

Who's Who

IN HAMPTON ROADS DENTISTRY

# DR. LISA SAMAHA

## GET STATE-OF-THE ART TREATMENT FOR GUM DISEASE AT PORT WARWICK DENTAL ARTS

**D**aily brushing and flossing is good for you, but for those who have gum disease, it's not nearly enough. Unfortunately, as many as 85 percent of all adults have gum disease, and many don't even know it. And without proper treatment, gum disease can cause *life-threatening* problems throughout your body.

If any of the following pertain to you: bad breath, bleeding gums, sensitive teeth and/or you have not received regular dental care, you most likely have gum disease. But, you could suffer from gum disease and have no symptoms. The scary thing is, gum disease affects more than just your mouth.

"Extensive medical research has revealed that periodontal disease is linked to heart attacks, stroke, high blood pressure, diabetes, dangerous pregnancy outcomes, infertility, Alzheimer's disease, certain cancers, lung disease, arthritis and other systemic complications," says Dr. Lisa Marie Samaha of Port Warwick Dental Arts Center for Dental Medicine.

Why?

"Periodontal disease allows potentially dangerous bacteria and toxins to enter your bloodstream and cause inflammation that can attack your arteries, affect your blood sugar levels, cause premature birth and contribute to a host of other serious conditions," Samaha says.

Samaha supports her statements with numerous studies worldwide from prestigious universities such as the University of North Carolina

at Chapel Hill and SUNY at Buffalo.

Proper treatment can restore the patient's mouth—and body—to good health. Samaha is nationally recognized for developing an effective, multi-faceted, non-surgical treatment regimen for periodontal disease. For years, she has lectured to dentists and the rest of the medical profession on the systemic effects of periodontal disease and her treatment regimen.

"We're trying to get the message out, and people are beginning to listen. In fact, there is an explosion of information and interest now occurring, recently prompting a large increase of physician referrals," says Samaha, who has been appointed as the official spokesperson for The Centers for Dental Medicine. She will continue taking this message to dental and medical conferences nationwide. "We work very closely with physicians, assisting them by treating our mutual patients' periodontal diseases and by closely monitoring certain indicators of systemic disease."

If a dentist diagnoses gum disease, the first step likely is a gentle ultrasonic scaling to decontaminate the tissue. Samaha's program includes use of a state-of-the-art laser, perfected for non-surgical treatment of gum disease, to disinfect and decontaminate the tissue.

"Laser therapy is not painful," Samaha says. "And we not only decontaminate, but also vaporize the toxins that cause disease. Laser therapy is the only method that can effectively and thoroughly remove the toxins embedded in the roots of the teeth. This treatment allows for the regeneration of gum tissue and bone which has deteriorated due to periodontal disease."

Samaha also is a nationally recognized leader in incorporating the use of university-tested, pharmaceutical grade anti-inflammatory nutrients in her periodontal treatment regimen. These nutrients, formulated especially for use in periodontal therapy, also enhance patients' immune systems.



A 60-day, double blind study of these nutraceuticals at the Center for Dental Research at Loma Linda University California, showed that they are highly effective in reducing gum disease, shrinking periodontal pockets and regenerating bone. New studies are showing that the nutrients, in combination with the rest of Samaha's periodontal treatment regimen, are reducing the blood levels of several indicators associated with heart attack, stroke and diabetic risk.

These special nutrients allow for healing from the inside out. Meanwhile, in-office therapy, combined with good home care, allows for healing from the outside in. This comprehensive periodontal wellness program, which Samaha initiated several years ago, means most of her patients have been successfully treated for their periodontal disease in her office without surgery.

"I am confident that our treatment program helps our patients live longer, healthier lives by controlling and then eliminating their periodontal disease," Samaha says.

Samaha, who is also nationally recognized as a cosmetic and reconstructive dentist, reminds her patients that the success of any cosmetic dental treatment is short-lived if the foundation—the gums and bone—are not maintained in good health.

"That's the premise of my whole practice and my unwavering commitment to my patients," Samaha says. "Dentistry is not just about creating beautiful smiles. It's not even just about saving teeth. It is about saving lives, too."



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