



# SMILE UPDATE

**By: Albert Internoscia, DMD, FAGD**

Fellow - Academy of General Dentistry  
Member - American Dental Association  
Member - American Academy of Cosmetic Dentistry  
Award Recipient - N.J. Society of Dentistry for Children

**Owner: Towne Centre Family Dental and the SmileMakeover Studio**

Winter 2004/2005

## Straight Talk

### Invisalign® ... because metal is just a memory

Invisalign straightens crowded, protruding, or too far apart teeth without metal braces. First, we take an impression of your teeth, then with the impression, the Invisalign lab uses computer technology and your smile prescription to create a series of clear, biocompatible aligners. These will move your teeth in tiny, comfortable increments. You wear each invisible aligner for about two weeks before graduating to the next ... until you have the smile you want.

#### Is Invisalign technology really new?

Yes, and it is built upon reliable, sound, scientific principles. Invisalign uses:

■ Advanced laser technology to create an accurate 3D digital image of your teeth;

■ Advanced computer software to simulate time-lapsed tooth correction;

■ Advanced computerized fabrication of customized aligners.

#### Invisalign benefits you because you are:

- Sophisticated about and appreciative of technology;
- Computer-literate so you can understand treatment;
- Expectant and appreciative of: wearing invisible appliances; faster results; shorter and fewer appointments; an accurate projection of end results; normal home care routines; use of a biocompatible material to decrease allergic response; minimal discomfort because teeth move in small increments and muscle soreness is rare even with a history of myofacial pain.



## Office Information

# FREE

# Invisalign® or Smile Makeover

# Consultation!

### Towne Centre Family Dental and The SmileMakeover Studio

Albert Internoscia, DMD, FAGD  
Lauren Psillos, DMD  
Dawn DiGrazia, DMD  
419 Route 206  
Hillsborough, NJ 08844-5094

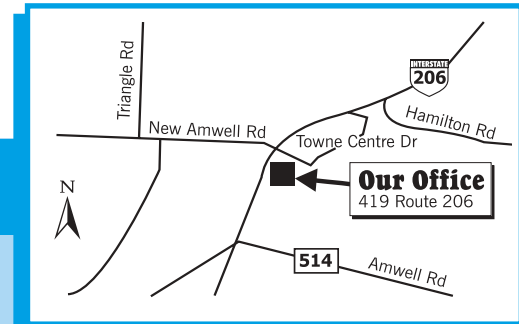
#### Office Hours

Monday	8:30 am	-12:30 pm
Tue/Thu	8:30 am	- 8:30 pm
Wed/Fri	8:30 am	- 5:00 pm
Saturday	8:30 am	- 2:00 pm

**Call Today!**

**(908) 874-4555**

Web site [www.familydental.com](http://www.familydental.com)



#### Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening and veneers
- ❖ Implant surgery and implant crowns done here
- ❖ Tooth-colored & mercury-free fillings
- ❖ Drill-less dentistry
- ❖ Children of all ages welcome
- ❖ Relaxing & friendly environment
- ❖ TVs, videos, & music in treatment rooms
- ❖ Children's play area
- ❖ Visa, MasterCard, American Express, Discover and CareCredit welcome
- ❖ Wheelchair accessible

## Getting Back In The Driver's Seat



### You can control your smile destiny!

Fully half of North Americans are too fearful to pursue necessary regular dental care, a situation that can have serious implications for their dental health and overall well-being. Lack of dental care can result in chronically infected gums and decaying teeth which can affect overall health, compromise

chewing and digesting ability, and for some, contribute to a devastating loss of self-esteem.

Today's dentistry has so much to give! There are many simple, non-invasive procedures that can transform a neglected smile into a healthy attractive one, and can replace low self-esteem with beaming self-confidence.

Professional dental teams can help you to overcome the fears and uncertainty that go along with any new experience, and to overcome anxiety that is based on old expectations or past experiences.

You can control your "smile destiny." Dentistry can get you back on the road to a wonderful smile!

## Smile White Smile Bright

If you've been thinking about having a smile makeover, but you're a little nervous about where to start ... try teeth whitening.

Teeth whitening is a safe, simple, and convenient process that lightens the discoloration of tooth enamel. Under dental supervision, whitening can be accomplished in only an hour ... or a few days.

A dentist can help you to say goodbye to dull, stained teeth. Simply, safely, conveniently – from start to finish. Come in and talk to us about your options!

## Sip Another Cuppa...



### the disease fighter

New studies have found that five cups of ordinary tea boosts the body's defenses against infection. A substance called *L-theanine* can prepare the immune system to attack invading bacteria, viruses, and fungi. Tea has been linked to combating osteoporosis, lowering heart disease, and lowering cancer risk through the action of *flavonoids*, a type of antioxidant. Each of these diseases has been linked to periodontal disease.

All over the world, tea is steeped in ritual, and is conjoined with culture and history. So sit back, relax, and enjoy!

Here are some simple steps from *Twinnings* to ensure that your tea is served perfectly every time.

- Use freshly drawn cold water, ensure a de-scaled kettle and a spotlessly clean teapot.
- Teapots should be warmed with hot water, which is then poured away.
- Use the recommended number of tea bags or one teaspoon of loose tea per cup. For one person use a 10 oz tea pot, for two persons a 20 oz tea pot is recommended.
- Water should always be freshly boiled and boiling when added to tea.
- Leave to brew for 3-5 minutes and stir before serving.
- Pour a little milk into each cup before pouring the tea. Sweeten – but only if required.



# Crown and Bridge

Getting a smile boost is about more than vanity. By repairing problems like missing teeth with crowns and bridges, you can have the pleasing smile you've always dreamed about.

**Here are some common questions about crown and bridge treatment, followed by their smile solutions.**



Before & After



## **How do I know if I am a candidate for crown and bridge treatment?**

A crown is recommended for teeth that are broken or cracked, teeth that are structurally weakened by large fillings, teeth that have been weakened by root canal treatment, and teeth that are misshapen and discolored. A crown and bridge can be a preventive measure to avoid more complex and expensive treatments later.

## **What is a crown and bridge? Do they always go together?**

A crown is a restoration that covers a single tooth to help strengthen it and restore its normal shape and size. Spaces left by missing teeth can cause surrounding teeth to drift, change your bite, encourage cavities, and spoil your smile. A replacement tooth is required, and can be fixed permanently with a bridge that attaches to the teeth on either side of

the space. For extra support, one or both of the adjacent teeth may require a crown.

## **Will the crown's appearance match my teeth?**

High-tech materials result in a strong, natural-looking restoration that will be custom-made to match your smile. No one will know you have a crown.

## **What Is Oral Health Anyway?**

Oral health is sometimes easier to define by what it *is not* rather than what it *is*. A healthy mouth has firm pink gums, the tongue is pink and not coated, the teeth are clean and have minimal or no plaque deposits. A healthy mouth smells clean and fresh, and is free from gum diseases like gingivitis, periodontitis, and other disorders – including oral cancer.

Regular brushing and flossing combined with regular dental visits is the best means of problem prevention and oral health maintenance. Regular professional tooth cleaning is important to remove tartar (calcified plaque) and stains that may develop, especially in areas that are difficult to reach.

When we check your teeth, we see things you won't see in the mirror. We can be alerted to possible hairline fractures, impacted wisdom teeth, deterioration of restorations, the beginnings of cavities, periodontal pockets caused by gum disease, and even new decay tucked under the gumline or under existing fillings! Your gums can also tell us about impending gum disease, and other areas of your mouth may even show the early warning signs of oral cancer.

These dental problems can be treated and gum diseases may be reversed if they are spotted in the early stages. We can help you maintain and recover your oral health.



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## Zoom!™ Weekender Whitening (reg \$399)

Free with Invisalign®

OR

NOW \$149

## 12 Months Interest Free For Invisalign® And Smile Makeovers

**Details:** Good for any cosmetic dental treatment over \$1,000. Not to be combined with any other discount.

Offer ends: March 31st, 2005.

## "10 Point Healthy Smile Examination"

New Patients Only!

now \$49

Regularly \$205

Offer ends: March 31st, 2005.

### Includes:

1. Friendly, relaxed meeting with your dentist.
2. Special guest tour of the office.
3. Intra-oral camera exam (see your teeth on TV if you want).
4. Healthy teeth and gums check up.
5. Invisalign and smile makeover consultation.
6. TMJ and headache evaluation.
7. Oral cancer screening and cracked tooth prevention.
8. Computerized x-rays (very safe).
9. Welcome kit with free gift and smile update newsletter.
10. No obligation recommended action plan.



Additional fees may be incurred for related procedures in individual cases.

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For Hillsborough and Montgomery Area Residents

## Your Free Gift Is Waiting –

**“This May be Your Last Chance To Discover For FREE How To Have Such a Beautiful Smile That Friends and Family Will Want to Know How You did It!”**

Dear Neighbor,

Thank-you for all the positive feedback I have received about our Smile Update Newsletters. I must admit that I have been pleasantly surprised and overwhelmed by all the response for the FREE booklets and if by chance you did not receive yours please call my office directly at **908-874-4555** and we will get a FREE booklet out to you right away. It is a pleasure to serve our community and I will continue to offer these FREE booklets as long as there is a continued interest.

Perhaps you missed my letter, or haven't had time to read it. So I've sent you another in case you really do want to get some "inside" advice and tips about How your appearance does affect the impression you have on others and perhaps your own self-confidence. The booklet is titled:

### **“The Little Known Secrets of How You Can Have A Whiter, Brighter More Beautiful Smile!”**

You may not need dental services now, but I can assure you that this **FREE booklet** will be well worthwhile for you to read. To get a FREE copy of this booklet, **call Toll-Free 1-877-302-0055**, 24 hours, for a **FREE** recorded message and your free copy will be sent to you with no obligations whatsoever.

Thank you,

**Albert Internoscia, DMD, FAGD**

Fellow – Academy of General Dentistry  
Member – American Dental Association  
Member – American Academy of Cosmetic Dentistry  
Award Recipient N.J. Academy of Dentistry for Children

**P.S.** If you are interested in coming in right away for a low-cost “let's get acquainted **10 Point Healthy Smile Examination**” call Jen or Anna right away at **908-874-4555**

**P.P.S.** Along with this booklet, I'll add my newly released booklets, **“How to Raise Cavity Free Kids! & The Truth About Pain Free Dentistry!”** All you need to do is to call Toll-Free 1-877-302-0055, 24 hours for a FREE recorded message.

Towne Centre Family Dental and  
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