



Smile More, Live More with Drs. Tong & LaCap

Beautiful Smiles Through Exceptional Care

Produced to improve your dental health and awareness

Winter 2010

fromthedentists

We hope that all our patients and their families had a fun filled holiday season--and that everyone greeted the New Year safe and sound!

The year 2010 marks the beginning of our "Smile More, Live More" campaign. Our goal in this campaign is to help all our patients be in the top 10%. Studies show that only 10% of the U.S. population have a healthy mouth and see their dentist regularly. Are you in the top 10%? The patients in the top 10% will not only be rewarded with a bright and healthy smile, but also in recognition of their personal accomplishment they will be given a t-shirts and a mug imprinted with "I'm in the top 10%! Are you?"

The new year also marks the beginning of your dental insurance year and benefits. Now would be a great time to finish any treatment you have been postponing. Who knows, completing your treatment might put you in the top 10%. We look forward to seeing your smile.

*Yours in good dental health,
Drs. Tong and LaCap*



Warmest Thoughts &
Best Wishes for a ...

Happy New Year!

from Drs. Tong and LaCap & Staff



Invisalign® Special Offer!

During the months of January and February receive **\$100 OFF** treatment cost as well as 12 month interest free financing (OAC).

2 for 1 Whitening!

Complete your in-office whitening procedure and a friend or family member who is currently not a patient of record will receive their whitening for **FREE!**

Beautiful Smiles Through Exceptional Care



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Going Greener With Our E-Magazine

As you may have known, our office has been "going green" now for over 5 years. Have you noticed that we are a chartless office? All sensitive patient data is safely kept in our password protected computer system. All data is kept accurate and up to date.

We pride ourselves on being earth-friendly. To further this effort we are going to stay connected with our patients via e-mail.

We are launching a brand new e-magazine, "Smile More, Live More" - it will come to you via e-mail. It's going

to be loaded with healthy tips, articles and news about what's going on in our office. We're sure you're going to love it!

The e-magazine will get delivered directly to your email address (the one we have on file) each month on about the 22nd so keep an eye out and enjoy!

If we don't have your email address on file, please call the office at (201) 384-2425. If you call after hours feel free to leave your email address on our voice mail (be sure to spell it out completely and slowly!). You can also go to our website www.WashingtonDentalnj.com and manually sign up for the e-magazine.

Enjoy!

In The Spotlight

Meet our newest team member... **Lisa M. LaFazia, Dental Assistant**

Lisa is the newest member of our dental team. She is a people person as reflected in her smile and easy going spirit. She comes to us with numerous talents. She was a flight attendant for 2 years with Transmeridian Airlines. Before that, she owned her own Tanning and Nail Studio for 7 years.

Being in the service and hospitality industry has made Lisa invaluable in making the patient comfortable and relaxed during all dental procedures - almost as if they were in their own living room watching TV.

Lisa is a transplant from Rhode Island and is currently residing in Bergenfield with her significant other, Jason. She spends most of her weekends with her 3 children Alissa, Rayna and Ryan.



Congratulations!

Winners of our Thanksgiving Raffle

1st Prize

Rosie Benjammin • \$100 gift card

2nd Prize

Sheikh Hassan • \$50 gift card

Winners of Christmas Raffle:

1st Prize

Hadiza Rimi • \$100 gift card

2nd Prize

Jeff Dimaapi • \$50 gift card

Enjoy the gift cards and happy shopping.

This is just one way of thanking you for all your referrals.

Look for our next raffle in 2010, you could be the next winner!

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 9:30 am - 6:00 pm

Saturday *by appointment only*

Contact Information

Office (201) 384-2425

Fax (201) 384-5642

Email drdarrent@aol.com

marilizal@aol.com

Web site www.WashingtonDentalnj.com

www.bergenfielddentalreports.com

Team

Laarni..... Office Manager

Joanne..... Clinical Care Coordinator

Lisa.....Dental Assistant

Diane, Melani, Cece, Lindsay.....

..... Registered Dental Hygienists



Loose Dentures? Missing Teeth?

Mini Dental Implants can help!

Mini Dental Implants are FDA approved and the procedure can be performed right here in the office with only a mild anesthetic. Very strong metal implants, that are similar in diameter to a toothpick and look and act like the roots of teeth, are placed in the jaw. By modifying the patient's denture so that it can snap onto the implants tightly and reliably, many patients are able to speak and eat with confidence - for the first time in a long time.

As long-lasting as the results are, placing Mini Dental Implants takes only about an hour. Because the procedure is minimally invasive, and the implants are tiny, there is no healing period after placement and no stitches are required.

With Mini Dental Implants, your friends won't know how you're looking so good - but you'll feel so great you might just want to tell them!