



Word Of Mouth with Drs. Tong & LaCap

Beautiful Smiles Through Exceptional Care

Produced to improve your dental health and awareness

Spring 2007

fromthedentists

Our Fifth Child And Only Girl

Lauren is now 5 months old and is doing very well. She is sitting up, smiling, cooing and gaaing (sigh). Thank you to all of our patients' congratulations, well wishes and baby gifts.



Spring Into Action!

Keep your recall

It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalk, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ...to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

Yours in good dental health,

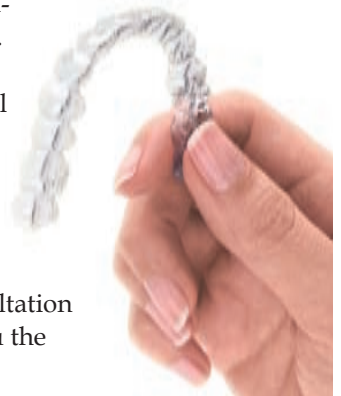
*Drs. Darren Tong &
Mariliza La Cap*

Forget About Braces...

With Invisalign®

We're very excited to introduce you to *Invisalign®*, a revolutionary orthodontic technique that has brightened the smiles of thousands of patients. Invisalign uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to arrange a consultation to discover how Invisalign can give you the smile you've always wanted!



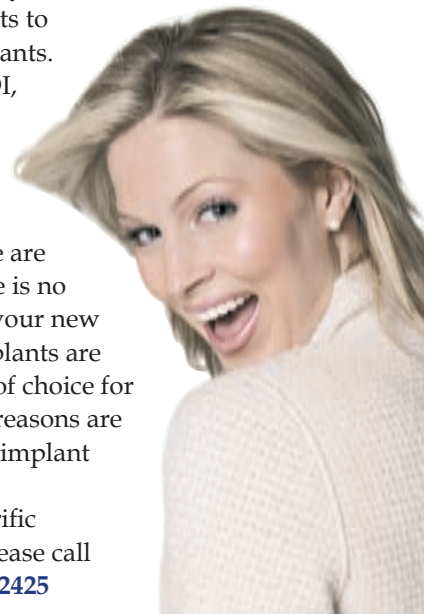
Securing Your Smile...

With mini dental implants

The advances in dental science achieved over the last twenty years have been nothing short of amazing. As an example, we're proud to offer the MDI Implant system which allows many more patients to enjoy the benefits of dental implants.

Mini Dental Implants, or MDI, are ultra-small biocompatible titanium alloy implant screws. This implant system is not only half the cost of conventional implants, but there are no incisions or stitches and there is no waiting for healing - you wear your new teeth home the very day the implants are placed. MDIs are the treatment of choice for many patients who for varying reasons are not candidates for conventional implant surgery.

MDI Implants are truly a terrific invention. For a consultation, please call our office at any time. **(201) 384-2425**



Beautiful Smiles Through Exceptional Care



Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

Answers: all of the above; gum disease; seconds of brushing

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

Type Of Crown: **All-Metal**

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type Of Crown: **Porcelain Fused to Metal**

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type Of Crown: **All-Ceramic or All-Porcelain**

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Increase Your Shelf Life

Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

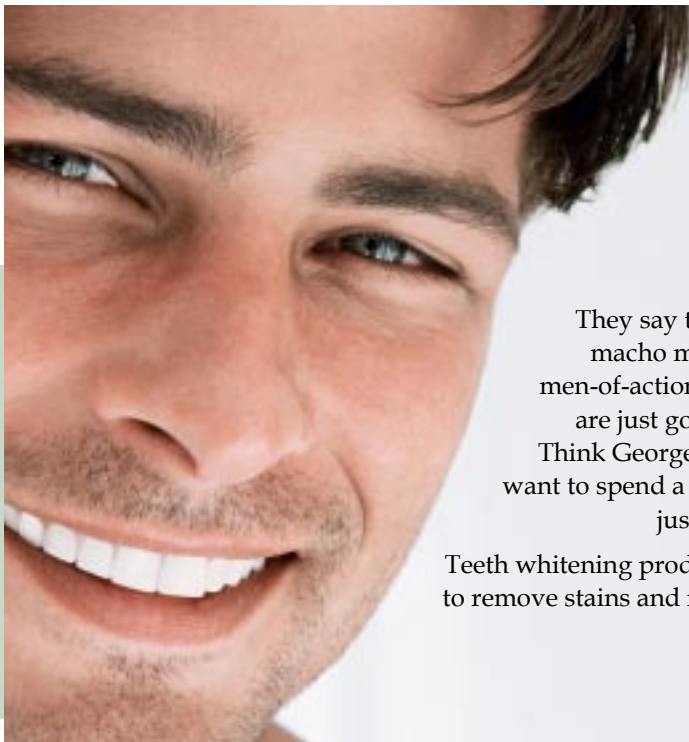
Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



Assert Yourself!

Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

Attention To Detail

Makes for a confident journey's end

Our favorite stories to tell are those about happy, satisfied patients whose lives are changed by the work we do. Bill's story is such a tale.

Bill is married to Jamie and they have two boys Billy and Luke. He is an avid fisher, hunter and camper. Before he was even a teenager he never thought he would have a nice smile. He lacked the confidence to laugh and smile or eat the kind of food he enjoyed. He felt his smile prevented him from enjoying his life to the fullest.

Bill started treatment with *Washington Dental Associates* six months ago. His wish was to have a nice smile makeover with no pain. Although his treatment was extensive and laborious for Dr. Tong, Bill enjoyed watching his favorite sports on TV during treatment. The result is permanent replacement of missing teeth and a winning smile! Not only is Bill thrilled with the end result, he was comfortable and pleased each step of the way. He feels that the friendly, attentive service coupled with personal care made his journey that much easier.

When Bill was asked about his new smile he said, "I feel great. Dr. Tong's work is precision fit, comfortable and customized to me. When I eat I forget I even had anything done. They provide me with the ability to smile with confidence. They make me feel whole again."

"It was a pleasure working with Bill. He is such a happy guy with a kind disposition. I was glad to provide him with the smile he deserves."

- Dr. Tong



Spreading The Word On Dental Health

February was Dental Health Month and Dr. Tong and Dr. LaCap were in high demand around the schools. Drs. Tong and LaCap visited several Pre-K and Kindergarten classes in the area to help spread the word on Dental Health.

The children were treated with a visit from Alley the Alligator. Alley helped show the kids how much fun a visit from the Dentist can be. The children were taught the importance of brushing their teeth and eating the right kind of food.



Drs. Tong & LaCap with their son Tyler (top left) and his Kindergarten class

office information

Washington Dental Associates

Dr. Darren Tong
Dr. Mariliza LaCap
19 Legion Drive
Bergenfield, NJ 07621-2314

Office Hours

Monday by appointment only
Tue - Fri 9:00 am - 6:00 pm
Saturday by appointment only
Sunday closed

Contact Information

Office (201) 384-2425
Fax (201) 384-5642
Email drdarrent@aol.com
marilizal@aol.com
Web site www.WashingtonDentalnj.com

Office Staff

Laarni..... Office Manager
Joanne..... Clinical Care Coordinator
Diane, Melani, Cece, Lindsay
..... Registered Dental Hygienists



Children's Corner Update

We have a new pet that needs a new home. Stop by our office if you are interested ... no feeding and no cleaning necessary.



Washington, our fish, is doing well.



Dr. Tong with Alley the Alligator

Don't forget to put your name in our raffle when you stop by. The draw will be for both a boy and girl's bike!

June Bike Raffle

Your Referrals... Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that *your testimonial* speaks volumes beyond any advertising slogan.

We welcome your referrals, and we're very proud of them. *Thank you.*