

All great achievements have sprung from the fountain of enthusiasm, by people consumed with earnestness of purpose, with confidence in themselves, with faith in the worthwhileness of their endeavors.

B.C. FORBES



Port Warwick  
DENTAL ARTS

CENTER FOR COSMETIC DENTISTRY & DENTAL MEDICINE

## Spring 2013 Newsletter



Dear PWDA Family and Friends,

The early signs of spring are all around us, tantalizing the senses. A short stroll through my backyard reveals little buds popping up everywhere and brightly colored birds building nests in the bushes and trees. Our office courtyard is bustling with the fresh excitement of nature, too! The clean feel of the weather always offers a fresh breath of motivation to keep our spirits high.

With gratefulness at the forefront of my mind, I reflect on happiness and am reminded of the words of the Jesuit priest, Anthony de Mello who said, **“There’s one reason you are unhappy – you are thinking about what you don’t**

**have instead of what you do have.”** When we shift our focus to the positives, we become increasingly appreciative, energized and happy. Coaches say, **“What you appreciate, appreciates.”** And according to my good friend, Dr. June Darling, by being in a more appreciative state, we increase our ability to be resourceful, creative and perform well. **As they say, “When we change what we focus on, our focus changes.”** And with that in mind, how about we make a promise to focus on continually giving thanks, not just for a day or a season, but for always?

You likely made some New Year’s resolutions. We made a few resolutions here at Port Warwick Dental Arts, as well. One of them is to keep you up-to-date by communicating with you on a more regular basis. There are so many new and fascinating things taking place in the world of dentistry that we’d like to share with you. **There have been many advances and brand new ways to make your teeth whiter and straighter, to improve your overall smile AND to help get your whole body healthier by improving your dental health.** As always, we are excited to share them with you, and we think you will enjoy hearing about them. If you have been putting it off, and an even healthier, more beautiful smile is on your list for 2013, we are here for you! Of course, we’re also here to help you maintain the good health you’ve worked so hard to achieve.

**Oh, and in the spirit of celebration, SAVE THE DATE - Saturday, July 20th, 2013 for Port Warwick Acoustic Art’s next House Concert with Nashville’s very own talent, Jesse Terry! To listen to Jesse’s fabulous tunes, and learn more about him, log onto [www.JesseTerryMusic.com](http://www.JesseTerryMusic.com).**

And speaking of celebrating – **Thanks again, Hampton Roads, for coming out and sharing our 30th anniversary of creating healthy, beautiful smiles for our world.** For all who made it out, you truly made our 30 year celebration one to remember and for those who didn’t make it, the next party will be here in no time at all. We are always seeking reasons to celebrate! Yes everywhere we look, we at PWDA find reasons to be grateful as Hampton Roads allows us the opportunity to help make it smile.

Now, I’ll take you inside our newsletter for helpful health information. As always, we’d love it if you’d help us help others by sharing our message with them. Feel free to send them to our website for more info and a copy of this newsletter, or give us a call and we’ll be happy to drop one in the mail for them.

Always my warmest,  
*Dr Lisa Marie*

### In This Issue

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Dr. Samaha and her lovely Mom celebrating our 30th anniversary

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

## The Mouth is Connected to the Knee Bone!

Lisa Marie Samaha, DDS

Outside of PWDA, it's an often-forgotten fact that the mouth is connected to the rest of the body. We use our mouth to smile, to laugh, to speak and communicate with someone else. And for us gals, it's a place to put on our lipstick! It is a place to kiss our lover, or blow out the candles on our birthday cake. If we have a serious health issue, our mouth knows it (even if we don't).

Our mouth and its well-being is related to our overall health. It is, for sure, a part of our body, and if staying healthy is

important to us, dental health CANNOT, and should not, be ignored. We don't really need a new year to start getting healthy; we can start each DAY with that in mind - a walk, wholesome food, meditation, and whatever it takes to throw that cigarette away.

*We can all start each day  
with a deep breath . . .  
and a bright smile!*

*Life is short. Smile more.*

## Quick Braces at Any Age!

In the years we have been offering Six Month Braces, we have found the average age of our patients to be 58 years old, with our youngest 16 years old and our oldest orthodontic patient nearing 70! We cannot encourage this gentle, quick and safe process enough, as we see the improvements of health in the teeth and gums that occur when teeth are properly aligned. The beautiful, straight smiles become the icing on the cake!

*Give Your Smile  
and Your Life a*

*Fresh Start!*

“For a variety of complex reasons, I started losing teeth at age 27. **As I would eat, my teeth would crack and crumble. I also lived in a state of pain. I wanted to be able to share my smile with the world - especially my patients - and I wanted to be able to eat all the healthy foods I crave.** Instead, I kept my smile to myself and was living on soft, high carbohydrate, unhealthy foods.

My experience at Port Warwick Dental Arts was exactly what I expected after all I had heard and read about Dr. Samaha and her team. More than anything, **I want to say ‘Thank you, Dr. Samaha, for never judging me or making me feel embarrassed or ashamed.** You and your team opened your minds and your hearts the minute I walked into your office. **Immediately, I knew in my heart that my life would change forever.** Shortly thereafter, my day finally came to light. It came to light because of your patience, kind heart and warm spirit, not to mention your very special talents. You are a beautiful person! **You gave me hope for my life and brought sunshine to my world – an indescribable joy!**’

Something as simple as a smile has such a compound meaning. Words cannot express how grateful and appreciative I am. My family thanks you, as well.

Port Warwick Dental Arts is more than a dental practice; it feels like a home. **It is a place of warmth, peace, tranquility, positive energy, and just sheer genius talent. You ladies bring dreams to light and I am a perfect example of that!**

Dr. Samaha, you and your team shall remain in my heart today, tomorrow and forever. **I look forward to my continuing care in your hands, for years to come!”**

*Love, Martine*



Martine Jerome, Registered Nurse  
Newport News, Va

# The Value of a Smile

*Paraphrased, with permission by  
Dr. William Hartel, AGD Impact, Nov 2011*

Can we put a value on a smile? As dental professionals, we might have a hard time understanding why some people don't put as high a value on their smiles as we do. **British women identified a simple smile as the thing that makes men most irresistible, ahead of “lingering eye contact” and “strong arms.”** According to many trusted women's magazines, a smile is one of the most important things to spark interest in a potential mate.

**Smiling also releases oxytocin into the bloodstream, the “feel good” hormone that is also released by a nursing mother while feeding her baby.** Psychologist Paul Ekman has demonstrated that an authentic smile is accompanied by increased activity in the pre-frontal cortex, which is the seat of positive emotions. **Thus, when you smile, you activate your pleasure centers. You can literally make yourself happy by smiling!**

**And as if that isn't enough, smiles appear to be contagious!** The emotions of one person can be transferred to another, a phenomenon called “emotional contagion”.

So now, let's see if we can figure out how much a smile is worth. According to one study, **“Bosses are 12% more likely to promote people who smile a lot.”** Another study showed that **“Authentic smiles generally lead to more favorable job ratings, while interviewees who were smiling were more likely to get the job.** Waitresses who smiled got substantially better tips.”

And finally, Dale Carnegie in his 1937 best-seller, How to Win Friends and Influence People, **“A smile costs nothing but gives much...it enriches those who receive, without making poorer those who give...None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it....Yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away.”**

# When It Comes To Oral Cancer, Looks Can Be Deceiving

*Lisa Marie Samaha, DDS*

It's an important public service when high-profile people like actor Michael Douglas turn the spotlight on oral cancer. **Yet still, many people remain unaware of this potentially lethal disease. Oral cancer is not rare and it's occurring more frequently and to a younger group with every passing year.**

At one time, oral cancer was associated almost exclusively with aging and with tobacco and alcohol consumption. The dramatic increase of the past few years is believed to be caused by exposure to the HPV-16 virus, responsible for most cervical cancers. In fact, HPV-related oral cancers rose 28% between 1999-2007, and they continue to rise by about 3 % every year. **Alarmingly, the fastest growing portion of the population that has oral cancer are 14 -18 year olds due to the prevalence of oral sexual acts.** To add fuel to the fire, periodontal disease increases our risk of all forms of oral cancer.

**Please know that this is an ugly disease. It can be disfiguring and painful, unless caught in its earliest stages. This is one cancer that cannot be hidden from view.**

If you experience **ANY** of these common warning signs, please give us a call.

- *Red or white patch in the mouth that lasts more than two weeks*
- *Change in voice or hoarseness that lasts more than two weeks*
- *Sore throat that does not subside*
- *Pain, swelling, ulcer or a lump in the mouth or neck that does not subside*
- *Ulcer in the mouth that does not heal within two weeks*

**We have found that at early stages, oral cancers have an 80-90% survival rate, yet someone dies from oral cancer every hour, every day.** This is why we utilize our advanced oral cancer screening technology to aid us in the early detection of areas of concern. You can always expect that we will guide you towards safer, more effective and proactive oral health care.

Dr. Samaha as featured in "Prevention Magazine", February 2013

# 9 Weird Reasons Your Gums Are Bleeding

Why that bit of blood in the sink isn't something you should ignore

By Jenn Kennedy featuring Lisa Marie Samaha, DDS

Even if you're a die-hard daily flosser (which, let's be honest, most of us aren't even close to being), chances are, you see an occasional drop or two of blood, post string-session. No big deal, right? Not so fast.

"Bleeding gums are never normal, not even when you have your teeth professionally cleaned," says Lisa Marie Samaha, DDS, Founder and Director of the Perio Arts Institute, in Newport News, VA. "Imagine your scalp bleeding when you brush your hair." In other words, if your gums are bleeding when you floss or brush your teeth, you have periodontal disease, commonly known as gum disease.

Read more: [www.prevention.com/health](http://www.prevention.com/health)

## 1. Your oral hygiene is subpar

Inadequate oral hygiene, which Dr. Weiser defines as those who don't brush and floss daily, results in visible plaque on teeth and red swollen gums. And it doesn't take long to happen: Research shows that healthy gums can become diseased gums within 24 to 36 hours of not brushing and caring for oral tissues properly.

## 2. Your diet's in the dumps

Picking processed over produce isn't just a bad idea for your waistline, but your teeth don't appreciate it either. "A diet with at least six to eight fist-sized servings of fruits and vegetables, along with nutritional supplements of calcium, vitamin D, vitamin C, magnesium, and anti-inflammatories such as fish oil, are all critical building blocks of oral health," says Dr. Samaha. Eating well boosts the integrity of the entire immune system and nourishes the oral soft tissues, which are the most vulnerable in the body, she says.

## 3. You haven't kicked the butts

Consider this reason number 10,871 to stop smoking: Smokers are at a much higher risk for gum disease due to the many toxins in cigarettes, which create inflammation and decrease the body's immune response, says Dr. Weiser.

## 4. You're Stressed

Your constant state of agitation and anxiety hinders the immune system's ability to ward off gum disease. Stress causes inflammation in the blood vessels, which breaks down the soft tissue in the mouth, inhibiting its ability to heal.

## 5. You have a family history

If you do have gum disease, your fate isn't sealed. While tooth extraction or periodontal surgery used to be the answer for dealing with gum disease, non-surgical options, such as in-office laser treatments, are the more common routes today. The cost of laser treatment is much less than traditional surgery, and typically, no anesthesia or post-operative recovery time is needed, says Dr. Samaha.

## 6. You've got an unbalanced bite

If you have teeth that aren't quite lined up, crooked and crowded chompers, as well as grinding and clenching habits, you may have what's called "bite disease." Basically, destructive forces are being applied to the teeth and the supporting gum tissue and bone. When you hit too hard in one area, it causes the gum to recede and the bone to begin deteriorating, adding up to a prime spot for gum disease to come on in.

## 7. Your Meds are Meddling

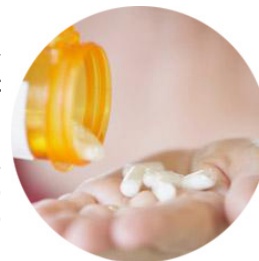
Some medications interfere with the blood flow to tissues or hamper saliva flow, leading to dry mouth and less protection to the gums, says Dr. Weiser. Enlargement or thickening of gum tissue and dry mouth (possible side effects of numerous medications) cause gum tissues to be more reactive to the presence of plaque, increasing periodontal disease progression. Ask your doctor or pharmacist if your meds could affect your gums or cause dry mouth.

## 8. You Have Been Kissing and Sharing

Remember the whole "contagious" part? Well, that was no joke. Gum disease can be transferred from one person to another via saliva, which means sharing utensils, drinking from the same cup, and yep, kissing, can open you up to gum disease. This is one area where sharing, apparently, is not caring. Speaking of which, "Never share a toothbrush!" Dr. Samaha warns.

## 9. You're Expecting

Your wacky hormones don't just make you cry at inopportune moments, it can open you up to gum disease, too. In fact, about half of all pregnant women will have pregnancy gingivitis by their second trimester. Practicing good oral hygiene can help you beat the odds, says Dr. Samaha. If you do have gum disease, you'll need professional care to keep it in check and reduce your risk of complications like pre-eclampsia and pre-term birth.



Read more: [www.prevention.com/health](http://www.prevention.com/health)



Dr. Samaha - *taking action!*  
with Leah, Lab Assistant

# Prevent the Pain—take action!

Lisa Marie Samaha, DDS

At Port Warwick Dental Arts, we have had the privilege of seeing patients from all over the world for over 30 years. We have heard countless tragic stories of pain and anguish caused by dental emergencies. Sometimes, it is the patient who has neglected their care. We can understand that, especially with the recent state of the economy. And the fact is most dental diseases are silent until their later stages.

**But sadly, many times, the patient with a dental emergency has had “regular” dental care – meaning the “traditional” kind, and his/her doctor was “watching” something in their mouth.** Other times, the problems were occurring on a “microscopic” level, and couldn’t be seen with the naked eye. The good news is that we have the methods to treat everyone safely and pro actively, in a more conservative manner by finding the problems early, often avoiding the pain, unexpected emergencies and expense of dental emergencies.

As a professional artist, I am convinced that a picture is truly worth a thousand words. With our advanced, comprehensive dental examination, it is possible to find problems before a microscopic fracture in a tooth becomes a dental nightmare. Let’s find the problem while it begins, not after the tooth requires a root canal, or worse yet, an extraction. The savings could be a few thousand dollars!

We—and presumably you—would rather act and prevent dangerous, painful and compromising dental emergencies. **As you know, if you are already part of our PWDA family, we take the TIME to properly evaluate your condition and explain to you what we see and what we know, while utilizing our high-tech, tiny, intraoral camera.** As we gently explore your mouth, you are able to see, along with us, the potential problems magnified to the level of a surgical microscope. WOW! Now that’s revealing! What we know from years of experience is that with dental disease we typically don’t want to “wait and watch”.

What we also know is, **the crack didn’t just “happen.”** Likely, it started months - even years - before. Wouldn’t it be nice to know about this before the fractured tooth and/or toothache occurred?

And with all the scientific research linking gum disease to serious disease in the rest of the body, wouldn’t it be nice to find it BEFORE our body suffered? **We know that gum disease is linked to heart attack, stroke, diabetes, lung abscesses, kidney disease, pregnancy complications, infertility, Alzheimers disease, rheumatoid arthritis and a whole host of degenerative diseases, including cancers.** Let’s find gum disease early by using technology such as our Phase Contrast Microscope, to determine the presence of dangerous oral bacteria.

At Port Warwick Dental Arts, we will listen to you and explain any issues of concern. We will thoroughly explain your options, with pictures in hand. **With the new diagnostic tools available in state-of-the-art dentistry, it is possible to thoroughly understand your needs and options so you can make the best decision for YOU!** This is the core of our preventive wellness model of dental health care at PWDA. And we want to share it with you!

## “What on this earth are we actually watching?”

Have you ever been in another dentist’s chair during your routine exam and heard your dentist say to the assistant, “Let’s put a watch on that tooth.”

Well, think about it:

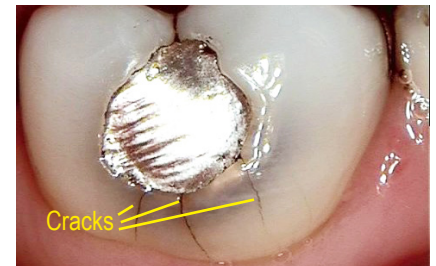
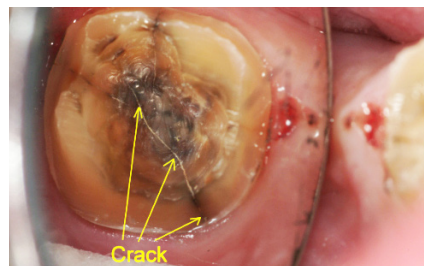
- Do cavities into the dentin actually reverse themselves?
- Does a food trap get better on its own?
- Does a crack or fracture in a tooth heal itself?
- Does a broken tooth heal itself?
- Does gum tissue recession “un-recede” or “re-grow” on its own?
- Do gums that bleed when we brush, floss or have a dental cleaning represent health?
- Does bad breath signify a healthy mouth?
- Does a diseased mouth signify a healthy body?
- Does a new tooth grow in an area where a tooth has been removed?

The answer to all of these questions is a resounding “NO!”

### WHY WOULD WE WANT TO WAIT TO TREAT THESE PROBLEMS?

WHY WOULD ANYONE EVEN SUGGEST WAITING?

Sometimes, it is because in the past, dentists didn’t have the diagnostic tools and advanced techniques to be able to know what was happening – or what to do about it. NOW we do!





## Nancy’s Notes!

*Nancy Heath, RDH,  
Your Dental Hygienist*

### How can I get rid of Bad Breath?

Unless you are open to relocating to a desert island to live a life of solitude, bad breath should be acknowledged and addressed. The easiest way to fresher breath is one that most people ignore. Clean your tongue, cheeks, palate and gum ridge with your toothbrush every time you brush your teeth. AND run a stainless steel tongue cleaner (as opposed to a plastic one which can harbor bacteria and fungi more easily) from back to front several times every morning, after flossing and brushing. Use an antioxidant mouth rinse such as PerioSciences new rinse, and definitely avoid any mouth rinse with alcohol, a substance which encourages bad breath by its drying effects. Chewing xylitol mints or gum will also help with the dry mouth that often accompanies bad breath, and will also help to decrease decay! Avoid smoking, of course - and dehydration - by drinking plenty of water.

## PERIOSCIENCES®

AO ProRinse is an alcohol-free mouth rinse that uses a novel combination of the antioxidants phloretin and ferulic acid, as well as green tea catechins, xylitol and essential oils in a formula designed to deactivate odor-causing compounds in the mouth and bathe tissues in natural ingredients. Cool, minty and smooth, AO ProRinse will freshen your breath while soothing soft tissue in the oral cavity, resulting in a clean, pleasant feeling.

Email Nancy at [Hygienist@PWDentalarts.com](mailto:Hygienist@PWDentalarts.com) for more information!



## Eco-Friendly CLEAN! *Breanna’s Homemade Natural Laundry Detergent*

*\*In line with our eco-friendly philosophy, we would like to share a special recipe from our dear friend and organic gardener, Bree.*

- 8 cups baking or washing soda
- Plastic container
- 6 cups borax powder
- 4 cups grated Fels Naptha soap
- 1 ½ tsp. essential oil
- Wooden spoon
- 1/8-cup measuring scoop

### Instructions

Pour 8 cups of baking or washing soda into a large plastic container. Both work equally well, but baking soda produces less foaming normally associated with soaps and detergents.

Add 6 cups of borax powder and 4 cups of grated Fels Naptha soap to the baking or washing soda.

Drizzle 1½ tsp. of fragrant essential oil over the dry ingredients. Use a pleasant scent that you would enjoy smelling on your laundry. Lavender, vanilla, and citrus scents all work wonderfully. I like to use lavender when washing my bedding, for its calming aromatherapy effects.

Stir the dry ingredients and essential oil together with a wooden spoon until well-blended.

Place a 1/8-cup measuring scoop into the plastic container or, as I like to use, an old large mason jar and seal it with a tight-fitting lid to prevent moisture from clumping the detergent. Use 1/8 cup of detergent for each normal-sized load of laundry.

*Thanks for the great recipe, Bree!*



*A few facts from*

**CariFree** 

***Did you know?***

Cavities are caused by a bacterial infection known as caries.

An acidic oral environment drives the infection.

Brushing and flossing alone cannot stop the infection.

Cavities are **CONTAGIOUS!**

***The good news is tooth decay is preventable.***

Use Carifree to neutralize the acid in your mouth.

***We can easily test the acid level in your mouth.***

***Just ask for a free evaluation.***

Email Nancy at [Hygienist@PWDentalarts.com](mailto:Hygienist@PWDentalarts.com)

## **Secure and Versatile, Smile with Dental Implants**

Nobody wants to lose teeth, but let's face it – it can happen to anyone. Maybe even you? Thanks to dental implants, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken, prematurely aged appearance.

*As if safeguarding your oral health and appearance wasn't astonishing enough...*

-Implants require only normal brushing and flossing, just like natural teeth - no special home-care routines.

-There is no need to remove healthy enamel from adjacent teeth to accommodate implants.

-There is typically no metal visible beyond your gum line.

-Implants can be used for a single tooth replacement, as part of a major makeover, or as anchors for bridges or dentures.

-Although implants can become periodontally diseased, they cannot decay!

-With continuous care, implants are meant to last many years!

***Ask us about astounding, amazing,  
adaptable implants!***

## What You May Not Know About Implants and Dentures

*Lisa Marie Samaha, DDS*

### ***Implants to Replace a Single Tooth, Many Teeth, or All Teeth***

Dental implants offer a natural looking and durable way to replace teeth. They are also highly effective, functioning just like natural teeth, with a success rate of up to 95%. **Dental implants don't require special cleaning or maintenance – just the consistent hygiene and professional care that natural teeth require.** While many other restorative procedures require replacement after several years, dental implants are designed to last many, many years, if cared for properly. Best yet, although periodontal disease can form around them, dental implants cannot decay!

If you are missing all or most of your teeth, you have probably considered - or already have - dentures of some sort. As you have seen in many of our patient photos, we have stunning results with our custom Facelift Dentures™. However, every once in a while, we have a patient who has such severe deterioration of their bone that no matter how precise our care, his or her dentures end up slipping and sliding, causing gum irritation and impaired chewing ability. There is simply no bone left to hold a denture in place. Food taste, temperature and texture is compromised, nutrition suffers terribly and clicking or sucking noises might occur. Poorly fitting dentures can also interfere with proper speech and worst of all, they can cause embarrassment, keeping an individual isolated from normal, healthy, social interaction.

Although rarely needed because of our precision Facelift Denture™ technique, when a patient's bone is not capable of holding a denture, we can gently, with local anesthesia and in short order, place a few special mini implants to help firmly secure the dentures in place. No more discomfort and no more denture adhesives. Best of all, no more embarrassment! Smile with pride and confidence once again! Some situations call for sturdier implants. We can provide them also.

**Single implants and implant supported bridges and dentures can rejuvenate your smile, minimize your wrinkles, restore your bite and allow you to enjoy eating again!**

# Port Warwick DENTAL ARTS

CENTER FOR COSMETIC DENTISTRY & DENTAL MEDICINE  
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**www.PWDentalArts.com**

*Save the Date!*  
*Live performance by*  
*Nashville's own singer/songwriter*  
**Jesse Terry**  
*Saturday, July 20, 7 pm*  
check out [www.PWAcousticArts.com](http://www.PWAcousticArts.com)  
to learn more about our house concert series



*Like us on Facebook!*

## office Information

### Office Hours

Mon-Thu 8:00 am - 5:00 pm

Friday 8:00 am - 1:00 pm

### Contact

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### Office Team

Nancy Registered Dental Hygienist

Cristi Administrative Assistant

Maria Senior Clinical Assistant

Leah Laboratory Assistant

Jenifer Clinical Assistant

Dyannea Clinical Assistant

## JESSE TERRY

LIVE FROM NASHVILLE

JULY 20, 2013 - 7PM

SUGGESTED DONATION - \$20.00 (ALL DONATIONS GO TO THE PERFORMER)  
SEATING IS LIMITED, PLEASE RSVP TO: [SAMAHADDS@PWACOUSTICARTS.COM](mailto:SAMAHADDS@PWACOUSTICARTS.COM)  
OR 757.223.9270



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