

# BRUSHUP

on Dental News and Facts

Caring  
Dentistry  
for the  
Family

LUSTMAN  
& COHEN

Drs. Mark Lustman & Harvey Cohen • Winter 2009

## New Year . . . New Happenings

It's a New Year. . .and we're here—at the Stem Ross Professional Center, that is. As you may be aware, we have consolidated our practice and are exclusively now at our Stemmers Run location, near Rossville Boulevard. By the time you receive this newsletter, the holiday season will be over and once again we will have made our personal resolutions: to make improvements in time management, household organization, healthy eating and physical fitness.

At the office of Drs. Lustman and Cohen, our New Year's resolutions include a renewed commitment to provide exceptional and affordable care to our family of patients. We know a good dental practice doesn't just happen. We have to constantly work hard to provide you with the finest state-of-the-art care you deserve. At Stemmers Run, we now offer:

- greater availability of our doctors,
- additional hygiene hours,
- and a larger variety of payment options,

further improving our personalized care to you.

In all that we offer, our goal is to help you achieve optimum dental health and a healthy, beautiful, strong smile. We offer implants, porcelain veneers, and other cosmetic procedures, in addition to general comprehensive dentistry, to increase your self-confidence and improve your quality of life.

To our patients who have made a New Year's resolution to improve their dental health as part of a new physical fitness program, we offer a terrific incentive to help you reach your goals.

Here's to a New Year, new smile, new you!



## New You Smile Offer

### FREE Cosmetic Consultation

With photos, impressions and a mock-up of your new smile.

\$350 Value • Call Now!

Expires 2/29/2009

An attractive smile has a dramatic positive effect on your self-image, self-esteem and self-confidence which in turn affects you personally, socially and professionally. Thanks to the growing field of cosmetic dentistry, you do not have to live with the smile you were born with; the smile you have dreamed of is available with our help. Give us a call if you have any questions about any of the cosmetic procedures that we offer, or if you would like more information about our smile makeovers.

### Our Patients Say It Best!

*"I decided to see another dentist closer to my home in Glen Burnie. During the initial visit the dentist called in the other doctor and hygienist to show them the 'quality work' Dr. Lustman had done. Needless to say I returned to Dr. Lustman & Cohen's office and will continue my dental visits there."*

— R.L., Glen Burnie

*"Thanks for all of your professional courtesy and kindness. I would not know what to do without all of you."*

— C.W., Baltimore

*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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Timonium, MD

## A Convenient Location!

Stem-Ross Professional Center  
621D Stemmers Run Road  
Baltimore, MD 21221  
(410) 574-9400

Visit our smile gallery at [www.caringdental.com](http://www.caringdental.com) with dramatic before & after makeover photos!

### To Your Good Health!

Quinoa is a white grain the size of mustard seed. It is an excellent source of iron, magnesium, phosphorus, potassium, zinc, copper, thiamin and riboflavin.

Easy cooking:  
1 part quinoa to 2 parts water.

#### Quinoa Pilaf

- 2 Tbsp vegetable oil
- 2 Tbsp slivered almonds
- 2 Tbsp cashew pieces
- 2 Tbsp pine nuts
- 1 onion, chopped
- 1/2 tsp cumin
- 4 cloves of garlic, minced
- 2-inch piece of fresh ginger, peeled & grated
- 1/2 cup raisins or currants
- salt to taste
- 1 Tbsp sunflower seeds for garnish

In a deep saucepan, saute almonds, cashews and pine nuts in oil until they begin to brown. Transfer to a bowl. In the same saucepan, saute onion, cumin, garlic and ginger until onion is soft. Add quinoa and nut mixture. Stir. Add water. Bring to a boil. Reduce heat. Simmer, covered, until water has evaporated. Remove from heat. Let stand for 10 minutes. Add raisins and mix well. Add salt to taste. Garnish with sunflower seeds.

*Delicious!*

*From the "Gatherings" Cookbook*

### February is National Children's Dental Health Month

Just a reminder to bring your child in by age three for their preliminary visit to see us—and to make sure we partner together with you to ensure that routine examination and daily oral care provide for your child's individual needs. If your child understands what happens at our office, visits can be positive experiences that encourage healthy habits for a lifetime.

**Hurry! Don't Delay  
Your Children's  
Dental Health!**

**Children (ages 6-12)  
20% Off  
Sealants &  
Take-Home  
Fluoride Solutions**

Call for details • Expires 2/29/2009

### Troubled by Dry Mouth?

Dry mouth, or more technically xerostomia, is a common problem among older adults. While certain diseases and therapies can cause your mouth to dry, often it is the medication you take that produces this uncomfortable and often damaging side effect. In fact, more than 400 medications are known to cause dry mouth, including those used to treat depression and high blood pressure.

It is very important that an adequate amount of saliva be present in your mouth. Besides just keeping the mouth lubricated, saliva helps food to digest, protects teeth from decay, and helps prevent infection by controlling bacteria in the mouth. Additionally, it makes it possible for you to chew and swallow as well as assisting in your ability to speak.

There are things that you can do to help ease the problem of dry mouth: take sips of water at meals or throughout the day, avoid caffeinated and alcoholic beverages, and chew some sugarless chewing gum to help stimulate the flow of saliva.

If you are troubled by dry mouth give us a call so we can help you with this condition.

#### Did You Know?

We've consolidated into one convenient location at our Stemmers Run office!  
Convenient to Essex, Rosedale & White Marsh

[www.CaringDental.com](http://www.CaringDental.com)