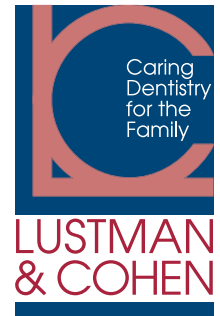


BRUSHUP

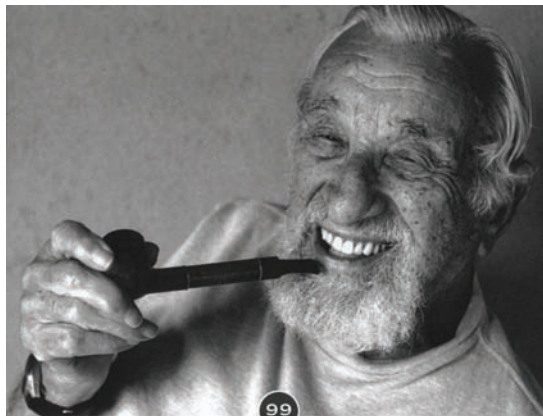
on Dental News and Facts



Drs. Mark Lustman & Harvey Cohen • Fall 2008

Celebrate Autumn with an Award-Winning Smile!

Our days of summer relaxation have morphed into a more structured schedule, as we celebrate autumn. We are actively engaged in school, work and taking care of our families. At the same time, with our busy schedules, it is important to take care of ourselves. After all, we are all getting older—every single day! It is more important than ever to tend to our health needs. Oral health can be a predictor of overall health and unhealthy teeth and gums can lead to unhealthy bodies.



BRAVO! To Our Patients

A special birthday wish to Bernard Jacobson (pictured) who celebrated his 99th birthday in September. He has been a patient of ours for over 15 years. Here's what he had to share with us:

"I'm very satisfied with my dentures and smile. Living in Savannah, GA, I have needed no adjustments, just a few office visits. Service at Drs. Lustman & Cohen's office is OUTSTANDING. All the staff are friendly, highly professional, and always accommodating."

"I just celebrated my 99th birthday and hope to be coming here for many more years!"

—Bernard Jacobson, Savannah, GA

"I have sent many new patients to your office and everyone has been pleased."

— T.H., Essex

"The staff is outstanding. . . professional, knowledgeable, caring and friendly. A true asset to the wonderful dental work by Drs. Lustman & Cohen."

— G.C., Baltimore

"After many years of living with broken and jagged front teeth. I decided to return to the beautiful smile I had in my early years. . . Drs. Lustman & Cohen and their associates fulfilled my wishes. What a transformation!"

— M.W.S., Parkville

Now is a great time to explore some of the many dental services we provide to help you achieve a healthy mouth, both in our office and in conjunction with our wonderful team of specialists. For example, periodontal treatment including laser technique for gum surgery with no stitches and less recovery time, thin porcelain veneers with minimal tooth reduction to enhance your smile and Invisalign to straighten your teeth invisibly.

As an incentive to maximize your oral health, we will be extending two fabulous offers through the month of November. September was "Healthy Aging Month" and October was "National Orthodontic Health Month."

- For our senior patients (62 and over) we will extend a **15% courtesy** on all dental work received through November 30th (this is not valid with dental insurance).

- As you may have heard, we are now offering Invisalign to our adult patients. This is an incredible technique (for those who are candidates) to straighten crowded teeth or close unwanted spaces. So, to help encourage you to get started now, we will offer **FREE** tooth whitening for any adult who starts Invisalign through November 30th.

As always, we are committed to caring, quality dentistry as we strive for **EXCEPTIONAL** care in all areas of our practice. Be sure to view our website at www.caringdental.com to see all of the services we offer, or if you have questions, give us a call to learn more. We are happy to chat with you!

Mark Lustman D.D.S. & Harvey Cohen D.D.S.

www.CaringDental.com



Brush Up

Drs. Lustman & Cohen
Caring Dentistry for the Family

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TWO Convenient Locations!

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621D Stemmers Run Road
Baltimore, MD 21221
(410) 574-9400

Cranbrook Medical Center
10402 Ridgland Road
Cockeysville, MD 21030
(410) 667-4222

Visit our updated smile gallery at www.caringdental.com!

To Your Good Health

Enjoy this delicious recipe compliments of patient Pat Matusky. If you have a recipe that promotes good health, please share it by fax, 410-574-3787 or 410-667-4494, mail, or stop by—we always love to see you!



Pumpkin Muffins

- 1/3 cup canola oil
- 1/3 cup applesauce
- 2 2/3 cup granulated Splenda
- 1 cup of Eggbeaters
- 16 ozs. unsweetened pumpkin
- 2/3 cup nonfat yogurt
- 1 2/3 cup whole wheat flour
- 1 cup white flour
- 2/3 cup wheat germ or flax seed
- 2 tsp. baking soda
- 1/2 tsp. baking powder
- 1 tsp cinnamon
- 1 tsp. ground cloves
(may add raisins)

Combine oil, applesauce, Splenda, Egg-beaters, pumpkin, yogurt and wheat germ, in large bowl, mix on medium till well blended. Add remainder of ingredients and mix just until flour is blended in. Fill muffin pans 3/4 full. Bake at 350° for 20-30 minutes. 24 muffins. 66 calories.

Healthy and Delicious!

Brush, Floss & Sip

The latest research by Italian scientists indicates that drinking wine can help prevent tooth decay, gum disease and sore throats.

Both red and white wines contain powerful germ-killing ingredients. Drinking a glass of wine regularly can act as an effective agent against disease-causing streptococci bacteria and upper respiratory tract infections, according to a study published in the American Journal of Agricultural and Food Chemistry.

Moderate consumption of red wine is already known to reduce the risk of heart disease, cancer and Alzheimer's. Recent studies also suggest that drinking a glass of red wine every day can have a positive effect on cholesterol levels and blood pressure.

Adapted from *Patterson Today*, Fall, 2008

Did You Know?



You can give the gift of a beautiful smile—we offer gift certificates for whitening!

Dental Insurance Alert!

Surprisingly, some of our patients with dental insurance lose hundreds or even thousands of dollars a year because they fail to use or maximize their insurance benefits before year's end (December 31st).

These are benefits you pay for and once they are gone, they are lost forever. **They don't roll over to the next year!**

So if you are due for an exam, cleaning or additional dentistry to be done, please give us a call to schedule an appointment before the end of the year.

Care to Share

As you know, we aim to please. We have lots of great "Care to Share" gifts, but we'd love to hear your ideas for others. To refresh your memory, when you refer a family member, friend, or colleague to our practice, you can choose a gift card from one of the following:

- \$25 Home Depot Gift Card, or
- \$25 Gas Card, or
- \$25 Target Gift Card, or
- \$25 of Brush Up Bucks

But, where else would you like to go for a treat? Call and let us know and we'll make it happen.

www.CaringDental.com