

"Because of your smile, you make life more beautiful."

Thich Nhat Hanh



Produced to improve your dental and general health & awareness

Winter 2012

What's That You're Humming?

BiG WiDE GRiN



Dear PWDA family and friends,

I hope your New Year is already full of promise and all the courage necessary to transform your life into your most satisfying yet! I am

already working on success with my number one resolution each year for the past five - to SLEEP more! We are learning more and more in the scientific research, about how absolutely critical sleep is to life! Inside, you will find a bit more info on the value of sleep

and the challenges of snoring and sleep apnea and how we can help. If you go to our website, you will find a lot more information on sleep, to include my very comprehensive article on Sleep Hygiene. It is a must - read, if you or anyone you know, snores. Not only can quality of life suffer - life itself can be lost to sleep apnea, frequently associated with snoring. Our training in the field of Snoring and Sleep Apnea allows us to work closely with local sleep physicians to help patients who stop breathing while they sleep. Many cannot tolerate a CPAP machine, the commonly used but uncomfortable device for treating sleep apnea. Our sleek and conservative dental night guards are FDA approved for treating Sleep Apnea and may be prescribed for use. When indicated,

they can work wonders and even, SAVE LIVES! Please call for a FREE consultation (\$151 Value) if you would like more information on how we might help you or your loved one.

Appointments are limited, so CALL today.

On a lighter and very special "note", as you all may know, PWDA has been a dedicated sponsor of the Port Warwick Concert Series each year since its inception. Other than looking forward to great music, great wine, a little dancing and fellowship every Wednesday evening, spring through summer, I have learned that Hampton

Roads is filled to the brim with talented musicians. And I am seriously missing those Wednesday night concerts on the Square, which brings me to something I want to share with each of you. And THIS is something you definitely don't want to sleep through!

This past October, when I attended my very first local "house concert" (a growing national trend) I knew my life would never be the same! In the spirit of the musical arts, I invite you to join us for our first official "house concert" with a very special local band which has a well-deserved national reputation. The band is appropriately named BiG WiDE GRiN.

Now for a sneak preview of the special singers and songwriters who will share an evening with us:

Take a little California and gently mix in a dash of Virginia, and what do you get? An amazing, contemporary acoustic band named BiG WiDE GRiN! Their music is a richly textured, soulful blend of melody and lyric reminiscent of great vocal bands like The Mamas and The Papas, Peter Paul and Mary, Poco and Simon and Garfunkel. Their live performances are captivating and fun with band members Elaine Dempsey, Lawrence Lambert and Karl Werne switching up instruments on the fly, one moment a banjo, the next a guitar, bass, mandolin, strum stick, djembe! Their music draws from the diverse musical roots of folk, R & B and gospel, blended in a fresh and inspiring genre all their own.

I was totally overwhelmed with emotion upon first hearing BiG WiDE GRiN. Their music is truly their soul's longing to be heard and each of them touched me - intimately. Guaranteed - they will touch you, too!

It is not out of the ordinary for audiences to laugh, cry and dance at their concerts, and soon, you will have the opportunity to see BiG WiDE GRiN at Port Warwick Dental Arts. Be prepared to be moved by their powerful yet simple message: "We are meant to be joyous!"

Have an early Dinner and come for an intimate house concert, coffee, and dessert. Tickets are \$20.* Seating is Limited to the first 50 who reserve, so call soon.

* 100% of ticket and CD sales go to the musicians.

Save-the-date:

Sunday
Feb. 26th
2012
6-9pm

The February concert starts at 6:00 pm sharp, Sunday, February 26th, 2012. Plan to stay till 9. You will want to savor every single moment with this soul

stirring group of talented singers and song writers. Feel free to reserve a spot for a friend or two! Don't be late, and don't forget your own BiG WiDE GRiN!



You can be sure that dentistry at PWDA continues to move, shake and advance with technology and techniques meant to enhance the care we offer you. With hundreds and hundreds of hours devoted to taking and teaching advanced dental education every year, we feel confident we are always playing our best game for you. More exciting things to come throughout this New Year!

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

Sleep – As Critical To Life As Breath

Lisa Marie Samaha DDS.

“Sleep is a vital phenomenon, like food and water.”

~Joyce Walsleben, *A Woman's Guide to Sleep*, 2000

Starting every day with a good night's sleep is one of the most important things we can do for our overall well-being, along with a healthy diet and exercise. In turn, nothing increases the aging process more than sleep deprivation or decreases it more than restful sleep, and it is estimated that up to 70% of Americans are chronically sleep-deprived.

In the words of Sleep Physician, Dr. Frank Lipman, “We simply weren't built to just go, go, go. We were built to go, go, go and then rest, rest, rest.” Even when we do get enough sleep, quality is seriously lacking for most of us, particularly as we age. We tend to have a harder time falling asleep and more trouble staying asleep, and sleep disorders such as snoring and sleep apnea, (when one stops breathing while sleeping), significantly increase with age.

Here are the answers to some of the more common sleep disorder questions my patients ask me...

How Common Are Snoring And Sleep Apnea?

Over the age of 40, 60% of men have sleep apnea, and 40% of women have sleep apnea. However, according to a 2010 article in the scientific journal, *Sleep Breath*, once menopause begins, the prevalence and severity of sleep apnea in women rivals that in men. Alarmingly, 85% of those with sleep apnea are undiagnosed, according to



research published by Simmons, May 2010. And of those diagnosed, over 50% are not being treated for their life-threatening disorder.

What Causes Snoring and Sleep Apnea?

Snoring and sleep apnea are most commonly caused by the tongue falling back in the throat, causing vibration while partially or fully blocking the exchange of air in and out of the nose and mouth. When we sleep, the muscles in the back of the throat become softer and when relaxed, the tongue closes off the airway. Air cannot flow freely between the mouth, nose and lungs. In essence, we are suffocating on and off through the night.

Could My Health Be At Risk?

Sleep apnea is linked to many serious and often life-threatening degenerative disorders and accidents. They include: heart attack, stroke, diabetes, obesity and cancers. Sleep apnea also contributes to dementia and Alzheimer's disease, depression, mood swings, irritability, erectile dysfunction, low libido, chronic fatigue syndrome,

and fibromyalgia.

Further, according to Gale Skousen, MD, if you have sleep apnea, you are:

- 7 x more likely to have a motor vehicle accident
- 4 x as likely to have a heart attack
- 2-3 x more likely to have a stroke
- 2 x more likely to have diabetes
- 2 x as likely to die in your sleep

What Can I Do To Improve The Quality And Length Of My Sleep?

There are some lifestyle changes that you can implement to help you restore healthful sleep habits. Maintaining a consistent sleep schedule, exercising regularly, and creating a restful environment are basics, and with experience in the field, I can recommend many other simple and affordable strategies to improve the amount and quality of your rest. In addition, I have found that wearing a small comfortable oral appliance at night, has been a very effective solution for many of my patients who are snorers and sleep apnea sufferers. (Getting treatment for snoring always seems to improve the intimacy in a marriage, too!)

Can I Do A Self-Check For My Sleep Apnea Risk?

Go ahead – if you want to know your risk - go straight to the mirror and open wide! Look straight to the back of your throat. What do you see? Do you see anything beyond your tongue and the roof of your mouth? Or can you see your uvula – the little piece that hangs down in the back of your throat? Can you see any part of your throat? Your

tonsils? Are they enlarged? Does your tongue sit above the tops of your bottom teeth when you are open and relaxed? When you stick your tongue out, can you see scalloping (indentations) on the borders of your tongue?

Depending upon your answers to these questions, you might be at risk for sleep apnea, particularly if you snore, are

overweight and/or, over 50.

For more information, call the office for a complimentary screening for snoring and/or sleep apnea. Visit our website:

www.PWDentalArts.com to learn more and to receive our free, original and extensive report on sleep hygiene.



How **Kissable** Are You?

Gum disease could prevent your pucker!



Do you know what it takes to be certified kissable? Even if your smile looks healthy, there's a good chance you have gum disease lurking. Scientific research shows that up to 80 percent of the adult population has some level of periodontal disease – and only 10% know it. To top it off, gum disease is an infectious disease, which is easily spread within families and among friends.

Gum disease is a bacterial infection and the number one reason for tooth loss. The infection can destroy the gums as it erodes away the jaw bone, eventually causing pockets of pus and decaying tissue around the teeth. Sadly, this is a silent disease until its more advanced stages.

Periodontal disease is also believed to play a role in the development and presence of many life-threatening diseases in the body.

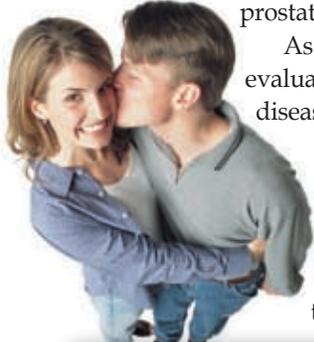
Therefore, controlling your dental health is critical to your overall health. The bacteria that cause gum disease can spread from your mouth to the rest of your body. Research has shown links between gum disease and diabetes, heart attack, stroke, lung and kidney disease, Alzheimer's, premature birth, as well as other complications during pregnancy and multiple forms of cancer to include breast, prostate, pancreatic, lung and kidney cancers.

As for prevention, it's important to get in early for proper evaluation, testing and treatment if you show any signs of gum disease such as bad breath or bleeding when you brush or floss.

Are you certified kissable? New patients are welcome to call for a periodontal screening so we can let you know.

We'll even extend a complimentary periodontal screening to any of your loved ones, including your children. **(Parents are typically the first to "infect" our infants with the bacteria that cause tooth decay and periodontal disease.)**

As with any infection, the sooner we eliminate the cause, the better.



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

Press Release

DR. LISA MARIE SAMAHA of Port Warwick Dental Arts - Winner of Two out of Three Top Awards at the Academy of Comprehensive Esthetics Dental Conference, Bonita Springs, Florida.

Dr. Lisa Marie Samaha and her team recently attended the annual meeting of the Academy of Comprehensive Esthetics Dental Symposium. 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 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**

If You've Tried Whitening And Been Disappointed, You Haven't Tried KÖR!

Excitement and anticipation for life's special occasions start long before the day arrives. And yet... if you're too embarrassed to smile because of dark, stained teeth, it's hard to show on the outside all the love and joy you're feeling on the inside. We can give you a brighter – even glamorous – smile just in time for those family portraits.

Whether you're tired of hiding your smile, or think it's time to add a little pizzazz, KÖR custom teeth-whitening is fast, simple, and will give you superior long-term results without the sensitivity created by other methods – and with WOW results!

Once we began using the KÖR® System here at Port Warwick Dental Arts, we've never considered using any other technique. In fact, we're immensely proud that we are one of a select number of practices in Virginia that are offering this unique system.

If you've only ever dreamed about a brighter, more youthful looking smile, we can help you make your wish come true. Stain-resistant KÖR whitening can last virtually for years – making it one of the best investments you'll ever make in your smile!

We sincerely encourage you to visit our Before and After Gallery online at www.PWDentalArts.com and see what you have to look forward to, or call for your consultation.

Make your smile reflect the joy of you!

These Benefits Of **Kör Whitening™** Can Be Yours!

- Beautiful, healthy and natural looking results
- Effective even on tetracycline stained teeth
- Low to no sensitivity
- No need to give up coffee, tea or red wine
- Long lasting results!

CALL **today** TO SCHEDULE A COMPLIMENTARY CONSULTATION
(A \$98 Savings) - and celebrate Life with the confidence you deserve!

Award, selected by over 300 dental professionals. They were also awarded the 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 educate, mentor, and share information to be the recognized leader in comprehensive esthetic dental education for dental professionals and the public.

Introducing Joyce

Hi, I am Joyce, Team Coordinator at PWD.A. I come from a large family of 8 kids. We didn't have a lot of material things but we were rich in the values taught to us by our parents. This has allowed me to have a large caring heart, so much that throughout my life I have always nurtured others, including taking care of foster children for several years, raising two beautiful step-children and currently I am the legal guardian to a great niece, whom I adore.

I have a variety of experience under my belt including many years in management positions, as well as several years in the dental profession, as a clinical assistant. I find my greatest passion is helping others and this is what led me to Dr. Samaha. When I found her, I realized that I had finally met someone who has the same kind of passion for helping

people. Her generous heart, along with her great expertise in the dental field, allow me to broaden my knowledge and be an integral part of a team which helps others achieve wonderful, and even life-changing results.

When you stop in to visit, you may see me behind the front desk. I will always offer you a warm welcome with a big smile because I know seeing a smile just brightens the day. Seeing yours will brighten mine, too! I look forward to seeing you soon!

Your Team Coordinator,

Joyce



Smiling PWD.A. Patients
Clockwise from top left:
Jane Callahan, Coco Pauley,
Mayor & Betty Puryear,
Chuck Frechette, Layla &
Waseem Shaheen, Arlena
Morant, Janna Possey
Matherly, Dave & Jan
Ledbetter, Catie Hankins,
Dick McGarahan and
Angela Crawford.

office information

Port Warwick Dental Arts

Dr. Lisa Marie Samaha
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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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Joyce..... Team Coordinator
Eliza..... Patient Care Advocate
Abby Patient Relations & Marketing
Renee..... Administrative Assistant
Maria Senior Clinical Assistant
Leah..... Laboratory Assistant
Laura Clinical Assistant

CareCredit®



*You, yourself, as much as anybody in the universe,
deserve your love and affection. - Buddha*

Elise Fee Blog Column Intro

NEW! Blog Spot

Like many of you, I enjoy the growing range of great blogs on the internet, in this issue of our newsletter, I would like you to meet my dear friend, Elise Fee, our featured blogger. Elise was a patient of mine until she relocated to Utah, where she lives at the inspiring foot of the majestic red mountains in St George. Elise went from the highest level of the corporate world, to the more understated yet highly impactful world of life mentoring, helping people achieve their best life. She assists clients in overcoming blocks, self-defeating behaviors and thinking, in re-igniting their dormant passions and interests, in cultivating self-love and self-esteem, in learning how to live peacefully and happily, and in realizing

their dreams. And she can even do it over the phone! Elise works with people from all backgrounds, belief systems and religions. She also works with clients individually, in small groups, via women's circles, and in large group class settings.

I consider Elise one of my dearest friends and I don't start my day without relishing every word in her blog, delivered to my inbox, effortlessly. Elise's words are inspiring and soulful, grounded and poetic. I know you will agree. I am encouraging each of you to sign up and receive her daily dose at <http://www.EliseOnLife.com>. (And if you'd like to talk to her about hypnosis or life mentoring services, you can contact her at: ekfee@yahoo.com or 435-669-8588.)