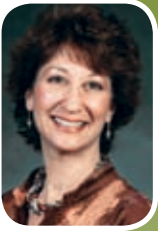


Dear PWDA Friends and Family,



We hope this newsletter finds you enjoying the lovely days of Spring as always. We are excited to share interesting information with you. Our newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. We hope you all learn a little more about your dental health, and how it relates to your total health and our commitment to providing our very best professional care.

At the heart of our philosophy is the desire to stay at the forefront of scientific research so that we are able to offer you leading-edge information and care. At no time in our history has the science of dentistry been changing at such an unbelievable pace, with new technologies and techniques being discovered almost daily.

If you've been in to see us recently, we hope you didn't miss all of the excitement regarding a variety of advanced dental education in which my team and I have been involved – everything from more advanced cosmetic, reconstructive, TMJ / headache treatment, as well as *Facelift Dentures*® and modern medical concepts of physiology and nutrition. Some of us have also completed a medical preceptorship in cardiovascular and diabetic health in order to better understand these diseases and to communicate with our patients' physicians. Truly, dentistry only gets more exciting, everyday!

Our promise to you is that we will remain as up-to-date as possible in this exciting and rapidly changing world of dentistry. You can always be assured of receiving our very best.

Every guest visit to our practice is a special occasion for us: we believe that everyone should have the great looking, healthy smile they truly deserve. Our team of caring professionals is all about serving you in a compassionate and effective manner ensuring that your experience is a rewarding one.

We'd also like to invite you to visit our web site www.PWDentalArts.com and BLOG at any time for further information on what's new in dentistry and our practice.

Always my warmest,

Dr. Lisa Marie and Team

It's A Short, Short Life...

As we welcome the warmer days of spring, I find myself, like many of you, wondering where time has gone. If you've been too busy to reflect on where you've been or where you are, you're missing the opportunity to triumph over habits that have held you hostage. Brian Cole, Certified Personal Trainer and owner of *Brian Cole and Associates* in Port Warwick, reminds us that "Some of our best works of art have come from those solo times of reflection. When our next direction is unclear, we have time to think."

Here is Brian's advice: "Start by reserving some quiet time for yourself. *Be Specific*. Try taking a daily walk with no cell phone. May sound strange, but it can be done. We have to reduce the chatter with others before we can slow the *chatter* in our own minds. Walk and relax. Calm our thinking.

"With a calm mind, identify and confront what we'd like to improve. We all have room for improvement. Physical improvement can have a positive impact on *blood pressure, heart disease, osteoporosis, cholesterol, diabetes, strength, energy, etc.* and that should be all the incentive we need. But, there is also a positive effect on our emotional well-being.

"Aside from physical improvements, we can also look inward. We live in the most desirable conditions. Yet, instead of appreciation, we hear ranting and anger. Relax a bit. Enjoy all we have. Just adopting that frame of mind has proven health benefits. It's a short, short life. Be nice. And take care of yourself so you can enjoy it even more."

Thanks for your insightful reflection, Brian. Now here's my addition: Don't forget that scientific research now tells us that good oral health is a basis for all health. So if you've been putting off dental care, call today to schedule an appointment. We look forward to seeing you soon, listening to your concerns and of course, sharing a smile with you!

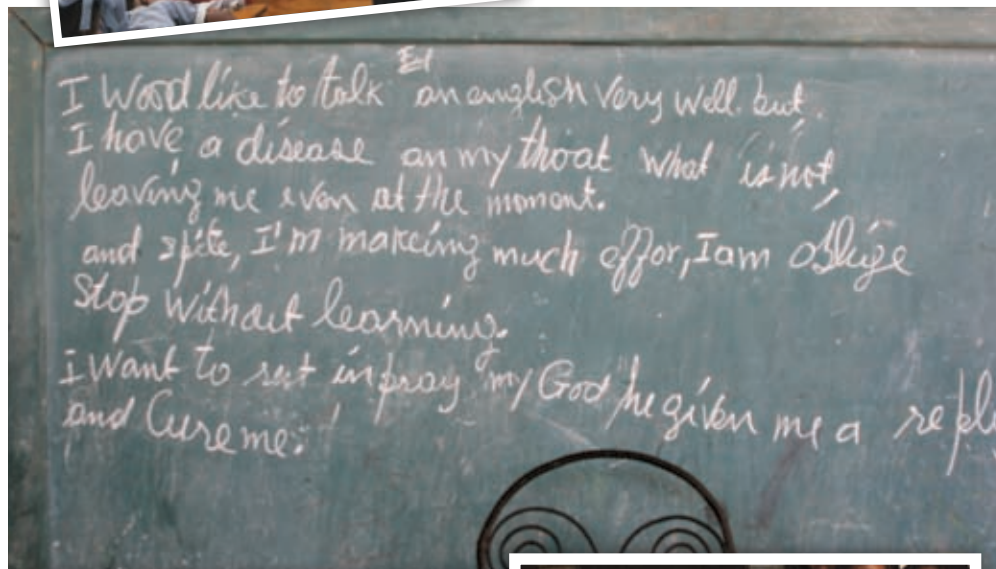


Jan and Dave Ledbetter - Williamsburg, VA

"Don't follow your dreams; chase them. " - Richard Dumb

PWDA Visits Haiti

We have all been touched deeply by the collective, universal sadness of the past year, beginning w the devastating earthquakes in Haiti and New Zealand, and most recently, the disastrous events in Japan. Our hearts reach out to all those affected, including the millions of loved ones here and abroad, who have been indirectly affected. Soon after Haiti's disaster hit, PWDA was given the opportunity to help out in the educational end, a subject so near and dear to our hearts. We sent 10 children to school for a year. These pictures tell the story better than we can.



"No man was ever honored for what he received. Honor has been the reward for what he gave."
- Calvin Coolidge



Dr. Lisa Marie Samaha - Winner of Two out of Three Top Awards at the Academy of Comprehensive Esthetics Dental Conference

Dr. Lisa Marie Samaha and her team recently attended the annual meeting of the Academy of Comprehensive Esthetics Dental Symposium in Bonita Springs, FL. The meeting brought together educators and respected leaders in the field of cosmetic and general dentistry. The event featured nationally recognized speakers who discussed leading-edge dental techniques, treatments and industry specific vendors that showcased the latest products and services.

While at the meeting, Dr. Samaha and her team were awarded two of the top three awards for their cosmetic and life changing patient care. First, they received the coveted People's Choice Award, selected by over 300 dental professionals. They were also awarded the overall First Place Gold Award for excellence.

The Academy of Comprehensive Esthetics® (ACE™) is a community of dedicated dental professionals whose goal is to provide excellent patient care through education, camaraderie, sharing of information & mentoring.



The Academy of Comprehensive Esthetics® (ACE™) strives to be the recognized leader in comprehensive esthetic dental education for dental professionals and the public.



(From left to right) Jackie Garlick, Leah Quillopo, Nancy Heath, Dr. Lisa Marie Samaha, Maria Luinetti



Nancy's Notes

Spring clean your smile

You've been brushing your teeth all your life, but are you doing it right? For example, did you know that it is better to floss first and then brush? Flossing is just as important as brushing and should be a daily event. And did you know that tooth picking with a round plastic toothpick (Rotopoints are our favorite) or rubber tip are also great options to flossing. You already know that you're supposed to brush at least twice a day, in the morning and before going to bed. But make sure you don't scrub with too much force. A light touch and a brush with soft bristles is perfect, as long as your technique is right. Make sure that you're remembering to insert the bristles between the edge of your gums and the neck of your teeth. Then gently vibrate back and forth. Don't scrub! Dry brushing is also a fantastic method to help keep gums massaged and healthy, as long as you're doing it correctly and not scrubbing your gums away! And if you're unsure if you're brushing too hard, take a look at your toothbrush - are the bristles flared out? Rather than applying so much pressure, try for careful technique and 2 minutes of time. Check your gums, too. Are they coming to a nice sharp peak between your teeth, as opposed to a rounded, bulky curve? Above all, if your gums bleed when you brush, floss or pick, you have periodontal (gum) disease! Get help NOW!

For more info, log onto www.PWDentalArts.com for our latest articles on Best Hygiene practices.

Electric tooth brushes, such as the *Rotadent*®, and water spraying devices like the *Hydrofloss*®, are great additions to your hygiene routine.

Be sure to use *CloSYS*™ toothpaste and rinse to wash away any plaque and lingering debris and create the sweet breath your friends and loved ones will appreciate.

Stay tuned for the virtues of Xylitol in our next issue....

Do you pass the "Kissability" test?

Our fun-loving Dr. Samaha charmed all of us this past Valentine's Day with our very own lip enhancements. (Wax lips, not Botox!)



Left to right front:
Nancy, Leah, Eliza
Left to right back: Monique, Abby,
Dr. Samaha, Lisette, Jackie, Maria



Cerec 3

Rapid restorations!

As many of you know, we have been using computer imaging to create beautiful, strong porcelain crowns in our office for over a decade. But just in case you didn't know, the *Cerec 3*™ computer restoration system allows us to restore strength and beauty to smiles by creating exceptionally accurate and natural-looking restorations in just one visit. For example, to replace a mercury filling or metal crown with a beautiful strong white porcelain filling or crown, the prepared tooth is scanned by a special digital camera the size of a magic marker and its precise image appears immediately on a computer monitor right in the treatment room. Our doctor personally designs your porcelain crown or filling while you watch. You can even view the progress of the *Cerec 3*™ machine as it mills an extremely accurate three-dimensional restoration from the scan. The precise restoration is then fitted and bonded to your prepared tooth ... all in less than an hour!



© CEREC

A beautiful, perfectly natural looking *Cerec 3*™ restoration is almost as strong and long-lasting as natural tooth enamel. Talk about an amazing technology for your amazing smile! Now we want to tell you about our new and even more sophisticated *Cadent iTero*™ Digital Impression System....

iTero™ allows us to do the same thing as *Cerec 3*™ only for bridges and reconstructions of the entire mouth when necessary. It ensures a precise, comfortable, and great looking result without time-consuming, unpleasant, tray-and-putty impressions. Not only that, the *iTero*™ System provides an accurate impression the first time around. Less precise traditional methods can cause distortions requiring retakes and delays of up to three or more weeks. For more info visit <http://www.cadentitero.com>.

With our great technology "duo", *Cerec 3*™ and *iTero*™, you spend less time in the chair, and more time smiling!

Is Your Smile Ready For The Camera?

Let your smile shine this summer ... with the KÖR™ Whitening System

In our hearts, we are always ready for the excitement and social events that warm weather brings. Let our team turn anticipation into dazzling results in time for that June wedding, prom or graduation by booking your spring smile update!

Scheduling ahead is a must if you want your smile to blossom in time for any planned occasion. As weddings, graduations, and other photo-filled events approach, you will want to call for an appointment as soon as possible. We want you to have time to enjoy the process – to consult with us to ensure that your terrific updated look is exactly what you want.

Be prepared and smile for the camera - with confidence! The KÖR™ Whitening System produces the deepest whitening with the least sensitivity and is considered to be the most reliable and effective bleaching system ever developed! Since we began using the KÖR System, we haven't looked back. We are always striving to stay at the forefront of technique and we are very proud to offer this system to our family of patients.

So, if you're too embarrassed to smile, have dark-stained teeth, or just simply want a whiter smile, the excellence of KÖR Whitening is just what you might need.

Other transformative techniques like *Six Month Smiles®* (quick orthodontics for adults), bonding, cosmetic veneers, implants, and even a gum lift can completely rebalance and enhance your smile.

Don't wait for the camera to find you – Call or click today for more Cosmetic options –after all you deserve a smile worth smiling about!

Don't wait for the camera to find you – Call or visit our web site today for more Cosmetic options –after all you deserve a smile worth smiling about!

office information

Port Warwick Dental Arts
Dr. Lisa Marie Samaha
251 Nat Turner Boulevard S
Newport News, VA 23606-2693



Office Hours

Mon-Thu 8:00 am – 5:00 pm
Friday 8:00 am – 1:00 pm

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Office Team

Nancy Registered Dental Hygienist
Lisette Office Manager
Eliza Patient Care Coordinator
Abby ... Marketing/Scheduling Coordinator
Monique Administrative Assistant
Renee Administrative Assistant
Maria Senior Clinical Assistant
Jackie, Leah Clinical Assistants

CareCredit®



Overdue?

Time for a call!

We schedule your preventive dental care visits based on what keeps your smile at its best. We hope to see you often enough to diagnose and treat any problems, and to take preventive action – usually once every three to six months. If you brush and floss regularly and don't have any tooth troubles, you may be tempted to bypass your appointments. Please don't! We want the opportunity to spot problems and provide treatment early when the need is more conservative and less costly for you. Only a dentist is trained to spot potential problems and provide treatment. Remember, periodontal disease is silent until its middle to late stages.

A regular checkup includes a screening for small problems that might become big ones, including signs of periodontal disease, decay, tooth infections, weak restorations, and oral cancer. We'll do a thorough cleaning, remove plaque, and answer questions. We will also update you on all the exciting new opportunities available in dentistry – always do!

If you are overdue for your preventative dental care, please call us... Regular appointments are a good long-term investment in your health and are less expensive, less invasive, and less time consuming for you!



New Patients

Welcome!

Our door is open

We pride ourselves on the high quality and warm, caring, attentive service we provide. There's no better sign that we are serving you well than the number of new patients who walk through our door. Referrals and word of mouth are our number-one source of new patients. When you refer your friends, family and coworkers to us, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer our very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES, because once we get you healthy, you typically just need maintenance visits with us.

So, not only do we accept new patients, we encourage them! There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.