



Word Of Mouth

with Drs. Tong & LaCap



Beautiful Smiles Through Exceptional Care

Produced to improve your dental health and awareness

Winter 2006/2007

fromthedentists

Steppin' out over the holidays? You can count on us to step up the pace and fit you in for your holiday smile makeovers. We know from many years of experience that at this time of year you want to smile in style. So we're keeping appointments available for teeth cleanings, teeth whitening, and even more dramatic changes that we know some of you will request.

How do we know? One of the greatest rewards of providing you with care over the years is that we get a chance to really know you. It's a joy to us to anticipate your dental needs ... and to share in your holiday excitement.

At the request of our patients, we are offering our very own Gift Certificates which can be purchased by anyone ... for anyone ... for any dollar amount!

These certificates can be used for any dental service that we offer, from a cleaning or simple fillings, to cosmetic and natural-looking restorative procedures like teeth whitening, veneers, and implants.

Call us today to purchase a Gift Certificate for that special someone in your life. And please tell your friends, family, and business colleagues about this service. Then ...just watch them smile!



*Warmest thoughts & best wishes
for a wonderful holiday season.*

Visit our web site at www.WashingtonDentalnj.com



Captivating Cosmetic Veneers

Using Deep Brain Stimulation (DBS), neurologists can produce smiles and euphoria. Smile and you'll feel good ...and because people like what they see, they'll smile right back! If you are reluctant to reveal your less-than-perfect smile, you could be missing out. Cosmetic dentistry can benefit anyone who wants to look better, feel better, and smile healthier!

With cosmetic *veneers* you can...
...look younger by filling out wrinkles...

hide severely stained teeth ... close gaps between your teeth ... improve the look of crowded or overlapped teeth without braces.

Strong, hand-sculpted porcelain veneers can give your teeth such a straight appearance that they have sometimes been called "instant orthodontics." Once bonded to your teeth, they're durable and easy to maintain. They are extremely smooth, solid, and glass-like so ... veneers look completely natural ... they reflect light like natural tooth enamel ... they mask flaws and rejuvenate smiles ... veneers resist staining from food, tobacco, and beverages like tea, coffee, and red wine... veneers reject most oral bacteria which tend to slide off their smooth surface!

Cosmetic *veneers* can give you the two things most people notice first in anyone's smile ... straightness and the whiteness and color of teeth! Please come and see us at our office for a consultation.

Balancing pHacts

BALANCE: Symmetry and balance affect your smile's appearance in more ways than one. Some substances can affect the acid balance of your smile.

ACID: Some factory workers, lab technicians, and professional wine tasters can experience teeth staining *and* erosion. For example, wine makers can taste from twelve to eighty wines per day!

ALKALINE: Competitive swimmers of any age can develop swimmer's calculus - brownish stains on their teeth. Chlorinated water's high pH factor can cause salivary proteins to break down, forming organic deposits on teeth enamel.

PREVENTION: Most patients can control exposure to these kinds of hazards. But if staining or tooth sensitivity due to enamel erosion are a problem for you, come and see us.

INTERVENTION: We can provide a professional assessment and cleaning, and suggest home care products and techniques.

Building Healthy Smiles

Your smile foundation!

Did you know that a cavity is what is left *after* tooth decay is removed? Or that the incidence of tooth decay is second only to the common cold? Decay is the most important cause of tooth loss in younger people. Periodontal (gum) disease is the leading cause of tooth loss in adults. Both are caused by the presence of bacteria.

Thanks to preventive, minimally invasive dentistry, we can help you

to control bacteria and preserve your oral health with some back-to-basics advice...

1. Brush, floss, and rinse.
2. Stay away from sugary foods.
3. Get regular checkups for your whole family to curtail decay, gum disease, and correct overcrowding or gaps that can cause problems.

Remember ... the true foundation of even the most glamorous Hollywood smile is a healthy mouth!



COSMETIC CONTOURING Too short ... too much ... TWO methods

Are you self-conscious because your teeth look too short or too long ... because too much of your gums show... because your teeth look different lengths?

Now dentistry can cosmetically contour your smile! If your gumline is uneven or if your teeth look too small, short, or square, we can restore symmetry and proportion by sculpting your gumline with a **gum lift** or **crown lengthening**. Both reveal the natural enamel hidden by excessive gum tissue.

If your teeth look too long, it could be that ageing or periodontal disease has caused your gumline to recede. The proportion of gums that appear "too short" can be restored by applying the same **porcelain veneers** that we use to hide other smile flaws.

Gum sculpting revealed the beautiful smiles of twin sisters with amazing results!



Progressive Makeovers

Supervised **teeth whitening** and **cosmetic bonding** are popular and affordable first steps toward a smile makeover that can dramatically improve your smile.

Teeth whitening is a new invention. FALSE Supervised teeth whitening which *removes* stains is completely safe, reliable, quick, and convenient because the procedure has been refined for more than 100 years. Bonding, which can also give you whiter teeth by *covering* stains, was invented in the 1950s.

Teeth whitening and bonding are minimally invasive and require no anesthetic. TRUE Not only that – but your teeth can be brightened in our office or over several weeks at home. You decide!

Age is a factor. FALSE For patients under twenty, whitening is the most-demanded cosmetic procedure. After childhood, age is not an issue, and most people can benefit because there is no upper age limit. Even children can benefit from tooth-colored bonding materials for fillings.

Teeth can be whitened up to eight shades. TRUE Whiteness depends on the intensity of staining. Our team can help you select the best option for your smile.

Bonding materials can be used to replace older, compromised amalgam fillings. TRUE Especially in your front teeth where appearance is important. Porcelain inlays and onlays are excellent options for back teeth.



Double-Edged Meds: Bisphosphonates

Bone-building drugs may adversely affect oral health

The next time you come in for a consultation, we may be asking you the following important question: are you taking any bone-building medications such as *Fosamax*? The reason for the question is simple: doctors suspect a link between the use of bisphosphonates such as *Fosamax*, *Aredia*, *Actonel*, *Aometa*, and *Boniva* and a condition known as *osteonecrosis*, also called *bone death*.

These bisphosphonates are used successfully to treat and prevent osteoporosis in post-menopausal women and to increase bone mass in men. However, it is suspected that if a patient undergoes certain dental procedures while using these drugs, it's possible that bone loss, or even osteonecrosis may occur. Initially research pointed towards patients with cancer as being chiefly at risk, but now dentists and doctors are seeing cases in otherwise perfectly healthy patients who are being treated for bone loss.

What to do: The *American Dental Association* recommends that before starting bisphosphonates, patients have a comprehensive dental exam and treat any tooth or gum problems immediately. In addition, while on bisphosphonates, you must ensure your home care is impeccable: brush regularly, floss daily, and keep your dental recall appointments. If invasive dental care is necessary, we will discuss the implications with you, and choose the most conservative treatment possible.

Please be sure to let us know if you suffer from osteoporosis, and if you're taking, or considering taking, bisphosphonates.



“Just TEXT Me!”

Text message reminders

Regularly scheduled dental visits are an important part of your dental health and hygiene, but in today's busy world, it's easy to forget an appointment.

In order to help you keep a regular dental schedule, and to ensure that our office runs with maximum efficiency, we are now using the automated DENTRIX Continuing Care message system to send text messages directly to you! This software will allow us to send you timely, courteous reminders of your scheduled visits. Not only will DENTRIX leave a message at your home or office, it will also specify which family member is scheduled and the purpose of the visit!

Please ensure we have your email address, and we'll ensure you receive our reminders! We look forward to seeing you smile!

office information

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Office Hours

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

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Office Staff

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

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Finally...

It's A Girl!

Lauren Angeline Tong

Born October 19th at 8:40 am

6 lbs 15 oz.

20 inches long



The Response To Our Raffle Was Overwhelming!

Two patients were so close to getting all categories correct, that Drs. LaCap & Tong have decided that both patients deserve to win the contest for our in-office whitening!

Congratulations to
Linda R. and Maggie M.