

Ego says: "Once everything falls into place, I will find peace."

Spirit says: "Find peace and everything will fall into place."



Port Warwick
DENTAL ARTS

CENTER FOR COSMETIC DENTISTRY & DENTAL MEDICINE

2014 Winter Newsletter



Dearest PWDA Family and Friends,

Warmest wishes to each of you, hoping that your Christmas and various celebrations – the freshest and most meaningful time of the year for many - become the source of exquisite memories.

Now that we are closing out our year, it is my prayer that each of you, in spite of turmoil and even tragedy in our personal and world experiences, is able to truly, deeply connect with the joyful reality that God is with us always.

This year has been another filled with wonderment and exciting experiences for all of us at PWDA. Although your regular appointments, our newsletters and emails have allowed most of us to connect on a regular basis, it always gives me pleasure to more formally pull together some highlights of important health information for you. And I want to take a moment to thank each of you who have graced us with your own cards and letters. It is a delight to hear from you anytime. My team and I cherish the many "love notes" you send our way and the affirming Google+ and Yelp reviews you surprise us with often. We thrive on knowing we have helped you.

I hope you will take a peek inside to learn more about my licensure in the internationally acclaimed Pinhole Surgical Technique for Gum Tissue Recession. Because of its gentleness and success, this remarkably conservative surgical technique, (done through a tiny pinhole,) is by far, one of the most exciting procedures I have been privileged to master in my years of practice. Best of all, it will benefit many of you. We have a dedicated website on this procedure for those who wish to know more, go to www.PWAcousticArts.com.

On a more personal note, my seasonal beach walks along our stretch of the lovely Chesapeake Bay keep me happy, but they have been limited during these colder days. However, the rich, local music scene continues to inspire and bring me amazing opportunities for sharing something else that I am passionate about, along with the lovely people who go along with the experience. I can't begin to express my delight in the mounds of talented singer/ songwriters who live in Hampton Roads, and the open mic venues and house concerts that offer me multiple options year round, to be uplifted in music. Additionally, our own house concert series, www.PWAcousticArts.com was busy this past year offering fans more chances to experience the quiet, intimate and warm sounds of Nashville's own Jesse Terry as well as our familiar, national touring group and dearest of friends, BiG WiDE GRiN. We look forward to welcoming Seth Steinbeck, along with a variety of other acoustic artists to our venue early next year. To top it off, I can now officially add "songwriter," to my list of accomplishments, having had the gracious opportunity to co-write a ballad, "The Power of a Smile," with Jesse. The song pays tribute to a few of my dearest patients as it shares their personal story in a touching way. Many more creations in my heart for 2014, along with more painting time, of course. To be sure to receive notice of upcoming concerts, like Port Warwick Acoustic Arts on Facebook or sign up at www.PWAcousticArts.com.

Sending each of you deepest love and blessings for safety, BEST health and joyful fulfillment through the holidays and into the New Year. My exceptional team and I so enjoy caring for you and we thank you for your loyalty and trust, as well as your generous referrals of family and friends.

My warmest blessings to each of you as you prepare for a year full of sweet anticipation of great things ahead. We are grateful for each one of you.

Always, Your Dr. Lisa Marie

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Enjoy us online at

PWDentalArts.com

and like us on Facebook!

Hiding Behind a Gummy Smile? Now Smile with PRIDE...

"From an early age, with an outgoing and energetic personality, I always loved to smile and pose for pictures.

As I got older I started to notice an unpleasant change in my teeth. They became very crooked and caused me to start hiding my smile.

I got braces to straighten my teeth but I still felt like I needed more. My family would joke about how small my teeth were and how when I smiled you could see a lot of gum. The negative comments made me feel awful but I didn't know what else I could do. **I never thought it would happen, but my teeth were holding me back! With Dr. Samaha's special care and treatment plan I learned I could get the smile I always wanted.**

Now I smile and can show my personality more than ever!"

Angel Hu

Restaurant Server

Theatre and Vocal Performer

Newport News, Va

after



before

HOMEMADE: Coconut Oil Toothpaste

Jessica Espinoza

Commercial toothpastes are full of chemicals and toxic ingredients. When you look at the ingredients in a tube of toothpaste, you will notice that most brands contain fluoride, sodium laurel sulfate, artificial sweeteners, colors, and flavors, all of which are unnecessary for dental health and can do more harm than good to our teeth and our bodies.

Making your own toothpaste at home is very easy, allows you to avoid toxic ingredients, and can help improve your overall dental health. The ingredients in this toothpaste recipe are all very healing for the mouth and can help with remineralization of the teeth. **This toothpaste is safe for the whole family, even children.**

Most of the ingredients in this recipe are common to almost all homemade toothpaste recipes. **Use coconut oil for its natural antimicrobial properties, baking soda for whitening and gentle cleaning, sea salt for gum health and mild antibacterial properties, and castile soap for foaming properties.** The castile soap is optional and replaces the toxic sodium laurel sulfate (a foaming agent) found in commercial toothpastes. Some people leave it out, but others find that they prefer toothpaste that foams. Even with the addition of the castile soap, this toothpaste will not foam as much as commercial toothpastes.

A couple of the ingredients, **bentonite clay and myrrh gum powder, are not as commonly used, but are all great for dental health.**

Bentonite clay comes from volcanic ash and has long been regarded as one of the most healing clays available. It has been used traditionally for treating internal and external maladies through its detoxifying properties. These properties have the ability to absorb toxins, impurities, and heavy metals, which is great for the mouth.

Myrrh gum powder has been used for centuries in various applications. It has strong antiseptic properties and can help in the treatment of inflammation. The addition of this ingredient to homemade toothpastes helps heal and soothe the mouth and improve overall dental health.

This recipe is simple to make and only takes a few minutes to mix together. If your house is warm, it will be a thin paste, due to the melting coconut oil. If you store it in the fridge, it will set up too hard to use, so it is best to store in a cool area of your house. The green stevia powder is optional, but without it, the mixture can be a little bitter. Most people will probably prefer the toothpaste with a little sweetness. (Dr. Samaha recommends xylitol, but keep away from dogs as it is toxic to them).

Ingredients

makes approx. ¾ cup

4 tbsp. virgin coconut oil

4 tbsp. bentonite clay

1 tbsp. baking soda

½ tsp. myrrh gum powder

2 tsp. castile soap (optional)

¾ tsp. green stevia powder (optional)

½ tsp. finely ground sea salt

30-40 drops of food-grade peppermint essential oil

10-15 drops of liquid minerals

If your sea salt is coarse, you can run it through a coffee grinder to make it powdery. You want it to be as fine as possible.

In a glass bowl, mix all of the ingredients together until completely combined. Pour into an airtight container. Use a little on your toothbrush and brush as normal. The toothpaste will be salty from the baking soda and sea salt, so it might take a little getting used to, if you are transitioning off of commercial toothpastes. Rinse well and don't forget to floss!

Because there are no ingredients in the toothpaste that will "go bad" so-to-speak, this product will keep for a long time, but making it in small batches is best.

What Singles Want: *Nice Teeth, Above All Else!*

Lisa Marie Samaha DDS



According to a broad national survey of almost 5,500 unattached adults 21 and older, specific qualities, attitudes and expectations illustrate cultural shifts in how singles approach relationships.

71%
of women

58%
of men

say they judge a potential date MOST on the appearance their teeth!



When judging a potential date, **both sexes rate their teeth at the top**, followed by grammar. Joe Vaillancourt says, “teeth are very important; taking care of your teeth is a good indicator of your hygiene.”

Such feelings don’t surprise biological anthropologist Helen Fisher, a research professor at Rutgers University, “From a Darwinian perspective good teeth are a real indication of your health - how much you drink, smoke, what you’re eating.”

Online survey of 5,481 singles ages 21 and older who are not in a relationship, by Market Tools Inc. for Match.com.



Take a Look...Images to the Left

Alright, now that you had time to quietly observe the images, in the first one you will notice that she has one finger too many on her hand, in the second one a phantom arm is floating there, and in the third one the man has only one ear...

Doesn't this show you how important the health and beauty of our teeth are and that a single mark on one tooth draws more attention than any other physical defect?

Photos by: Colgate Total Ad Campaign

ASK US HOW YOU CAN HAVE STRAIGHT TEETH Without the “Teenage Metal Mouth”

Adults don't need to worry about sporting that “teenage metal mouth” for years. With Six Month Smiles™ cosmetic braces, we may be able to straighten your teeth in a matter of months. Dr. Samaha, a general dentist, is one of a very small percentage of dentists nationwide who are specially certified in the process of Six Month Smiles™.

Six Month Smiles™, also referred to as “short term orthodontics” or “cosmetic braces,” is designed for those aged 18 and older to correct crowding, round out dental arches, close spaces between teeth, and straighten teeth that are tilted or flared—all using safe, light forces over a short period of time!

Six Month Smiles™ is a great option for safe, “fast track results.” With straighter teeth, you'll also have a healthier mouth, “since crooked teeth can cause periodontal swelling and inflammation” according to Dr. Samaha. Hands down, Six Month Smiles™ can be the perfect “quick-turn-around” option for a straighter, healthier and more attractive smile!

straighter teeth...
healthier mouth...
ONLY SIX MONTHS!

SIX MONTH SMILES™ ...SO EASY AND QUICK!



Waseem and JiJi Shaheen, Hampton, VA

“I'm a person who loves to laugh and smile a lot. However, having crooked teeth was a problem. Ever since I was a little girl, I was so uncomfortable showing my teeth – and that's no fun! I always wanted to fix my crowded teeth but was never given the opportunity.

Three years ago I met Waseem, the man who was to become my husband. I was impressed by his healthy and perfect looking teeth. It was his beautiful smile that attracted me to him the most! He told me about his dentist, Dr. Lisa Marie Samaha.

Soon after we got married, Waseem accompanied me to see Dr. Samaha for a dental checkup. I told Dr. Samaha about my teeth and how I would love to fix them but couldn't imagine being in braces for years. She told me about the Six Month Smiles™ method. After she explained the procedure I was so happy and excited to know that I could have the smile that I've always wanted in such a short time, compared to 2 to 3 years with the traditional method. I felt so lucky to have found Dr. Samaha! Because my husband saw my excitement, he offered to give me my Six Month Smile™ as my birthday gift. It has been the 'best-ever' present!

The Six Month Smiles™ process has been so easy and quick! And I am absolutely delighted with the results.

Having been introduced to Dr. Samaha and her excellent team is just one more reason I love my husband!”

JiJi Shaheen

Six Month Braces - JUST THE THING TO SET ADULTS STRAIGHT!

by Dr. Lisa Marie Samaha

Will Six Month Smiles® work for me?

Six Month Smiles® is mainly for those who wish to cosmetically enhance their smile as opposed to those who need major bite or jaw realignment.

Can I afford Six Month Smiles® braces?

Six Month Smiles® typically costs less than other types of orthodontics. Our office actually offers 2 financing options that allow you to make affordable monthly installments.

Will I get a retainer?

Yes! After your treatment is complete, a slim, bonded retainer helps to keep your front teeth in place so your investment in your new, straight smile is preserved. The retainer is not visible. Best of all you won't ever have to think about it again! Let's just say, "Set it and forget it!" However, if you prefer, a removable retainer can be made instead.

Are there any health advantages to getting braces?

As an added bonus for those who think braces are only equated with vanity - straighter teeth mean a healthier mouth. Crooked teeth can cause periodontal swelling and inflammation because the gum tissue is crowded out, and because it's difficult to properly clean teeth when they are overlapping.

How do Six Month Smiles® compare to Traditional Braces?

Six Month Smiles® uses tried and tested orthodontic materials and principles in an innovative manner. Traditional braces often take more than 2 years. Because this is such a quick method, it makes my dentistry even more well-rounded because it opens up new cosmetic treatment planning possibilities for my adult patients that never existed before. Many times we can save a patient many thousands of dollars in porcelain veneers by simply putting them in Six Month Smiles® for... well... six months! There are still times when traditional braces are necessary. Typically, an orthodontist would be involved in such cases.

Are the braces really clear?

Six Month Smiles® braces are actually designed with tooth colored brackets and wires, meaning that they literally blend right in with your natural tooth shade.



Does it really only take six months?

Yes, it's true! And to top it off, we have actually completed cases in as little as 4 months. On a rare occasion, we might need a little additional time.



before

6 months later



Suzie Small

Suzie shares her story...

“Our family has been a part of Dr. Samaha’s dental practice for over twenty years. That statement alone signifies that we feel a part of the Port Warwick Dental Arts family.

As in any ‘healthy family’, we feel unconditionally loved, accepted, and special because of the individual attention we receive from each of the staff each time we come in PW Dental Arts. The artwork and grounds are serenely relaxing with the guarantee of professionalism.

Our goal as a family was to maintain holistic health practices as much as possible and simply stated, keep our teeth as we matured. Along those lines, I am grateful that ALL the

“I couldn’t see two years in braces.”

large, unsightly old mercury fillings are now gone from my mouth. Thanks to Dr. Samaha’s advanced Cerec technology, my much-needed crowns were done in one appointment. That’s huge, in my book!!

Now I’ve ‘gone straight’ because of ‘Six Month Smiles™’ and I couldn’t be happier! I had suffered all my life with overlapping teeth that were too big for my mouth. Being over sixty, I couldn’t see two years in orthodontic braces. Six months was so reasonable and it was all so easy. The gentle tooth movement started instantly and my teeth were straight in no time. That was amazing to me! Other doctors had thought I needed to have teeth removed in order to get them straight, but I didn’t. I am so happy I was a patient of Dr. Samaha’s and that she was skilled in this special treatment option.

Thank you Port Warwick Dental Arts!”

Suzie Small
Registered Nurse Educator
Yorktown, Va

NO MORE RECEDING GUMS, NO MORE GUM GRAFTING: RESTORE THROUGH A TINY PINHOLE!

Interview with Dr. Lisa Marie Samaha

If you have sensitive teeth, most likely you have receding gums, and/or periodontal disease. According to the Journal of the American Dental Association, (Feb 2003) 88 percent of people in the United States above age 64 have one or more teeth with gum recession. 50 percent of people 18-64 years old have gum tissue recession. The presence and extent of recession increases with age.

Left untreated, receding gums not only look unsightly, they can create severe sensitivity because the roots of the teeth become exposed, allowing bacteria to penetrate the roots and enter the nerves. This can lead to more painful corrective procedures such as root canals, and can cause bone loss, leading to the eventual loss of teeth. *For decades, painful, traditional skin grafting was the only way to repair receded gums.*

If you are already seeing signs of gum recession and you'd like to do something about it but are worried that the treatment will be complicated and painful, put your mind—and your gums—at ease.

FACTORS THAT CAN CONTRIBUTE TO YOUR GUMS RECEDING OVER TIME:

- Periodontal (gum) disease
- Tooth decay on the roots of teeth
- Broken down or poorly contoured fillings
- Overly aggressive brushing
- Grinding or clenching your teeth
- Orthodontic therapy
- Crooked teeth or a misaligned bite
- Genetics
- The use of tobacco products
- Lip or tongue piercing

In the past, the grafting procedure to treat gum tissue recession required cutting a significant piece of skin from the roof of your mouth and grafting it in place, using stitches. Because this method is invasive, it is typically only performed on a few teeth at once. **With traditional gum grafting procedures, the recovery is very painful and takes up to three weeks.**

So what's new in the world of receding gums? **Fortunately, thanks to a procedure called the Pinhole Surgical Technique™, years of gum recession can now be corrected on several teeth in about one hour.** *No cutting, no sutures, no grafting of skin from the roof of the mouth, minimal to no discomfort and no swelling.*

Dr. Lisa Marie Samaha of Port Warwick Dental Arts in Newport News is the first dentist in Virginia and one of the first 100 dentists in the world licensed to perform the Pinhole Technique™ for treating receding gums.

Although against Dr. Samaha's strict orders, a local Williamsburg physician who is a patient of Dr. Samaha's said he had been told to have his gums grafted for many years but kept putting it off because of the reports of pain and long recovery he had heard about. *After having eight teeth grafted in just one hour with the Pinhole Technique™, the patient stated, "I felt so good that I went home and ran four miles! The next morning, I raked my leaves! The procedure was very comfortable and easy. I am extremely grateful to Dr. Samaha for always bringing her leading-edge expertise to the table."*



Dr. Samaha's patient Libby Johnson

The unique Pinhole Technique™ involves the use of intricately designed and patented instruments that loosen the gum tissue and glide it gently over the receded part of the tooth where it can re-anchor. **The aesthetic results are instantaneous and recovery time is minimal.** In fact, people who have the procedure done in the morning are capable of enjoying pain-free chewing by dinner time, says Dr. John Chao, who developed the revolutionary procedure for dentistry, and personally trained Dr. Samaha.

Dr. Samaha applauds Dr. Chao for his 20 years of research and development. *"The procedure is truly revolutionary and Dr. Chao is a true gift to dentistry. I am deeply grateful to have the opportunity to provide a service to my patients that replaces traditional gum grafting procedures—a process that now seems crude, in comparison," says Samaha.*

The procedure is so revolutionary and effective it was published in 2012 in the prestigious International Journal of Periodontics and Restorative Dentistry, showing an identical level of success when compared to the very best of traditional techniques. The Pinhole Technique™ has been featured on dozens of prime news shows, including "The Doctors" in January 2014.

"I am so honored to be one of the small number of dentists certified to perform this procedure and I'm very excited to be able to offer it to the people of Hampton Roads," says Dr. Samaha. "The fact that the process is so gentle yet so effective is going to help ease people's fear of having treatment for their often unsightly and uncomfortable receding gums, ultimately leading to better tooth and gum health for all of them."

The best part of the Pinhole Surgical Technique™ is that the effects are predictable, comfortable and long-lasting. With proper care and regular dental checkups, patients who have had the procedure are maintaining healthy gums for years.

Protect your teeth and gums and keep your smile beautiful. You'll be amazed at how quickly this procedure can be done and even more astonished by how it can improve your dental health and overall appearance.

If you suffer from receding gums, contact
Port Warwick Dental Arts at 757.223.9270
or info@PWDentalArts.com

Dr. Lisa Marie Samaha, a general dentist, is nationally recognized as a leader in comprehensive, cosmetic, periodontal and reconstructive dental care.

Improve the Balance of Your Overall Health in an Extraordinary Way!



Geoffrey DeLara



TREATMENT

- ▶ Non-Surgical Periodontal Therapy
- ▶ Replacement Teeth



Pam Haskins



TREATMENT

- ▶ Porcelain Veneers
- ▶ Porcelain Crowns

“My story began about a year ago when I started experiencing severe mouth problems. **I had always thought my teeth were fine; a bit coffee stained, but solid.** To this point, I had always brushed every day (usually twice). **I had never had a cavity. Then some of my teeth just became loose, and began to fall out.** I began seeing a local dentist, but for a variety of reasons I did not feel comfortable with him, and started to look for a new dentist.

After a lot of searching, I came across Dr. Lisa Marie Samaha at Port Warwick Dental Arts, who was the first to tell me how serious my condition really was. I was diagnosed with Stage 4 Periodontal Disease, which, as Dr. Samaha explained, was affecting not only my mouth, but my overall health. **I had very serious bone loss in my jaw, and the infection associated with it was literally poisoning my entire body.** Dr. Samaha carefully and completely reviewed with me the options, and suggested treatments. While she concurred with my prior dentist that I would require some extractions, she held the belief that some of my teeth could be saved. **This bit of good news still left me a bit frightened of what I imagined was going to be a long, difficult, but necessary procedure.**

In one easy appointment Dr. Samaha performed several extractions, bone grafts, and various other treatments. I immediately felt better all over. I am happier and healthier than I have been years; and for the first time in my life I am proud of my smile. It is all due to Dr. Samaha and her dental team who have all been amazing. They are kind, interested, and caring in a way I have not before experienced at a doctor’s office. **Their level of commitment, expertise and dedication, coupled with the very latest equipment, procedures and innovations has instilled a belief in me that I will soon be fully healed. We have come a long way in short while, the Doctor and I, and we are not at the end yet, but I have full confidence that we will succeed in repairing my dental issues. She has already improved my overall health in extraordinary ways. Thank you, Dr. Samaha!”**

*Geoffrey DeLara
Radio Broadcaster
Gloucester, Va*

“**Simple inertia kept me from finding a new dentist after my former dentist retired.** After some years, it was becoming clear to me that any future work I required would ideally include some cosmetic dentistry. When I read an article about Dr. Samaha in the Daily Press, I decided she was ‘The One.’

Her ‘before and after’ pictures were astonishing. In addition, through my work in design, I’d had a chance to see some of Dr. Samaha’s paintings and the appeal of a dentist who was also an artist, was irresistible.

From the very beginning, my experience at Port Warwick Dental Arts was beyond anything I could have imagined. The entire staff was professional, caring and warm and put me totally at ease. **The transition from no dentistry to a complete overhaul of my entire mouth was, instead of being overwhelming, a gentle, happy experience.** Dr. Samaha and her excellent team took a very complex engineering feat and made it predictable, enjoyable and lovely.

What gives me great comfort is the sense that with proper assistance on my part, this beautiful, bright smile will likely be with me for the remainder of my life. What a wonderful feeling that is! On top of that, everyone at Port Warwick Dental Arts have become new friends whom I look forward to seeing every time I visit.”

*Pam Haskins
Antique Dealer and Designer
Williamsburg, Va*

Port Warwick DENTAL ARTS

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Smile with PRIDE...

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Lisa Marie Samaha, DDS