 99.9% of the H1N1 virus) and 100% of your worries.

The Violight prevents cross-contamination of bacteria from one toothbrush to another, and even accommodates electric toothbrush heads—such as the Rota-dent. Violight is a simple, inexpensive device which is a great investment in your oral health and the oral health of your family.

This sanitizer is a must-have for those of us who are health-conscious—and also makes a great gift!

## Here's what people are saying about Violight...

"I can't believe I waited this long to get this product. I have the sanitizer and storage system and the travel kit. I love it!"

—Laurie

"We just received a VIOlight as a gift. These are the greatest things ever invented—not only for germs but to keep counters clean!"

—Bob & Kaye

"I am so delighted to have my VIO-light Toothbrush Sanitizer. Products like yours are very much needed for people like myself who have compromised immune systems. We will be telling everyone we know how good your products are."

—Deborah



## Sad, but true...

In past issues of the PWDA newsletter, we have touched upon the **frightening link between periodontal disease and pregnancy complications**, including pre-eclampsia for the mother and pre-term birth of the baby. Recent research at the Department of Periodontics at Case Western Reserve University School of Dental Medicine, reports **the first documented link between a mother with pregnancy-associated gum disease to the death of her fetus.**

The findings are discussed in the February 2010 issue of Obstetrics & Gynecology. The bottom line is, if you are hoping to become pregnant, are expecting a baby already, or know of someone who is, spread this critical news and know that we will be happy to offer a complimentary periodontal screening to make sure both mom and dad are dentally stable.

**Remember, dental disease—both tooth decay and periodontal disease—are contagious.** Babies are born with sterile mouths. It is us parents, caregivers and siblings who inoculate the baby with the bacteria that cause these diseases. And when the bad habit of juice and sweetened drinking occurs, along with poor oral hygiene and poor nutrition, the chances of attaining good dental health for a lifetime are minimal.

**If we haven't done so already, ask us how we can help free you from dental disease—and show you how you can give your baby the precious gift of a lifetime of dental health. Now that is something to smile about!**



# Embarrassed to Eat Your Favorite Foods With Your Favorite People?

*Custom-Designed, Custom-Fitted, Natural-Looking Dentures at Port Warwick Dental Arts*

If you are too embarrassed to share a meal with friends and family because you don't want to "lose your teeth," keep reading.

As a practice with extensive training in preventing and treating periodontal (gum) disease, our first goal for all patients is to preserve their teeth. But we also believe 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, and in many cases that means dentures.

However, you needn't settle for your grandfather's discount dentures, with their accompanying looseness, mouth sores, whistling while speaking, and rocking from side to side while eating.

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.

## Custom-Designed, Custom-Fitted, Natural-Looking

To begin, we will thoroughly examine your mouth, face and bone structure to determine the right fit, size, and shape of the denture. Then, with hundreds of styles, textures and shades of teeth available, we'll work with you to determine the most ideal option for your smile. And our computer imaging photographic technology will allow you to visualize your smile before we're even finished.



Ingrid Sanders of Newport News: "I not only look, but feel, 10 years younger!"

Using the latest technology and materials, we are able to achieve tighter-fitting dentures than your grandfather may have worn. In addition to traditional dentures, we also offer implant-supported dentures that snap securely in place or even a full set of permanently implanted new teeth.

## Our Expertise and Our Passion

Many dentists don't find making dentures enjoyable and prepare only a few dentures every year. 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.

## One Patient's Experience with New Dentures

Ingrid Sanders is one of many people who are really smiling again, thanks to dentures from Port Warwick Dental Arts.

"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. I have 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."

## Register to Win Our "Sweet Kisses" Gift Basket Drawing

Included in the gift basket are:

- **Violight** ultraviolet light toothbrush sanitizer
- **TheraGum** 100% Xylitol-sweetened gum & mints
- **CloSYS** toothpaste and oral rinse
- Stainless steel tongue cleaner
- **Rotodent** electric toothbrush
- \$50 gift certificate to **Brickhouse Tavern**
- Dark chocolate (for its antioxidant properties!)
- A signed print of Dr. Lisa Marie's original artwork

**Total value \$400!** To register, simply call or come by our office. For each friend you refer to our practice, you may register again and your friend will get to register, too!

## CONGRATULATIONS SMILE MAKEOVER CONTEST WINNERS!

Two Hampton Roads residents who have each spent a lifetime giving to others are smiling like never before—winners of our very own Smile Makeover Contest at Port Warwick Dental Arts.

During these challenging economic times, our practice has been thriving. As a display of our gratefulness, we decided to have a Smile Makeover Contest offering a member of our local community the beauty of a new smile.

The plan was to pick only one winner, but two nominees stood out—Michael Boyd of Hampton and Terri Cane of Williamsburg. We just couldn't choose one over the other, so we decided to take care of both.

Boyd, 55, regularly visits patients at the Veterans' Administration Hospital. He also helps his neighbors—even delaying treatment for a broken leg because he wanted to help a friend pay her bills first. With only a dozen teeth and no means to pay for needed dental work, Boyd was self-conscious about his mouth and in pain, relying on

drugstore remedies for his aching, infected gums. His dental disease was truly life-threatening.

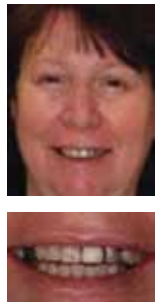
After we restored his smile with real-looking new teeth, Boyd has good reason to smile. "I didn't imagine that sickness in your mouth can be as dangerous to your health," he says. "And I never thought anyone would be this nice to me."

Cane, a single mother of four, including an autistic son, has devoted her life to helping others. As a nurse, Cane knew the risks that bad dental health posed to her entire body. She battled infected gums and had trouble eating, but a devastating fear of dental care and lack of funds kept her from getting needed dental work.

Now, Cane has a beautiful smile. More important, she has a healthy mouth and a dentist she's not afraid to visit. "Dr. Samaha has the most healing touch," Cane says, fighting tears. "She understands the fear I have. Her office is a very healing and spiritual place, and I felt right at home."



Michael Boyd of Hampton



Terri Cain of Williamsburg

Visit our website [www.PWDentalArts.com](http://www.PWDentalArts.com) for live video and more details

## Port Warwick Dental Arts Gives Kids 12,500 Reasons to Smile!



Photo: During Port Warwick Dental Arts' Oct. 15 Open House Fundraiser to benefit CHKD, Dr. Lisa Marie Samaha (right) presents a check to Sharon Claassen of CHKD (center), while Abby Sharpe of PWDA presents another check to the Smiles for Life foundation.

With a grateful spirit for a thriving 2009, my team and I had fun deciding on ways we could share our success with the Hampton Roads community that has supported us for nearly 28 years. As many of you know, last April and May, we began a tooth whitening campaign in which we raised \$12,500 for the Smiles for Life Children's Foundation and the Children's Hospital of the King's Daughters. We selected the Child Abuse Program at CHKD as the recipient of our monies.

We at PWDA wish to thank Hampton Roads residents for allowing us to brighten smiles and, in so doing, brighten the lives of sick children in our local community and across the country, who don't always have a lot of reasons to smile.



Enjoy us online at [PWDentalArts.com](http://PWDentalArts.com)



Full of great goodies to make  
your kisses as sweet as candy

*Better than the flowers you gave on Valentine's Day...*

*Give your sweetheart the precious  
gift of a peaceful night's rest*



In celebration of Valentine's Day and the season of love we are offering **FREE Sleep Apnea and Snoring consultations** through March 2010 (the usual \$250 fee will be waived).

Learn more inside the newsletter about how snoring and sleep apnea may not only be affecting your sleep, but also your health.

If you have trouble sleeping, if you snore or have been diagnosed with sleep apnea, make an appointment for a free consultation today!