

Summer 2010 Newsletter

Dear PWDA Family and Friends,



We hope this new issue is finding you well and enjoying the season of summer celebrations, family reunions and other joyous occasions more than ever! Congratulations, graduates of all levels – and may your deepest dreams for your self be set on fire. And happiness for all of you who have enjoyed a recent wedding, a new birth, baptism, confirmation or other special occasion!

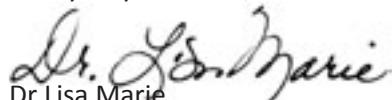
As far as PWDA goes, WOW is the best way to describe the excitement here at Port Warwick Dental Arts. Although my lecture schedule remains full, advanced training and experiencing new procedures and technologies has occupied the majority of my non-patient days. As always, these are concepts and treatment options that allow us to better serve our patients, their families and their friends. Never has there been a time in dentistry that is so alive and full of remarkable ways for dental professionals to help our patients live healthier lives - and smile with more confidence! And true to our commitment to stay at the forefront of scientific dental research and education - we are able to provide many new types of care for you. Read on to learn more, and better yet, visit our website to request new and timely articles regarding many important areas of care. For a copy of our latest Health Journal article, **"Angry, Frustrated, Worried About a Snorer in Your House,"** go to our website and click on "In the News" or simply call the office and we'll drop one in the mail.

As some of you have noticed, our practice has grown by leaps and bounds, requiring the addition of a few new quality team members. Every day, I watch my amazing team – Lisette, Maria, Eliza, Renee, Abby, Jackie, Leah, and Monique care for our patients with kindness, compassion, gentle and skilled hands and minds, and a delightful interest in supporting our mission of quality, personalized care for each of our patients. Soon we will be adding Nancy Heath, Registered Dental Hygienist, to our team. We are all excited to introduce you to Nancy because we know you'll love her passion and skill. We also know she'll be so impressed with the quality of those who make up our patient family! Yes, your reputation precedes you! Your level of commitment to your health is sure to put a warm smile on the face of our highly experienced hygienist. I carefully hand-selected Nancy in an extensive nationwide search. Learn a little more about her on page 3.

"Success is fulfillment – fulfillment in your personal, family, career and spiritual lives. Success is the ability to love, enjoy your work, and have fun in your life. Success is making a difference – a positive difference. Success is making the world a little bit better because you existed. And success begins with purpose." -John Walker

Thanks for allowing us to enjoy "success" by entrusting us with your care. And may success follow **you** all of your days.

Always my warmest,



Dr Lisa Marie

In This Issue

Six Month Smiles:

-Straight Smiles in Short Order

Snoring is NEVER Sexy:

-Dentistry - Saving Marriages & Saving Lives!

Cheat On This:

-Mercury a Menace?

A Cancer You Can Catch!

-Identafi 3000 with Dr Oz

Congratulations in order!

-to our Future Dr. Zack

Top 50 Most Influential

Women of Virginia

Save the Date

Integrative Medical Arts Symposium

Oct 2, 2010

A Dose of Inspiration



"The greatest good you can do another is not just to share your riches, but reveal to him his own."

-Benjamin Franklin



"Mediocrity merely wakes up in the morning."

Adversity attacks the day."

-Wendy Duprey, *My Time Magazine*

Six Month Smiles®

You Could Have Straighter, Whiter Teeth for the New Year!

The newest area we are seeing growth and excitement in is orthodontics! The kind of orthodontics we are talking about has a different goal in mind from traditional orthodontics and is known as "short-term orthodontics", "cosmetic braces", or more specifically, as "Six Month Smiles®".

By the time Christmas comes around, you will learn that we have already completed many new patient smiles.

Six Month Smiles® is an exciting method for moving teeth with very light forces over a short period of time – the best of both worlds! The teeth, gums and bone remain exceptionally comfortable throughout treatment. This type of orthodontics has been around for awhile, but we are now seeing it in a new light – for treating the smile zone. It will not

replace traditional orthodontics, but will be an option for those 18 and older, who want to improve their smile. The care may take anywhere from 4-9 months, with six months being the average. Take a peak at our website www.PWDentalArts.com and click on 6monthsmiles to see what can be accomplished in such a short period of time.

Hands down, Six Month Smiles® can be the perfect "quick-turn-around" option for a straighter, healthier and more attractive smile!

Six Month Smiles® is used most successfully to:

- *Correct Crowding
- *Close Spaces Between Teeth
- *Straighten Teeth that are Tilted or Flared



***Before**



***6 months later**

Call for a FREE consultation

223-9270

See if you are a candidate for
Six Month Smiles® Today!

*photos provided by Six Month Smiles and are not a guarantee of results.

Snoring is NEVER Sexy!

If you're snoring at night and exhausted during the day, sleep apnea may be to blame.

Do you find yourself sleeping on the couch because of a snorer in your house? While it can be pretty annoying to the bed partner, snoring can also be a sign of life-threatening sleep apnea.

Sleep apnea is defined by episodes when breathing stops during sleep. Untreated sleep apnea has been linked to heart attack and stroke while contributing to high blood pressure, diabetes, depression, weight gain, and more. The rumbling or gasping sounds of snoring are often the first symptoms of sleep apnea.

Working with a sleep physician, Dr. Samaha and her highly trained team at Port Warwick Dental Arts help apnea patients breathe easier during sleep, making dramatic improvements in their health and quality of life.

Ask about our FDA-approved sleep studies, which can be done in the comfort of your own bed. If a sleep study, along with a sleep physician's diagnosis, shows that you have apnea, a CPAP breathing machine is often the first approach to treat severe cases. Unfortunately, CPAP machines, with their face or nose masks, straps, hose and oxygen supply, can be uncomfortable, unwieldy and embarrassing. Research shows that more than 50% of those who should be using a CPAP machine, do not.

An oral appliance can be a highly effective treatment for those:

- who cannot or will not wear a CPAP machine
- with mild or moderate sleep apnea
- who simply have a snoring problem

A custom-fitted oral appliance from Dr. Samaha gently shifts the lower jaw forward, moving the tongue out of the throat and allowing air to flow freely. An oral sleep appliance can be life-enhancing, even life-saving, for those individuals who cannot or will not wear a CPAP machine due to physical, emotional or practical reasons. It can also help to rescue a marriage troubled by a partner's frustration - even anger - over having had his/her sleep disrupted throughout the night.

Visit our website* for more information and some of our patients' personal, sometimes dramatic, stories.

So whether you have sleep apnea or just a snoring problem, help is here! Call or email today for a complimentary consultation!



FREE SLEEP APNEA CONSULTATION

If you have trouble sleeping, if you snore or have been diagnosed with sleep apnea, and can't or won't wear the CPAP mask, call our office today for a free consultation.

phone: 757-223-9270

email: scheduling@pwdentalarts.com

*** www.PWDentalArts.com**

MERCURY A MENACE?

By: Eliza Richardson

Patient Care Coordinator & Materials Guide



Sadly, our environment is riddled with toxins, from the air we breathe to the soil in which we grow our foods; from the pesticide-laden fruits and vegetables, to the water we use to drink and bathe. Mercury is the focus of this issue's column on general health.

WHAT IS MERCURY?

Mercury is a naturally occurring substance, but a known neurologic toxin.

Early symptoms of chronic mercury poisoning can consist of the following: low energy, irritability, memory loss, depression, agitation, tremors, frequent headaches, slurred speech, loss of sensitivity in hands and feet and dizziness. Other symptoms may include: hallucinations, inability to concentrate and memory loss.

WHY IS MERCURY DANGEROUS?

Unfortunately, mercury cannot be broken down into anything in the body. It remains mercury. The body has the ability to capture and remove mercury, but not the ability to detoxify it; some traces of the toxin migrate directly to the brain, only inches from the mouth.

Mercury is a powerful poison we are all being exposed to daily in the foods we eat, the water we drink and even in our silver mercury amalgam fillings. According to scientific research, mercury fillings can be an insignificant or significant threat to our health, depending on our own personal health profile. There are even a small percentage of individuals who are very sensitive – even “allergic” – to their silver mercury fillings.

Mercury vapor is colorless, odorless, and tasteless. It is the most poisonous, naturally occurring non-radioactive substance on earth and typically, 50% of a “silver” amalgam filling is comprised of elemental mercury. Any stimulation that heats amalgam releases mercury vapor, such as drinking hot liquids, eating hot foods, chewing, grinding and/or clenching of teeth. And the older and more broken down the filling, the more mercury vapor is released into the body during such activities. This may or may not be a health concern to you, but is one reason why we have chosen not to place mercury fillings for nearly the past two decades.

WHAT CAN YOU DO?

Foods you may want to avoid that have high amounts of mercury in them are: swordfish, sea bass, halibut, tuna, shark, grouper, orange roughy, marlin, tile fish, and king mackerel.

The body must maintain all the nutrients, vitamins, and minerals it needs to manufacture enough antioxidants and other substances necessary to rebuild and maintain its defense system against the continuous onslaught of mercury, toxins, free radicals, and other toxic metals in the environment. In many situations, the body must be provided with nutritional supplements necessary to repair the damage mercury causes. The body's detoxification pathways and organs of elimination must be healthy and functioning properly. And, the source(s) of the toxins must be removed, or reduced to manageable levels.

Water is a medium that helps carry vital nutrients, minerals, vitamins, proteins, hormones, and other chemical messengers to their final destination. Water helps flush wastes and toxins

from all cells, helps eliminate toxins from the bloodstream and the skin, and supports the kidney's and liver's ability to detoxify. Drinking at least 32 oz. of water a day is recommended and is an important part of the detoxification process. Without adequate water intake, the body's immune and detoxification systems cannot function properly.

Vitamins specific to mercury detoxification include: Vitamin C, bioflavonoids (found in citrus rinds, rose hips, grapes, blackcurrants, grape seed extract, green tea extract, and extract from pine tree bark), Vitamin E and a variety of minerals.

WHAT DO WE DO AT PWDA?

With regards to silver mercury fillings, be confident that we don't place them. And when it comes to removing the old fillings, which show signs of breakdown, new decay and fractures, we make sure the removal is done carefully so you are protected from mercury vapors during the process. Rest assured that we have also invested in specialized technology which protects our environment from mercury contamination during the removal process. Many believe that there may be a special risk for the use of silver mercury filling materials in pregnant women and small children. Why take chances?

If you have a concern about old silver mercury fillings or just plain don't like the way they look, please be sure to let us know. We know how to help.

*Please note: We do not encourage the removal of sound, intact mercury fillings unless requested by the patient for improved esthetics. However, when silver mercury fillings are broken and leaking, decay occurs in and around them. In such cases we recommend replacement with tooth-colored plastic or porcelain. Gold restorations are another option.

Eliminate Anxiety:
Port Warwick Dental Arts welcomes you, your family and friends to experience a NuCALM™ dental visit!

According to statistics, 10-20% of the population suffer from a true debilitating dental phobia, and are living with life-threatening dental disease and embarrassing smiles because of it. Our goal is to provide our family of patients with a unique alternative. With that in mind, every once in a while we meet someone who needs a little more than just our soothing environment and skilled, caring hands.

NuCALM™ is an all-natural, revolutionary technology that naturally relaxes the body within minutes. By mimicking the body's natural process of preparing for sleep, NuCALM™ provides the same deep relaxation every person feels moments before they fall asleep. There is no fear of the side effects of sedative drugs during treatment, no recovery time is needed, and there is no impairment, allowing you to leave your dental visit feeling completely relaxed!

If you (or someone you know) are fearful of dental care or are preparing for a cosmetic, surgical or reconstructive dental appointment, give us a call. We're happy to help and we are here for YOU!

For years, our patients have consistently commented on the relaxing, almost sedating atmosphere that welcomes them into our practice. At each visit, they are able to gaze into the tranquil waters of our koi pond and garden and watch nature unfold before their very eyes.



Beware: “The Cancer You Can Catch”

Identafi 3000 Oral Cancer Examination

Anyone who has ever been a patient in our practice since its beginnings in 1982, has known that oral cancer screenings have remained the norm for every new patient appointment and every preventive or periodontal maintenance appointment. Oral cancer used to be a cancer of older men who smoked and often, heavily drank alcohol. Sadly, oral cancer has been on the rise in the past decade, with a 25% increase in newly diagnosed cases in recent years. Its victims are increasingly younger, with the fastest growing segment being 14-18 year olds.

The reason for the distressing increase in oral cancer is HPV, the human papilloma virus, a sexually transmitted disease. Our younger teens are being hit the hardest due to the increasing incidence of oral sexual activity in this age group.

HPV is the virus which is responsible for cervical cancer, and vaccines are now available for the most common HPV strains. Therefore, it is believed that the HPV vaccines can prevent the majority of HPV related oral cancers. (My comments are not an endorsement of the vaccine, but for informational purposes only.)

By the time a woman is 52 years old, she has an 80% chance of having the HPV if she has had more than one sexual partner. Symptoms of this virus in women are minimal in the early stages, whether oral or cervical. HPV manifests as genital warts in men, although most men and women can be carriers with no symptoms, unknowingly passing the virus on from partner to partner. HPV cervical cancer is most often discovered with a PAP smear and biopsy. HPV oral cancer can best be discovered by an advanced cancer screening exam and confirmed by a biopsy, if a lesion is found.

Please spread the word - this cancer is alive and thriving. Worst of all, once individuals are found to have oral cancer, statistics show that 50% of them die of their cancer within 5 years. With early diagnosis, individuals have a 90% cure rate. Oral cancer must be detected sooner so we can help change the frightening statistics.

We are remaining at the forefront in evaluating for oral cancer. For years, our oral cancer examinations were performed simply by looking with my magnifying lenses.

As soon as it was available, we added the advanced Vizilite oral cancer screening to enhance our visual examination. Although the test enhanced the screening process, the sour taste of the pre-rinse was a bit objectionable to some. But the rinse is now a thing of the past for our practice. We have recently invested in technology and training to provide you with the Identifi3000 oral cancer screening method. If a suspicious lesion is discovered, a biopsy can be pursued for a true diagnosis.

Coincidentally, the famous Dr Oz featured the Identifi3000 on his television show shortly after we purchased our unit.



Dr Samaha speaking with Dr Oz about the Mouth/Body Connection, an area of her expertise

Options and Adjuncts to Conventional Medicine

By Lisa Marie Samaha, DDS, PC

In the words of Brian Cole, one of our esteemed local personal trainers, "During the recent national health care discussion, one question raised was whether to cover alternative/complementary/preventive/integrative and other approaches. Although never quite resolved in Washington, we each might ask, 'Why not cover comparatively inexpensive ways to possibly avoid major expenses later?' Preventive maintenance has its incentives built in."

We, at PWDA already believe that prevention is the key to longer and healthier lives, and we want to live more fully in that regard – and encourage you to do the same. We have come to know a variety of notable health care practitioners who can answer some of your health-related questions, especially the ones which have so far, for you, gone unanswered. Towards this end, we invite you to bring a friend and join us at PWDA on Saturday, October 2, to attend a gathering of authorities in a variety of fields who will explore options in integrative health care.

What are we referring to when we are talking about "alternative" or "integrative" medicine? We are talking about procedures and philosophies that are options to or adjuncts to conventional western medicine: acupuncture, massage therapy, homeopathy, nutrition, meditation, chiropractic, etc. When these methods are used, they work. Well, as Brian reflects, "Some of them work for some of the people some of the time" –just like "modern" medicine. When things don't work out, we search. And many times we win. We discover ways to help us feel better and look better. So we keep on moving in that direction and our world expands. The depth and breadth of what is available to the interested "student" of alternative medicine is astounding, intriguing.

We have individual differences and individual preferences. And as Brian says, "A collective benefit does not need to be proven for me to feel better or for you to feel better."

We search because "conventional" western medicine has let us down. Many of us believe that our own minds and bodies are intuitive and intelligent enough to know what is good and right for us. And we believe that "conventional" western medicine isn't always the best medicine.

Brian also contends "What we have come to know in modern America is that our excellent conventional care system is really more about acute care. It responds to

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problems better than any medical system in the world. But it's not about prevention and is relatively inadequate in dealing with many chronic conditions. What we all agree on is that all this stuff from conventional to alternative to integrative medicine costs a lot. And we need to reduce our health care costs as individuals and as a country."

As a knowledgeable personal trainer, Brian Cole has a valid solution. Read on! And, on October 2, come hear Brian inspire you to begin exercising, if you're not already!

Reducing our Health Care Costs

By Brian Cole, Certified Personal Trainer



The only way to reduce your health care costs is to reduce your health care needs. Improve your health. It works and it isn't complicated. Sure, we all should eat better, but study after study shows that the most important factor is to be more active every day. Add an hour or so every day—walking, dancing, biking, gardening, tennis, exercise class, swimming—every day. You have to make it your priority.

Facts:

- You will lower your chance of a stroke by 27%
- You will reduce your chance of developing diabetes by 50%
- You will reduce incidence of high blood pressure by 40%
- You will reduce risk of recurrent breast cancer by 50%
- You will lower the risk of colon cancer by 60%
- You will reduce the risk of Alzheimer's by 40%
- You may control depression without medications.
- On and on...

If you then add regular, safe strength-training workouts at any age, you can raise your resting metabolic rate (you'll burn more calories) for approximately 72 hours following your workout. This is due to the muscle repair and remodeling process which demands energy/calories.

Am I saying that strength-training workouts two or three times a week keep your metabolism up all day every day? Absolutely. Dieting alone includes loss of lean muscle tissue and therefore your metabolism decreases (you burn fewer calories). Strength training adds lean muscle tissue so your calorie burning metabolism increases.

If you really want to be enjoying your life even more, to be feeling better, moving better and having more energy, the way there is very clear. Once you start, the benefits are so obvious you'll have no problem continuing. Ask anyone who's made it a priority.

And yes, the rest of your life, you'll spend far less on your health care.

Brian Cole is owner of Personal Training Associates with studios in Newport News (Port Warwick and Hilton Village), and Virginia Beach. He can be reached at 757-599-5999.

The Art of Fine Dentistry



Leah Quillopo

"Lab Assistant Extraordinaire"

"Our Dr Samaha really is an extraordinary Doctor of Dentistry. I admire her in every way, especially when it comes to her custom-designed, custom-fitted, natural looking dentures. The challenges that so many people face with wearing dentures – looseness causing mouth sores and discomfort and awkwardness with eating and speaking, are nearly eliminated by our

Doctor's precise attention to detail and true passion for perfection and beauty. And, as her Lab and Denture Assistant, I get to be her right hand! Since our Doctor is always on the leading-edge with the latest technologies, materials and techniques, we're able to choose from hundreds of shapes, styles, shades, textures and sizes. Once we understand our patient's esthetic desires - the possibilities are endless! I just love helping her create all the beautiful smiles of Port Warwick Dental Arts, but most of all, I love to see our patients light up with joy when they look in the mirror for the first time."

Smile Reminders

"Everytime you smile at someone, its an action of love, a gift to them -a beautiful thing."

-Mother Theresa

"One who smiles rather than rages is always the stronger of the two."

-Proverb

A Word From Our Doctor

"Leah won't ever take credit for helping our patients find their smiles, but whether she's in the lab creating your new smile or sitting chairside with you, she's a '5-star smilemaker' everyday!"

-Dr. S

PWDA WELCOMES NANCY HEATH, RDH



We are excited to introduce Nancy Heath, Registered Dental Hygienist, to our practice. Nancy has been selected after Dr Samaha's extensive, national search. She will be joining us in mid-September. Nancy brings over 25 years experience in clinical dental hygiene. Nancy's expertise is providing preventative and therapeutic oral hygiene services including cavity control, periodontal care and patient education for optimal dental and general health.

A graduate from Westbrook College School of Dental Hygiene in Portland, Maine, Nancy's New England roots were based in Connecticut. Nancy's passion for her work contributed the accolades of being associated with the "Top Dental Practice in Connecticut", selected by Connecticut Magazine (for the last three years).

Nancy is excited to get started and ready to provide optimum care to our amazing PWDA patients!



Infection Control & CPR Refresher Course, Class of 2010!

Our Dr S always makes sure we're
"on top of our game"
with patient care & protection



CONGRATULATIONS TO OUR FUTURE DR ZACK DUMAN



When one out of twenty five applicants are now being accepted to dental schools, we are especially proud of our future Dr Zack! He has already begun his formal dental school education at VCU's School of Dentistry. We trust Zack will be well served by the hands-on education

he has had with us. Patients and team alike can't wait to see him on his short breaks where we will all enjoy his presence. Zack is always a welcome addition to our team!

--Best of Luck, Zack. We Love You!

Your Dr. S, Lisette, Maria, Renee, Eliza, Abby, Leah and Jackie

"The summer after my second year at Virginia Tech with a major in biological sciences, I met Dr Samaha. She invited me to intern with her as I had been considering a career in dentistry. And now, two years later, I have entered dental school, well-prepared, at Virginia Commonwealth

University, her alma mater! Since the first day that Dr Samaha accepted me into what I like to call my "secondary school," Port Warwick Dental Arts, she has become my pre-eminent professor. Dr Samaha has given me a priceless, ongoing education that has undoubtedly given me an edge for my dental school studies. Her knowledge of the field of dentistry and the insurmountable information that encases it is paralleled by few. Dr Samaha has not only been my teacher, but she also teaches her patients daily, as well as her colleagues in the dental and medical fields. The time I have spent with Dr Samaha has allowed me to witness and become a part of some of the highest levels in dental care. She has taught me invaluable skills and provided me with knowledge that will be with me throughout my future career in dentistry. Dr Samaha and the team here at Port Warwick Dental Arts provide top-of-the-line comprehensive care. There is no secret each of them loves what they do, making a special experience each and every time a patient enters the office."

-Zack Duman, VCU-MCV Class of 2014

WE'RE SO PROUD OF OUR DR. SAMAH

Although we have many great things to say about our Dr S, it is even more exciting when other people recognize her special gifts, talents and contributions to our world. In May, 2010, Virginia Lawyers Media honored our Dr Lisa Marie Samaha as one of the Top 50 Most Influential Women of Virginia. This award recognizes the outstanding efforts of women in the Commonwealth of Virginia in all fields, including law, business, health care, education, and the arts. The honor is given to individuals who are making notable contributions to their chosen professions, their communities and the society at large. In addition, our Dr Lisa Marie has been nominated as one of Dentistry Today's Top 25 Most Influential Women in Dentistry. Even though we may be a little biased, we can't think of anyone who deserves it more than our very own Dr S!



Photo: **3 Generations of "Influential Women."**
Dr. Lisa Marie Samaha, with her daughter, Julie Elizabeth Hunter, and mother, Mrs. Layla Linn



CENTER FOR COSMETIC DENTISTRY & DENTAL MEDICINE
251 Nat Turner Boulevard Newport News, VA 23606

"Words for the Wise"

From the Sleep Team at Port Warwick Dental Arts



Go Ahead – Go Straight to the Mirror and Open Wide!

Are You at Risk for Sleep Apnea?

Look straight to the back of your throat. What do you see? Do you see anything beyond your tongue and the roof of your mouth? Or can you see your uvula – the little piece that hangs down in the back of your throat? Can you see any part of your throat? Your tonsils? Are they enlarged? Does your tongue sit above the tops of your bottom teeth when you are open and relaxed? When you stick your tongue out, can you see scalloping (indentations) on the borders of your tongue?

Depending upon your answer to these questions, you might be at risk for sleep apnea, particularly if you snore, are overweight and/or, over 50.

For more information, call our office for a complimentary screening for snoring and/or sleep apnea and visit our website, www.PWDentalArts.com to learn more and to receive our free, extensive report on sleep hygiene.

Save the Date Call Today!

Saturday, October 2, 2010, 9-4pm

Integrative Medical Arts Symposium

*Healthy Talk, Healthy Refreshments,
Health-Conscious Door Prizes
& Live Healthy Acoustic Music
by Lisa Sharpe!*

sponsored by

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CENTER FOR COSMETIC DENTISTRY & DENTAL MEDICINE

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complete listing of speakers
and topics*

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Come, listen to experts in the fields of:

- Functional & Anti-aging Medicine
- Nutrition
- Bio-identical Hormone Replacement
- Periodontal Disease & its danger to the rest of the body
- Snoring & Sleep Apnea treatments
- Breast Thermography
- Acupuncture
- Massage therapy
- Exercise
- Nutrition

FREE for Patients and Friends of Port Warwick Dental Arts

Bring a friend or two, but Please RSVP today!

****Space is limited and interest is high!****

757-223-9270 or SamahaDDS@PWDentalArts.com
(put Medical Arts RSVP in the subject line)

