

**"If anything is sacred,  
the human body is sacred."**

-Walt Whitman



## Summer 2012 Newsletter



Dear PWDA Family and Friends,

As many of you may know, this is my time of year! I have lived my best summer, and even, if only in my imagination, escaped to paradise over and over again! I hope you did, too - and that all your travels were safe.

Earlier this year, during February, we debuted Port Warwick Acoustic Arts, Hampton Roads' newest house concert series, right in the reception area of our office. **Our evening was enchanting and amazing, thanks to the tunes of my fav band – the aptly named, BiG WiDE GRiN! All night long, they made us BiG WiDE GRiN!**

We were host to a sold-out crowd of nearly 80 fans who wouldn't let the band go! A few hours and 3 or 4 encores later, we finally wrapped up a delightful evening! As a highlight, we had an 80th birthday surprise for my totally "hip," sweetheart of a mom. It was complete with Maria's exquisite homemade chocolate fudge cake, Happy Birthday sung by all, and BWG performing her fav 60's song, "If" by Bread. You know the one... "If a picture paints a thousand words, then why can't I paint you?..." **In order to see a fabulous array of pics and videos of the night, and to read some reviews, log onto our website [www.PWAcousticArts.com](http://www.PWAcousticArts.com) and check us out on facebook for more!** Email me at [SamahaDDS@PWAcousticArts.com](mailto:SamahaDDS@PWAcousticArts.com) in order to sign up for a first notice of our next concert. In the meantime, save the date for our practice's 30th anniversary party - Sunday, October 21st, 5-9pm - where we will showcase Karl Werne of BiG WiDE GRiN, and friends. Prepare to be awed and dance the night away!

**During my time getting to know members of BiG WiDE GRiN, it seemed only natural for me to reflect on the power of a big wide grin for each of us – in the giving and the receiving of a smile.** And I couldn't help but think what a pure and simple gift it should be for all. Every day, we at PWDA transform disease or defects and have the honor of giving our patients a smile which creates comfort, pride, and joy. That, for us, is a priceless opportunity, and we are grateful.

So now, I'll take you inside our newsletter for helpful health information, and 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 will be happy to add them to our snail mail list.

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BiG WiDE GRiN in a BiG WiDE HuG!

# Don't Be Embarrassed to Show Your Smile!

Everyday at PWDA, we have patients come to us who are embarrassed and ashamed of their smile. Research shows that fear is the overriding reason people shy away from the dental care they know they need.

For whatever reason - an irrational fear of dental care or a lack of financial ability, they have remained a stranger to professional dental care, sometimes for decades.

Those with severe, debilitated levels of dental disease think they are alone. They can't believe anyone could have a problem as bad, much less worse. And they haven't smiled in years. If you were blessed with good dental and dietary care in childhood, and have always had a healthy smile, it might be hard to imagine the physical pain of a diseased mouth. Worse yet, is the emotional pain and humiliation caused by hiding your smile; keeping all of your spontaneous laughter locked

inside. How can we feel our joy, much less deeply share our joy without the ability to smile? I think of smiling as a birthright of sorts. In the poetic words of our patient Billie Jo who, for over 33 years, had suffered endlessly with her own disease, "They say the eyes are the windows of the soul, yet there is so much power in the smile we hold. They say a picture is worth a thousand words, but when one cannot smile, a voice goes unheard."

Because of our 30+ years and our advanced training, caring for patients with debilitating dental needs has allowed us to see it all - and we commit to treating each patient with dignity and compassion. It is our norm. Our greatest reward is helping each individual gently reclaim their smile and their health, and do so in short order.

Most of the time, our patients with extensive dental infection understand that their disease is serious, but most

lack awareness of the damage it has inflicted on their bodies. Regularly, we meet new patients from the ages of 16 to 100, who have life-threatening levels of dental disease. We are here for them, and we know just how to help. This level of care is our pleasure - and a hallmark of our strong reputation at PWDA.

If you know of someone who needs help, please share us with them. Many of our patients' stories and photos can be found on our website [PWDentalArts.com](http://PWDentalArts.com). In the meantime, we warmly welcome your referrals of any of your family, friends and colleagues who are looking for a dental home. And they don't have to have dental disease to become one of our patient family! Everyone needs professional help to maintain a healthy smile, so please don't keep us a secret!

Call Now: 757 - 223 - 9270

## Billie Jo's Amazing Journey



Billie Jo Grandy, Chesapeake, Va

"Let me first start by saying that it was hard for me to embark on the journey of seeking out the dental care that I so needed. When I was finally at a place in my life where something had to be done, the fear I had within me was overwhelming. It took me weeks of researching the internet to get to where I needed to be. Upon entering Dr. Samaha's office, I knew I was exactly where I was supposed to be and that my prayers had been answered. Compassion and tranquility are what I found there—in the setting, her staff and Dr. Samaha, peace enveloped me - and all my fears were put to rest. In no time at all, my journey of transformation began. My surgery and reconstruction was scheduled right away. Sadly, I was going to lose many teeth and advanced procedures were necessary to save what could be saved. Dr. Samaha has such gentle hands that I thought she had only removed one tooth when in fact she had skillfully finished the entire full mouth surgery AND I left with my brand new smile!! I was in awe. But there I was with new teeth in place of the old. The first thing I did was take a picture of myself with my cell phone and send it to my children. They couldn't believe it either. All of them commented on how beautiful I was. My boyfriend was amazed and actually jealous at how white my new smile was. Now I face the world with a smile that shines - one that will NEVER be hidden again! It is such a wonderful and transforming feeling. No longer am I the embarrassed girl with the hidden smile."

# Reasons for Not Going to the Dentist

The top rationalizations for not going to the dentist



- Fear
- No dental insurance
- The economy
- Lost job
- Insurance will not pay for the service
- Hate dentist
- Kids in college
- Single parent
- Don't want to hear the bad news
- Every time I go, something is wrong

## What to Do?

Never depend on your “insurance” to take care of your total dental needs. There is no such thing as dental “insurance,” especially replacement insurance. Dental insurance is only akin to a meager dental “coupon,” often not worth much more than you pay for it. If an insurance policy sounds like it is going to take care of your every need, sadly, we know it will not. **There is no free lunch when it comes to dental insurance.**

It only makes sense to come see us at least on a yearly basis – and usually more often. We hope that you feel as though you can trust us. This is vastly important. We want you to be open and honest with us. After all, it is your health, your teeth and your money. **And we are here to help you make the right decisions - for you.**

**But just remember, if each time you go for a dental check-up something is always wrong, something is not right. We want to help you remain healthy and dentally stable, with a good looking smile - for life.**

People, in their 30's, 40's, and even 50's still have fillings that Mom and Dad paid for. Once Mom and Dad quit paying the bills, the teeth have often been on their own. These large fillings – typically made of silver/mercury - can act like a wedge and crack and split the teeth, as seen in the pictures. One or both of these teeth are going to be lost. And if they can be saved, root canals and crowns would be in order. As these fillings broke down, a new restoration performed proactively, could have protected each of these teeth into a ripe old age.



cracks in teeth circled above

# The Ravages of the Economy on Our Dental Health

Lisa Marie Samaha, DDS, PC

It's all in the national news; dentists are suffering because of the economy. As the Founder and Director of a widely recognized teaching institute, I have the wonderful opportunity to present seminars to dentists throughout the country. I run with some very sophisticated dentists, so although Port Warwick Dental Arts has grown by leaps and bounds during the recession, I know the press is reporting the truth. **People are putting off taking care of their dental needs because food, shelter and jobs are more important. Dentists understand that. Your teeth and gums don't.**

Your mouth does not know you have all those distractions. They are just happy being useful. Injured or infected teeth can't heal themselves like the skin or bones can. Regardless of the economy, decayed teeth are going to continue to decay. Gum and bone disease will spread more, erode more jawbone and infect other parts of the body. Cracked teeth will continue to crack. A disease doesn't care what the stock market is doing. **In fact, we know that during stressful times, we clench and grind our teeth more, have more TMJ pain and generally, more emergency dental needs.** Additionally, stress is a major risk factor for periodontal (gum) disease. All in all, devastating effects on our dental health – and as a result, our general health - can occur in a very short period of time.

## The Replacement Value of Your Teeth

Sadly, if it hasn't happened to us, we all probably know of someone who lost their home in a fire or a flood. Naturally, when such a disaster happens, the owner researches his/her insurance policy and hopefully, the home will be covered for "replacement cost" - meaning the insurance company will reimburse the owner for the cost of rebuilding the home.

Using the same thought process to determine the replacement value of teeth, the dollar sum of replacing all of them would be a staggering \$98,000 to \$140,000. Think about this before you consider that crazy. Not counting wisdom teeth, everyone should have fourteen teeth on the top and fourteen on the bottom. Each healthy tooth sits in solid bone and is its own entity just like a house and its foundation. If a burned down or flooded house is rebuilt, the foundation must be removed and replaced first. **If a tooth is lost, replacement to the original state would require a surgically placed implant and sometimes even a bone graft, just like the new foundation of a home.** The new tooth would also require a porcelain crown which would represent the house. Fees for this ONE tooth range from \$3,500 to \$5,000 PER tooth, depending on the area you live in and the skill of the doctor. Multiply those figures by twenty eight teeth and you will get the unbelievable replacement cost mentioned above. (Now certainly there are options to replace a missing tooth that are much less costly, but you get the point. We are talking about "replacement value".)

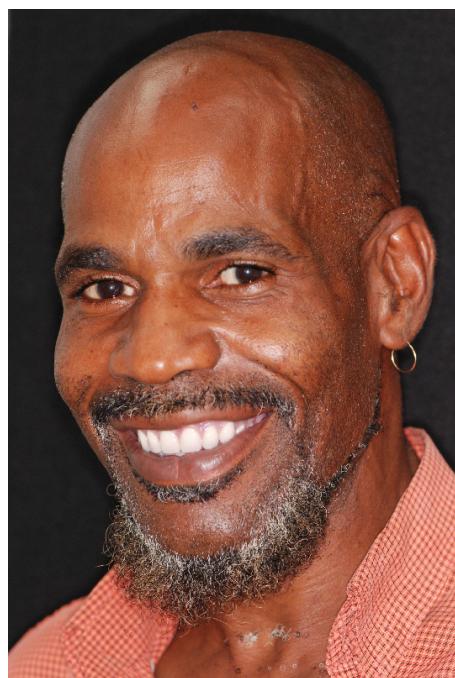
(For complete article, check out our website!)

## Rationalizing What We Buy

During the Christmas season, there were riots over the Air Jordan tennis shoes. There were mobs demanding to be the first to pay \$180 for a pair of shoes. **Nike has done a better job of making tennis shoes appear more necessary for the good life than the dental profession has done with teeth.**

It is easy to rationalize buying something you want like shoes, a car, diamond ring, etc. On the other hand, it is even easier to rationalize not doing something like dieting or going to the dentist, right? Who wants to have someone stick their hands in your mouth, poke around and then tell you the bad news? (We like to say that the perception of an examination is quite different in our office, but nonetheless, when a dental tragedy happens, the bad news and the cost investment inevitably follow.)

## DL Watts, Newport News, Va



before



after



# BLOG SPOTLIGHT!

## Dana Onyewu



## Sweeten Your Smile... With the Sugar, Xylitol Dr Lisa Marie Samaha and Nancy Heath, RDH

*You're a Dentist. What in the world are you suggesting?*

That might sound like the craziest thing you have ever heard a dentist and hygienist tell you. But you read it right. The sugar, xylitol, is poised to replace fluoride as the greatest (and safest) scientific discovery for healthier mouths. **Xylitol has none of the controversy that surrounds fluoride and it comes in a variety of usable forms that make it very easy, delicious and economical to use.**

Yes, folks, there's a battle going on in our mouths and xylitol can help us win the battle, hands down. There really is such a thing as a "good sugar." **Xylitol actually helps to prevent not only tooth decay, but gum disease!** Because it is anti-bacterial and anti-viral, it also helps prevent upper respiratory and ear infections.

**In much the same way that there are good fats like flax seed oil, and bad fats like trans fats, not all sugars are bad for your teeth.** Xylitol is a safe, all natural sweetener that tastes great and does not lead to health problems! **Yes, just imagine a sweetener that is actually good for you in many ways...AND PREVENTS tooth decay!**

Tooth decay happens when the bacteria in our mouth consume the sugars we eat. Typical sugar gives the bacteria on our teeth energy, allowing them to multiply and produce acids that eat away the tooth enamel. This "acid attack" is what causes cavities. The dangers of sugars and refined carbohydrates in the diet have been well documented as the ultimate enemy of good health. Excess consumption of sugar can cause weight gain and high blood sugar - leading to obesity, diabetes or both. Sugar also raises blood pressure, triglycerides and bad cholesterol, increasing the risk of heart disease. **Yeast(fungal) infections are also increased in the mouth and the gut as sugar "feeds" fungus and worst of all, sugar feeds cancer cells!** Commonly known, children who consume high levels of sugar have difficulty concentrating and also demonstrate hyperactivity, making learning a real challenge.

***And that's just scraping the surface  
of the havoc most sugar causes in and on our bodies.***

**What is Xylitol and where does it come from and how does it work?**

**Healthier Breastfeeding...**

**decreased tooth decay as you grow older...**

**For a more extensive article by Dr. Samaha and Nancy.  
Check us out on the web to answer these questions and learn more!**

**[www.PWDentalArts.com](http://www.PWDentalArts.com)**

About Dana and this issue's featured blog: Dana was literally born into my practice some 30 years ago, and now is a beautiful young woman of whom I am so, so proud! **You will find her blog absolutely delightful – just like Dana - and full of great dining and entertaining tips!**

Dana is a successful marketer in a large beauty company that is based in New York City! But all day long, she dreams about food. She started her serious food passion in New York City (the nemesis of homemade food), which is a wonderland of amazing restaurants and tiny kitchens. "Yes, rest of world, New Yorkers really don't cook much," she says. And despite it all, in New York City, Dana cooked. She calls herself a passionate self-taught cook and dinner party thrower.

**"I grew up in the Newport News, with a mom and dad who baked bread from scratch, had a giant garden (kids = weed machines) and tried to trick us into eating organic, homemade "fruit roll ups", instead of the sugar packed store-bought ones.** And along the way, introduced us to Indian, Chinese, Italian and Greek cuisines, among others. My appreciation for food blossomed early."

After getting married, Dana moved away from the City, and now lives with her husband in DC. She describes her husband as "A workout fanatic who wholeheartedly disapproves of my food addiction. He eats to live, while I live to eat. But somehow it works. We're funny that way."

**About the Blog: <http://www.casaKCD.com>**

**CASA:** KCD focuses on the three places we love in our own homes:

**Kitchen:** All the things we love to cook, cooking tips and tricks and as much chef stalking as one can stand.

**Closet:** Fashion galore. Hostess outfits, beauty tricks and fashion-inspired tabletop decor. Because why should your table be the only fashionable thing at your dinner party?

**Dining:** Everything you've ever wanted to know about a dinner party. Menus, decor, cocktails, table settings. Did I mention cocktails? And of course, all the perfect cheese and wine pairings we can throw your way.



## Nancy's Notes!

*Nancy Heath, RDH,  
Your Dental Hygienist*

### Monkey See... Monkey Do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If Monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss - the best way to prevent the buildup of the naturally and constantly occurring bacterial plaque and calculus that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

**To hone your technique, don't go to the zoo... come see us for a demo! And if you just can't get the hang of it, tooth picking will do. Just remember to ask us how, so damage doesn't occur!**

There are so many varieties of oral homecare devices nowadays. We will be happy to recommend the right type for your personal situation. Although they will not clean the contact area between the teeth where decay occurs, using toothpicks and other hygiene aids can clean the gums very effectively and keep them firm and healthy.

### It's Laughable and So Easy!

For millennia, Tibetan monks have laughed out loud on awakening- no joke! **Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.** How? By shutting off stress hormones and triggering the release of feel-good endorphins.

If you really want to feel invigorated you can EVEN sign up to become a laughter yoga instructor!



[www.laughteryoga.org](http://www.laughteryoga.org)

Enjoy us online at **PWDentalArts.com**

## aMazing Mint! *More than a Breath Freshener*



You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy for quite some time. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves at your local grocery store.

### Fresh Mint Hints

Steam vegetables with mint in the water.

Mix chopped mint with butter for boiled new potatoes.

Mix chopped dried mint with mashed potatoes, olive oil and lemon juice for a healthy Mediterranean flair.

Toss whole mint leaves in cooked rice before serving.

Freeze whole mint leaves in ice cubes for tea or lemonade.

Make salad dressing with mint, lemon juice, vinegar, and olive oil.

Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.

Chew some fresh mint to cleanse your palate and your breath!

# WHAT'S PRECIOUS TO YOU? TELL THE WORLD...**EVERY DAY!**



What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. **And nothing says self-confidence and mastery like a healthy and beautiful smile.**

Here are some smile concerns asked by a lot of patients. Many of the popular solutions we've suggested take only one or two visits, without surgery and without anesthetic.

**Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.

**Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten. In 2010, we discovered the new world of KOR Whitening- considered by professionals to be the safest, deepest, brightest whitening technology developed.

**Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces, without braces. We are experts at matching shades!

**Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Our 6 month braces or Invisalign clear orthodontic trays for adults can bring them back in line - in no time!

**Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face! **With our Cerec technology, we can design your porcelain crowns and fillings while you wait!**

Some things are too precious not to value. A healthy, great looking smile speaks volumes about how you value the precious gift of good health.

## ERECTILE DYSFUNCTION, INFERTILITY, PREGNANCY. **ORAL DISEASE CAN AFFECT YOU AND YOUR BABY**

For some time, gum disease, (periodontal disease) has been linked to complications of pregnancy including infertility, premature birth, low birth-weight, toxemia, eclampsia and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears more frequently in women with gum disease - even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

**So how to prevent gum disease?** The best prevention is great nutrition, regular dental care, and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm (like the scum that forms on an aquarium or a vase of old flowers) that is always forming on your teeth.

**Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you more susceptible to gum disease.** That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to.

It's important to realize that everyone at every age needs to maintain their oral health because gum disease has also been linked to erectile dysfunction, cardiovascular diseases, osteoarthritis, kidney and lung diseases, diabetes, Alzheimer's and many cancers, from breast to prostate cancer.

Another time gum disease rears its head is when women near menopause, and definitely afterwards. **No matter what your stage of life, don't wait until you see the symptoms of a gum infection** including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your preventative visits because this is a silent disease until its middle to late stages. A very sneaky disease! **We screen for gum disease at every visit... because we like to know your gums are healthy, stable and NOT poisoning your body.**





**757-223-9270**  
**www.PWDentalArts.com**

*Our 30th Anniversary Party  
will be here before you know it!*

**SAVE THE DATE**  
**Sunday Oct 21st, 2012**

**5-9 pm**

*You won't want to miss this!  
Live music, dancing,  
and healthy food!*

We encourage you to bring a friend. But please rsvp now to save their space at this exciting celebration.

RSVP to: annettekulzer@gmail.com with your phone number and the number of people attending.

- "The most fortunate are those who have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy."

*Maslow*

## office Information



### Office Hours

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

Friday 8:00 am - 1:00 pm

### Contact

Office (757) 223-9270

Fax (757) 223-9264

Email samahaDDS@PWDentalArts.com

Web www.PWDentalArts.com

### Office Team

Nancy Registered Dental Hygienist

Delores Team Coordinator

Eliza Patient Care Coordinator

Renee Administrative Assistant

Maria Senior Clinical Assistant

Leah Laboratory Assistant

"A warm hello! My name is Delores Reid. Originally from Lyndon, Kansas, I am one of eleven children, one of whom is my twin sister. I am also a proud mother of a delightful 12 year old son.

Other than my son, dentistry has been my great love since my early days as a certified dental assistant, and culminating more recently, as an office manager. I am excited to be a part of Dr Samaha's wonderfully talented team. It is an amazing feeling to see patients enter our doors with their heads hanging low and watch them leave with beautiful, healthy smiles on their faces! As a result of Dr Samaha's talented care, their confidence is strengthened and joy returns to their world.

For those of you who aren't yet part of our patient family, the best thing I can tell you is to put all your worries aside. Dr Samaha has all the answers you're looking for! She is truly a healer - and an artist. She is everything you could ever wish for in a dentist — and then some. Quickly, you will feel comfortable and at home in her presence. Trust me! You have never experienced anything like it. Dr Samaha has created a very, very special home for you. Come — so we can welcome you to our home! I am so excited to be a part of PWDA where I have the unique opportunity to help her bless others in our special Port Warwick Dental Arts way! I can't wait to get to know each one of you."



**Team Coordinator**