



Spring 2009

## Dear Patient Family and Friends of Port Warwick Dental Arts,



It is my great pleasure to welcome you to springtime at PWDA where we are continuing to help smiles spring-to-life every day! As I reflect on the winter with its beautiful holidays and all its charm, I am reminded that one reason I can appreciate the cold season so much is because the spring is sure to follow! Yes, as many of you know, I am a warm weather person and to help pass the winter days, I took advantage of a spectacular experience that Jan Ledbetter, my dear and accomplished artist friend, offered in the lovely country of Guatemala. See [www.ExploreGuatemala.com](http://www.ExploreGuatemala.com) for more on the BEST

art and travel experience you can imagine! For those of you who have never been, Guatemala is full of luscious landscapes and sweet people who are loving, hard working, creative and kind. Especially beautiful in every way, were the women and little girls. I am including a couple of photos, (and my fav of a precious little girl who wanted to paint from my palette, page 3), for your enjoyment. This trip was a life-enhancing expedition to a third world country and an artist's paradise, all at the same time. You can be sure, when I get the time, a new series of paintings will surface from the absolutely incredible experience of being in such a beautiful country with such beautiful people. In the words of Vincent Van Gogh, "The more I think about it, the more I realize there is nothing more artistic than to love others."

Naturally, I searched out the opportunities for providing dental care on a return trip, and found tremendous need and an opportunity to help and heal at a welcoming "hospilita" in a mountain village surrounding Lake Atitlan.

In the meantime, we are helping to provide specially designed concrete stoves for the people in the villages in order to improve their general health by ridding them of the serious hazards of smoke inhalation.

Per the usual, new and exciting things are happening at Port Warwick Dental Arts and the Perio Arts Institute. With regard to PWDA, you will notice that we have been supporting women workers in India with one of our recent projects. See inside for more details on how you can benefit from their handiwork. We have also chosen Children's Hospital of the King's Daughters as the beneficiary of our Smiles for Life professional teeth whitening benefit. Call us and learn how you can help one of our little children and receive a brighter, whiter smile at the same time!

Later this year, we will be kicking off our Smile Makeover Contest and hope that you will be spreading the word. We will be looking for an adult who has extensive dental needs as a result of extreme hardship in his/her life, and who, in spite of life-challenges, has given of him/herself for others in significant ways. Stay tuned for more info about this, or visit our website.

Although my primary focus remains on my practice and the patients for whom I dearly

continued on page 3

### In This Issue

Redefining Profit ..... p.2

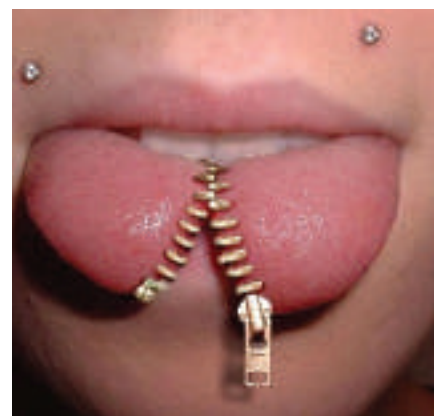
Periodontal Disease &  
Babies ..... p.4

A Smile is a Gift From the  
Heart! ..... p.5

During these challenging  
economic times ..... p.7

Vitamin D - What's all the  
fuss? ..... p.7

### Believe it or not!



Not. Thank goodness!  
This photo is the result of a clever individual using a photo editing program to create this life-like, but rather disturbing image.

# Redefining Profit

Port Warwick Dental Arts' purchase helps to support the transformation of women and their community.

Treat people as if they were what they ought to be and you will help them become what they are capable of becoming  
- Goethe

Sonali stands in a doorway... waiting. The smile on her face? Just part of the job. Stolen from her village she was then dragged, wide-eyed and innocent, to the back streets of Calcutta where she was sold into prostitution by a stranger. The first customer drugged and then raped her. She was just thirteen. Bashanti takes her place in line each day thanks to her family. She was sold into the trade by her mother, sacrificed to provide food for the family to eat.

There is nothing glamorous about this place. Sonali and Bashanti are among the six thousand women who work in Sonagacchi, the oldest and largest of Calcutta's many sex districts. They are branded "outcasts" for life. They didn't choose prostitution - it chose them.



## The business of Freedom

Now, there's a new business in Sonagacchi - a business focused on freedom, not slavery. That business is Freeset. Freeset is here to say to the women, "You have a choice. For the first time in your life you can decide for yourself and make plans for your future". Kerry Hilton, co-founder of Freeset says, "The business we're in is actually freedom and to obtain that, we manufacture export quality jute bags."

## Transformation

But where do you begin with such an ambitious endeavour? A popular approach has been to rescue the women from their situation. The problem with this Kerry explains, is that it leaves behind an empty room - a room waiting to be filled by a new girl. An opening for another daughter to be stolen, another innocent to be drugged and raped.

Freeset has chosen a different way. Their motto, "Leave the line, stay in the lane" means the women are encouraged to leave their life in the sex trade but not to leave their homes in the area. The goal - to transform Sonagacchi from within, replacing one trade with another.

## Upside down business

"Why can't business be for people in the first place?" He recognises, of course, that to run a business it must be sustainable and for Freeset that means manufacturing products people want to buy. He points out, "If we don't make and sell bags at a profit, we're out of business."

So, Freeset is no charity. Kerry explains, "The way most people start a business is to pick the best people and pay them as little as possible. We pick the least educated and pay them the most we can. The up-side is that some of these women

really take off - they've just been given a chance they never had."

## Equal pay for all

All the women are paid the same, regardless of their skill level. They get several times what they could earn in a similar job elsewhere - that's if anyone was willing to take them on. They have a stake in their freedom. The business belongs to the women. Effectively they are working for themselves.

The bottom line? Freeset is about transforming people and a community. Financial profit is not its primary focus.

## Life Skills

The women are taught to read and write their own language. Literacy empowers them to participate more fully in the world around them. The women are encouraged to save for the proverbial "rainy day". Freeset has also established a pension plan and health insurance for them, and low cost day care is available, keeping them from the perils of the sex district during the day.

Kerry's enthusiasm is infectious, "When we first started, the women would say our business was jute bags. Now they know better. Now they know it's their freedom".



love caring, the PerioPassion! Seminars have received interest beyond the borders of the United States, and the Seminar DVD is now complete (a 2 year project!) and ready for distribution to dentists world-wide. The Institute is also preparing to launch a regional medical symposium on the Mouth-Body Connection which will prove valuable in helping physicians and other health care professionals more fully comprehend the critical role of oral health in general physical health. If you are a patient in our practice, you already know about this critical connection, and can be sure we will keep you updated along the way.

As always, we so appreciate you entrusting us with your care, and thank you for your continued referrals. Our practice thrives in extraordinary ways, allowing us to help so many new patients, many of whom are in serious need and are searching for the unique caring and skill we are able to offer.

In closing, know that we appreciate the commitment you have made to quality dental care, especially during this challenging economic time. Because dental disease progresses at a rapid rate and can cause serious health consequences as well as disfigurement, you realize that your commitment is of tremendous value. Prevention of disease is always less expensive, less time consuming and less uncomfortable than treatment of disease. We look forward to continuing to serve you, and to serve you better all the time! \*

My warmest,  
Dr Lisa Marie

\*Please let us know if you have any suggestions as to how we might improve our service to you. You are welcome to contact me directly at [www.SamahaDDS@PWDentalArts.com](mailto:www.SamahaDDS@PWDentalArts.com) or fill out our patient email surveys after your appointments. We will credit your account \$5 for every survey you return. We are here for you.

## REFER A FRIEND OR FAMILY MEMBER TO PWDA

and receive a  
Port Warwick Dental Arts  
messenger bag made by the  
women of Calcutta, India\*.

It's our way of saying  
*Thank You!*

\*See accompanying article Redefining Profit.

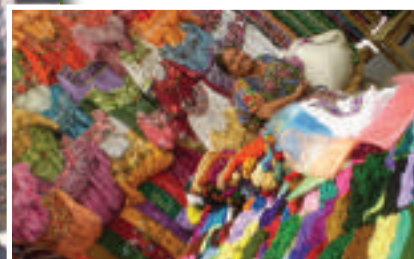
*Quantities are limited.*



## Photos from Guatemala

LEFT to RIGHT:

- Little Guatemalan girl wanting to paint from Dr S' palette.
- A Guatemalan mother, sister and child.
- Guatemalan market.



See our freshly designed website, full of valuable health information and dental care options to share with family and friends. [www.PWDentalArts.com](http://www.PWDentalArts.com)

# Periodontal Disease and Babies

*One more piece of research linking periodontal disease with babies born too early and too small.*



birth prior to 37 weeks is classified as pre-term. About 12 percent of all births in the United States are pre-term, a number that has grown by more than 30 percent since 1981 for reasons unknown. Babies born pre-term can face many hurdles: vision and hearing loss, cerebral palsy, mental retardation, even death.

Labor itself is still somewhat of a mystery to science, which makes puzzling out pre-term labor even more difficult. Anything from socioeconomic status and race to bacterial infection and genetics have been linked to pre-term births,

but a definitive cause is still elusive.

Over the years, numerous significant studies have linked periodontal disease in the expectant mom with the pre-term birth of her baby. And we already know dangerous bacteria from the mouth cross the placenta. New scientific research has raised even more concern.

In humans, scientists showed a strong correlation between infection and pre-term births. Doctors removed amniotic fluid from 46 different women with potentially higher risk pregnancies. Of that group, 21 delivered an early pre-term baby (32 weeks or earlier). Nineteen of those women, or about 85 percent, were positive for previously undetected bacteria.

Previously undiscovered bacteria usually found in the mouth could be responsible for up to 80 percent of early pre-term labors, estimate doctors from Case Western and Yale Universities in a new study published recently in the Journal of Clinical Microbiology.

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“The bacteria normally live in the mouth, but if a cut, cavity or other wound allows the bacteria to enter the blood stream, they can travel and eventually colonize the uterus.”

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The bacteria normally live in the mouth, but if a cut, cavity or other wound allows the bacteria to enter the blood stream, they can travel and eventually colonize the uterus. That triggers an immune response, which can inflame the uterus and eventually cause a mother to go into labor prematurely.

“The earlier the woman goes into pre-term labor, the higher the chance that she will be infected,” said Yiping Han, a doctor at Case Western University and the first author on the study.

Most human pregnancies last about 40 weeks. A

- Dr. Lisa Marie Samaha and  
Discovery News



# A Smile is a Gift From the Heart!

Yes, a smile is a gift from the heart, and nothing lights up a room like a beautiful smile! Just think about it –nothing attracts one person to another like a smiling face. The power of a smile is absolutely amazing and each of us has that power within us! Best of all, a smile is a gift we can give the world that doesn't cost a cent! In fact, the giver often reaps the greatest reward.

## Check this out...

Not surprisingly,

- \* People who smile enjoy better health than those who do not.
- \* They have stronger immune systems and lower blood pressure.
- \* They eat better, exercise more and sleep well and long enough.
- \* Elderly people who are optimistic live longer than those who are pessimists.
- \* Smiling is also a great stress reducer because it releases the "feel good hormones" called endorphins into your body. (It is like exercise for your mood!)

*It saddens - and simultaneously fills me with joy - when daily, new patients arrive in our practice with the inability to share their inner light with others because they are ashamed of their smile. Naturally, I am sad because I realize that they aren't experiencing the ecstasy of sharing their beaming smile. I am joy-filled because instantly, I have a brilliant vision for the smile that our new patient has been hiding. As a cosmetic dentist, and an artist who relishes the creation of beauty, I have been honored to share in the creation of thousands of beautiful smiles. My expert team and I have cried tears of joy with our patients as the unveiling of their new smile occurs and their long-awaited dream of a healthy, engaging smile finally comes true.* We witness the "light" turn on again, often for the first time since the carefree days of our patients' childhood.

For whatever reason - a youth of poverty, bad luck, trauma, neglect, destructive habits or just poor genetic dental makeup, these soon-to-become-friends, are embarrassed to smile. They really don't know how. Somewhere over the years, they shut down their "light", only to believe it was gone forever. I am blessed to be a part of a profession which allows me to have the honor of creating beautiful smiles and often dramatically changing lives in the process. **Some would say, creating a smile for one changes the lives of countless others as well, through the simple act of their ability to share their smile with others.**

According to psychologist, Dr David Lewis, **"Seeing a smile (on others) creates what is termed a 'halo' effect, helping us to remember other happy events more vividly, feel more optimistic, more positive, more motivated."** And in the words of author Joseph Addison, **"What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but scattered among life's pathway, the good they do is inconceivable."**

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Donna M. Atkinson,  
Yorktown

*"I was so afraid the day I called to schedule my appointment. In fact, for over 20 years, I had avoided dental care in spite of my seriously deteriorating dental condition, constantly suffering from severe pain, infection and embarrassment. I was so fearful but I wanted to be presentable for my daughter's wedding. She is the most wonderful daughter a mother could want. I would do anything for her, so I did the hardest thing I had ever done. I read about how you helped others who were deathly afraid of dental care, like me. This experience with you and your team, Dr. Samaha has been amazing. You were immediately so kind and supportive in helping me make this life-transforming decision. Your Staff is remarkable, too - all of you were friendly, warm, hugging me, and praying for me.*

The stories and pictures on your website gave me the courage to come see you. **I couldn't believe what you did for others and after meeting you for the first time, I knew you could help me.**

My first appointment with you became a life-changing day for me.

*In less than 24 hours of my first visit at your office, you had taken care of my lifetime of disease and I was on my way to becoming whole again. Within three weeks I was ready to stand with my daughter on her wedding day with a bright and beautiful smile like the smile I once had on my own wedding day, 40 years ago! And I think my husband fell in love with me all over again! When my daughter and her husband left for their honeymoon, we felt like we were on our honeymoon again!*

My husband was amazed and very touched at how you were able to do what no one else could, mainly get me beyond my fear. And no one can believe you did it with no need for sedation or any drugs to calm me. I felt uplifted and supported from the first moment I walked into your office and the day you eliminated my dental disease was one of the greatest days of my life. I can never thank you enough, Dr Samaha."



Donna had forgotten how to smile before

Donna learning to smile again after



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**And smiling puts others at ease, so makes you more attractive and approachable. It has been said that bosses are 12% more likely to promote people who smile a lot!**

As motivational writer and speaker, Mac Anderson says, "A smile is the light on your face that lets someone know you're home."

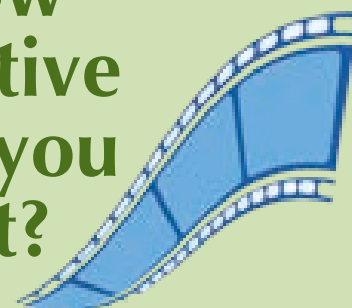
So, as speaker, author and consultant Dr Stephanie Houseman of Balance Beam Newsletter coaches, "Make it a goal to start your day with an optimistic mood full of positive energy. You can do it. All you need to do is smile. As the day progresses and the zingers come, have your moment if you must, and then bring your smile back. **Smiling will make you feel happier and your actions will then reflect this feeling.... Smile for yourself and then smile for others, Spread the cheer and people will be drawn to you.**"

**Yes, friends, with a smile on your face, good fortune will follow you wherever you go. Just try it and see! 86% of people are more apt to talk to a stranger if they are smiling!** And... smiling keeps you looking young by exercising your facial muscles and reducing lines and wrinkles in your face. It's like a facelift - but non-invasive and free!

Many of our patients have been blessed with natural, stunning smiles and their goal is to keep that smile its' healthiest. That is always our goal, too. Others have allowed us to walk with them on the journey towards their dream smile. **To our patients who have experienced the rewards of that journey, we want to say thanks again, from the bottom of our hearts, for allowing us to be a part of that transformation. Still others are in the process of committing to the transforming power of wearing a beautiful smile.** We are here to help and guide. I welcome you, your friends or family members to join me in a personal, "Complimentary Smile Consultation" by just giving us a call at 757-223-9270 before the month of May is over. Don't hesitate to see the exciting makeovers and read of the life-changing experiences of some of our patients by logging onto [www.PWDentalArts.com](http://www.PWDentalArts.com).

P.S. Sharing smiles often leads to romantic relationships and relationships often lead to kissing. Stay tuned for next month's newsletter to learn some secret dangers of kissing!

# How creative can you get?



## PWDA **VIDEO** CONTEST

PWDA wants to have some fun and test the video talents of our patients. Patients can record their own video endorsement of their experience with PWDA or we can help.

**The top winner will be featured on our website and will receive a \$1000 credit for dental care at PWDA.** Other selected videos will be featured on the website earning you a \$250 credit towards dental care.

Please email us at:

[SamahaDDS@PWDentalArts.com](mailto:SamahaDDS@PWDentalArts.com) with the subject "Video Contest", to let us know of your interest. We are looking for passion, sincerity, and creativity in this contest.

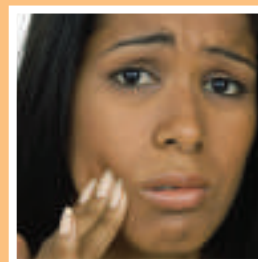
**Deadline for entries is July 1, 2009.**



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## Formula for determining how much sugar is in a beverage

1. On the label, find the grams of sugar
2. Determine how many servings there are per container

**Equation:** Grams of sugar (x) servings/container = total sugar (g)

Total sugar divided by 4 = total tsp. of sugar in drink!

And remember, juices, sports, and diet drinks are highly acidic, often causing more harm.

Some soft drinks have as many as 18 tsp. of sugar in them!

## Dr. S's advice: drink more water and less of everything else!

See our freshly designed website, full of valuable health information and dental care options to share with family and friends. [www.PWDentalArts.com](http://www.PWDentalArts.com)



# During these challenging economic times,

the telltale dental signs of stress are compounding. As a result, grinding, clenching and fracturing of teeth have been on the rise. And periodontal disease is at an all time high when stress is added into the mix, while an increase in tension headaches and migraines is also occurring.

We want you and your friends to know that we can help with all of these issues before they become debilitating. Give us a call for a complimentary consultation so we can tell you how we can help. **We have cared for hundreds of grinders, clenchers, tension headache and migraine patients with an ultra-conservative, (typically with no medication), FDA approved treatment option. Often, headaches are eliminated overnight.**

***Especially now, we encourage everyone to smile more than ever. Scientific evidence shows that simply by forcing oneself to smile, we will become happier and thus, healthier, as "feel good" endorphins are released within our bodies.***

**Remember this if you are out looking for a new job, or just looking for a new friendship:**

A recent national survey conducted by the ADA, Crest and Oral B found that the **smile outranks the eyes, hair and body as the single most attractive physical feature.** Studies also show that people with beautiful smiles look thinner, younger and more successful. **More than 85% of Americans believe that an unattractive smile affects a person's professional and social lives,** as people with attractive smiles also tend to have better jobs, higher incomes and greater self-esteem than those with less beautiful smiles. When we have a great smile, we simply smile more often, the best stress reliever ever!

**Again, If you know of an exceptional someone whom we can help with our Smile Makeover Contest, please have them fill out our application at [www.PWDentalArts.com](http://www.PWDentalArts.com), beginning June 1, 2009.**

**And no matter what, remember these wise words:**

*The very least you can do in your life is to figure out what you hope for. The most you can do is to live inside that hope. - Barbara Kingsolver*

*And all shall be well, and all shall be well. And all manner of things shall be well. - St Julian of Norwich*

*Keeping up appearances is not only an act of defiance, it is a declaration of hope. - Cheryl Lu-Lien Tan*

- Dr. S.

## Vitamin D - What's all the fuss?



The body itself makes vitamin D when it is exposed to the sun

**Cheese, butter, margarine, fortified milk, fish, and fortified cereals are food sources of vitamin D**



Vitamin D3 has received a lot of positive press lately. And for good reason. Scientific studies show that Vitamin D deficiency is linked to numerous health concerns including:

**Autism, autoimmune illnesses, cancer, chronic pain, depression, diabetes, heart disease, hyperparathyroidism, hypertension, influenza, neuromuscular disorders, muscle and joint pain and osteoporosis.**

**Severe deficiencies in Vitamin D3 can be seriously debilitating.**

If you are suffering from any of the above health issues, it is presumed you are under the care of a physician. It has been shown that Vitamin D deficiency is nearly rampant in our population, and according to the National Institutes of Health, season, geographic latitude, time of day, cloud cover, smog, clothing, and sunscreen affect ultraviolet ray exposure and vitamin D synthesis. A good portion of our skin must be exposed in order for Vit D to be absorbed from the sun, the only natural source. Ten to 15 minutes of sun exposure at least five times per week to the face, arms, hands or back might be minimally sufficient to provide adequate vitamin D. And the darker our skin, the greater our challenge in absorbing Vit D. People who live in an area with limited sun exposure may want to eat foods fortified with vitamin D such as milk, eggs, sardines and tuna fish.

Cholecalciferol appears to be the preferred oral form of Vit D and a minimum of 1000 IU per day is recommended by most. Some practitioners feel 2000 IU is more suitable. **No matter what, see your physician for his or her recommendations for you. Based on our research of Vit D deficiency at the Perio Arts Institute, I urge you to request the 25(OH)D test if you have not had one yet.**

### **So, how does Vitamin D3 deficiency relate to my dental health?**

There is another health concern with vitamin D deficiency. **Because a Vit D deficiency can contribute to periodontal disease, if you are diagnosed with periodontal disease, we might perform a Vit D screening test.** We can do this with a simple, in-office, FDA-approved finger nick test. If you are found deficient, we recommend that you do not wait to seek medical attention for the proper advice and treatment. It is important to be under the direct care of a physician when increasing your Vit D intake, as dangers of overdosing can be serious. - Dr. S.

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