



Smiles 4 A Lifetime

Dr. Neil Berman, Dr. Kenneth Berman & Dr. Howard Winter

Produced to improve your dental health and awareness

Summer 2005

fromthedentist

To All Our Dear Patients,

Now that the season has changed and summer is once again upon us, we'd like to take the opportunity to wish all of you a healthy, safe and active summer. Enjoy our beautiful surroundings, beaches, hiking and biking areas and not too distant vacation spots and summer camps. We'd like to remind you that as you become reenergized and devoted to your physical health, not to neglect your dental health. Please maintain your home care and hygiene regimen and continue your office maintenance programs with us.

Remember that your smile is one of your biggest assets. A warm, friendly smile sends the message of confidence, caring and reassurance to those around you.

Incidentally, I reenergized myself this past spring at the Pankey Institute spending time with some of the country's most renowned Dental Lecturers during the week long Master's Forum. Not only am I fortunate to frequent the institute annually, but I co-chair our local Pankey Study Group, of which I am a founding member.

Yours in good health,

Dr. Neil Berman

Case Study: Simple Makeover

This edition of our case study is an example of a simple makeover, not an extreme one. Most people think that a beautiful smile had to cost tens of thousands of dollars and that only the rich and famous or TV Stars can have one. Not so! This simple smile makeover involves three minimally invasive techniques. The first is tooth whitening done with a combination of Zoom!™ in office whitening system, along with at home bleaching trays. Next, an impression of the front four teeth was made for porcelain veneers

with minimal to no drilling, and temporary veneers were placed. A few days later, when the laboratory fabricated veneers were bonded into place, the adjacent side teeth were bonded with sculpted composite resin to blend and harmonize with the new smile. The result is a sleek, simple, and painless makeover providing the patient with a dazzling smile. No pain, no bleeding and no mortgage! Ask us how you can afford the "simple" smile makeover and how it can transform your presentation.

Rejuvenated Full Smile



Before



After

actual patient

Close-Up View



Before



After

Sleek, simple,
and painless makeover
Completed by Dr. Berman

We welcome new smiles!

Summertime...

And the livin' is easy

Summer is here! And the living, we hope, will be easy. For many of us, summertime is family vacation time: a chance unlike any other to spend real time with our spouse or significant other and children. It's also a time to strengthen family ties with brothers and sisters and in-laws. Family reunions at the cottage or over the backyard barbecue, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

Summer is also a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts! If your children are going to summer camp, make sure you pack extra toothbrushes, toothpaste, sugar-free gum, and mouthrinse, and impress on them the importance of their daily use. Just a few weeks of lazy care can really affect your child's oral health. Ask us about sports mouthguards that protect teeth from fracture during contact sports. We make them in various colors, sizes and strengths to match your child's needs. An avulsed (knocked out) permanent tooth can put a cool damper on anyone's summer fun!

We hope you and your family have a happy, safe, and healthy summer. Just don't forget that regular dental care is a life-long occupation. And one last note: if you and your family are traveling this summer, make sure you have our telephone number just in case you have a dental emergency. We have friends in dental offices all over that are available to help you.

Summer Fun ♦♦♦

And Food

No need to suffer with sensitive teeth!

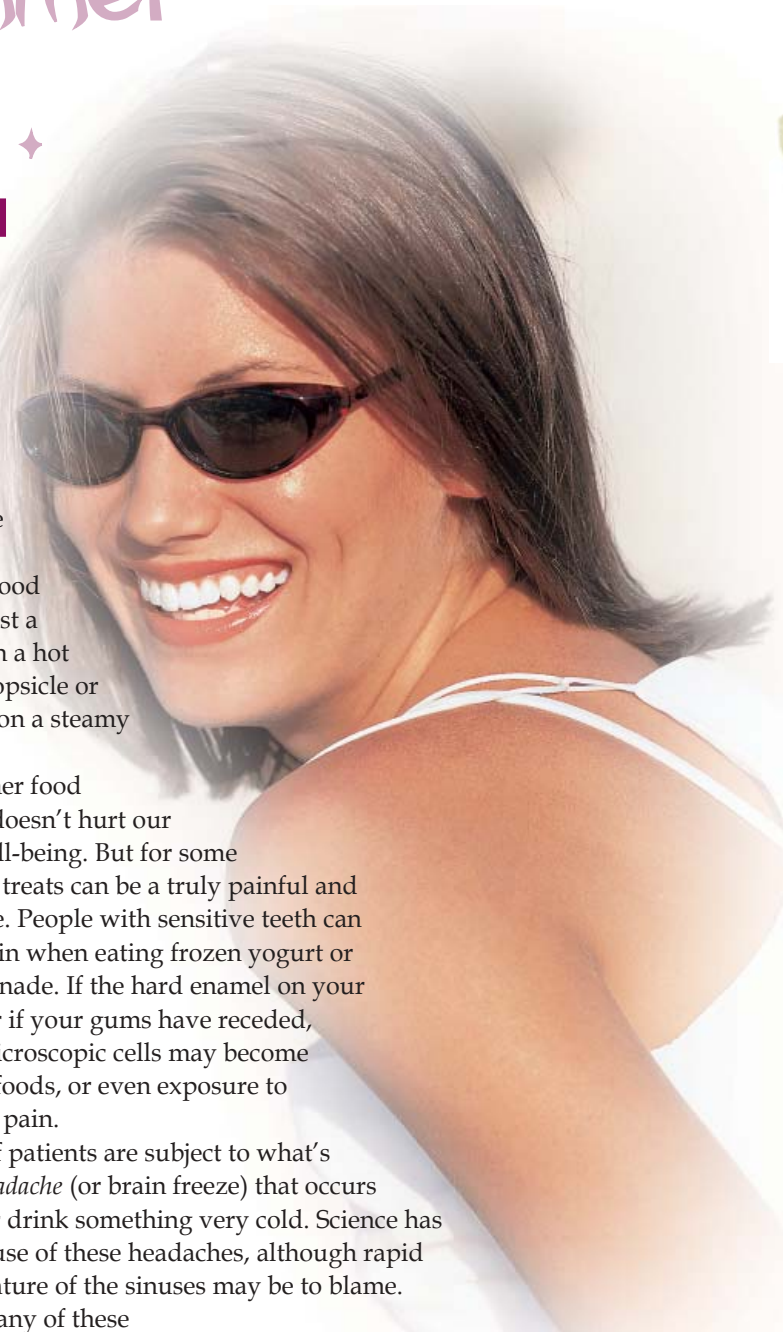
Summer's a time that almost demands we throw caution to the winds. Indulgence lives in the air we breathe ... and in the food we eat. Who can't resist a cold ice cream cone on a hot day? Or say no to a Popsicle or freezie for your child on a steamy afternoon?

Well, a little summer food indulgence certainly doesn't hurt our overall health and well-being. But for some people, those ice-cold treats can be a truly painful and unpleasant experience. People with sensitive teeth can experience a sharp pain when eating frozen yogurt or slurping a chilly lemonade. If the hard enamel on your teeth is worn down or if your gums have receded, tiny, very sensitive microscopic cells may become exposed. Hot or cold foods, or even exposure to moving air, can cause pain.

As many as 30% of patients are subject to what's known as *ice cream headache* (or brain freeze) that occurs shortly after we eat or drink something very cold. Science has yet to discover the cause of these headaches, although rapid change in the temperature of the sinuses may be to blame.

If you suffer from any of these conditions, please let us know as soon as possible so we can help. There are several ways in which we can desensitize teeth for short or long periods of time. In the Golden Age of Technology, we have several different materials and methods to combat this uncomfortable and often painful nuisance of tooth sensitivity. Let us help you. And a quick tip ... Don't chew ice! It puts needless stress on your teeth and your enamel.

Have a happy, indulgent, and safe summer!



Hot or cold foods, or even exposure to moving air, can cause tooth pain.





The Mighty Mineral

The many benefits of calcium

You've heard it from your mother, and we're here to tell you it's true! If you want strong teeth and bones, you need sufficient calcium every day, all your life.

Medical discoveries link the prevention of osteoporosis (a bone-weakening disease) with a diet that includes regular calcium intake and daily exercise. But how much calcium do you need? Are you getting enough? Should you consider supplements?

The most effective amount for adults ranges from 800-1200 mg of calcium a day. Vitamin D helps calcium absorption - especially important for caffeine drinkers because caffeine interferes with your body's ability to take in calcium.

Calcium is vital for growing children. We recommend 500 mg a day of calcium for kids up to 3 years of age; 600 mg for children aged 4-6; and 700 mg for those 7-9 years old.

Many things we eat and drink contain calcium, with dairy products usually being your best source. Adults can get their recommended daily amount by drinking 3-4 glasses of milk, or an equivalent measure of cheese (1½ ounces of cheese equals an eight-ounce glass of milk). Many products like orange juice are now fortified with calcium. Fresh vegetables such as broccoli and collard greens, and canned seafood like sardines and salmon, are also high in calcium.

If you're re-thinking your calcium requirements, we'd be happy to help you. Please give us a call.



Calcium

Referrals Do Us Proud

...Every time!

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! And you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of family, friends, and colleagues. Thank you for your trust!

Ask Your Dentist

We're part of your medical team

"I was recently asked for some medical information prior to my dental visit. Why does the dentist need this information?"

It may seem strange for us to ask questions you are more used to hearing from your physician. The truth is we ask them for many of the same reasons.

Your medical history will tell us if you have any health conditions that could impact your dental care. Hemophilia, diabetes, heart disease, drug reactions, allergies, anemia, thyroid conditions, pregnancy, heart disease or

murmurs, and hormonal disorders may oblige us to take special precautions in coordinating your dental treatment.

We also review your medical history because many medical conditions leave their earliest signs and symptoms in your mouth. Sores, lumps, discoloration, irritation, or infection can all be signs of some underlying general illness you may not even be aware of.

All of your medical information is treated with appropriate confidentiality and, if indicated, your physician may be contacted for confirmation of a condition or to advise him or her of our findings. The more we know about you, the better we can become an ally on your personal health care team.



Team Corner

Since so many of you asked...

The resounding care and concern for Dr. Ken, Maureen and Barbara has been so commonplace and we are pleased to report on their progress during their early retirement.

Dr. Ken has returned from a winter stint in Florida with his wife, Ronni. As many of you have actually seen them there these past few months, the early results are in, and it seems that a southern winter agrees with both of them. Dr Ken is back in good health and once again working diligently with JCC, UJA and his golf game. He remains busy in non-clinical dentistry with a few exciting possibilities on the horizon. You can find him at the golf club or at various community meetings, charity events and restaurants.

Maureen is also in good health pursuing her hidden talents including child care. She's been busy

all winter and spring watching Lorinda's children as well as securing other day care opportunities. We wish Maureen much success, health and happiness.

Barbara has successfully relocated to Arizona with her husband to be nearer to two of her boys. She is dabbling in getting her feet wet in the ever growing real estate market in the Scottsdale/Phoenix area. If you're ever vacationing, she would be thrilled if you'd look her up.

The staff has been in constant contact with both Barbara and Maureen and they are both so appreciative for all of your pleasant thoughts and wishes.

We are also pleased to report that Anna had a beautiful, healthy, baby girl in April. Mother and child are both doing well. The entire staff would like to thank all of you for being a part of our lives, not just patients in our practice.

office information

Smiles 4 A Lifetime
Dr. Neil Berman
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Woodmere, NY 11598-1218

Office Hours

Monday 8:00 am – 6:00 pm
Tuesday 8:00 am – 6:00 pm
Wednesday 8:00 am – 9:00 pm
Thursday 8:00 am – 6:00 pm
Friday 8:00 am – 1:00 pm *
Saturday 8:00 am – 2:00 pm **

* Alternating weeks

** Once a month

Contact Information

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Emergency Beeper (516) 335-2539
Web site www.smiles4ALifetime.com

*Communication is important
to us – don't be
afraid to ask questions!*



Spotlight On Technology: Zoom2®

Zoom2 your smile!

We are very pleased and proud to offer our patients the newest generation of the world's leading whitening system! Zoom2® is the fastest, most comfortable, and most effective in-office whitening system ever. It is 33% faster than its predecessor, with 67% less sensitivity. In just 45 minutes, your teeth will be dramatically whiter. This whitening procedure is ideal for anyone looking for immediate results, and its convenience makes it the perfect choice for the busy individual.

The Zoom2 procedure is simple. It begins with a preparation to isolate your lips and gums. We then apply the special Zoom2 gel with *amorphous calcium phosphate* (ACP) technology

which is activated by the Precision Light Guide System. Teeth typically become at least six to ten shades whiter, and sometimes even more. A five-minute fluoride treatment completes the procedure. You will be amazed with the results! In fact, in most cases, teeth continue to get even whiter the first few days after the procedure. Additionally, we provide each patient with custom fitted trays which we find further whitens teeth to their absolute maximum whiteness, beyond what the Zoom can do.

Most often, a touch-up once a year will maintain a whiter smile that sparkles for years. Please call for an appointment to make sure your dream smile becomes reality.