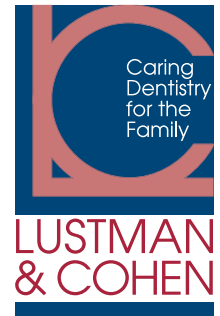


# BRUSHUP

on Dental News and Facts



Drs. Mark Lustman & Harvey Cohen • Spring 2008

## Time for a Spring Cleaning!



Our patients often comment about the enthusiasm that pervades the office, the upbeat laughter, the warmth and caring of our staff, and the passion that the doctors have for their work... We love hearing this, as we love the field of dentistry, and we are really excited about how much it has changed in our 33+ years of practicing. Gone should be the days of the "dreaded dental visit." The very best dental care is possible as a pain-free, and even pleasurable experience.

Springtime conjures up images of budding flowers and evokes the image of opening the windows and bringing in the fresh air. So while you're in the mood to do your annual spring cleaning, consider taking the time to schedule a dental appointment to brighten your smile too.

There are many reasons to visit us in addition to the satisfying feeling following a professional dental cleaning. Here are some of the other services we perform during your recare appointments:

- Review and update your medical history, blood pressure if necessary, and current medications to ensure there is no conflict with any proposed dental treatment
- Oral cancer examination
- Clinical examination and x-rays of your teeth and gums as necessary to help detect decay and/or periodontal (gum) disease
- Examination of your bite, facial muscles and jaw joints to check for TMJ
- Evaluation and discussion on concerns you may have on any aspect of your dental care including possible cosmetic enhancements

There are so many new services and technologies available and the dental materials are better than ever. We are constantly striving to learn more to determine which of these will have value for our patients. The doctors and staff recently attended courses on computer-assisted dental implants as well as Invisalign, which we hope to introduce in our offices in the next few months.

Our enthusiasm is sincere and it is backed by excellent care. We hope to see you in the office soon!

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

## FLOSSING: Oh So Many Options . . .

Most experts agree that flossing is the most effective method of removing plaque between teeth. But because there are many types of floss, you may need to experiment with the different types before finding the one that is appropriate for you.

• **Nylon or multifilament floss** is composed of many strands of nylon so it is prone to tear or shred especially between teeth with tight contact points.

• **Power flossers** are easier to use than manual flossers and proven to be as effective.

• **Unwaxed dental floss** provides more friction for cleaning and because the floss is thinner it tends to slip between the teeth more easily.

• **Waxed floss** tends to resist tearing and shredding better, especially when flossing through restorations or tight spaces between teeth.

• **Wider floss**, also called dental tape, may be preferred if you have a bridge or especially wide spaces between your teeth.



*Adapted from Colgate Patient Education.*

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



# Brush Up

Drs. Lustman & Cohen  
Caring Dentistry for the Family

Presorted  
Standard  
U.S. Postage  
PAID  
Permit #147  
Timonium, MD

## TWO Convenient Locations!

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

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

### To Your Good Health

Aptly named, this salad not only has nuts in it, but should appeal to all of you who are nuts about asparagus... which is now in season.



#### Nutty Asparagus Salad

- 1 lb. fresh asparagus, steamed for about 5 minutes until tender-crisp, and chilled
- 1/2 cup chopped walnuts
- 2 grapefruits, peeled and separated into sections
- 3 cups salad greens

#### Dressing

- 2 tbsp. olive oil or salad oil
- 2 tbsp. wine vinegar
- 2 tbsp. fresh lemon juice
- 1 1/2 tsp. brown sugar
- freshly ground black pepper to taste

1. Cut the cooked asparagus into 1-inch lengths. Place them in a salad bowl, and add the walnut, grapefruit sections and greens.
2. In a small bowl, combine the dressing ingredients. Add the dressing to the salad just before serving.

*Refreshingly Delicious!*

*(adapted from Jane Brody's "Good Food Book")*

### Care to Share?

To thank you for your referrals we offer the following selection of gifts.

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

**Call for Details!**

### Take 10 Years Off Your Smile!

When you think about aging, your teeth are probably low on the list. Yellow or chipped teeth can actually age you as much as wrinkles. Below is a list of best fixes for making over your teeth, from getting your whites whiter to straightening everything out.

**Patient #1: Yellow, stained teeth**

**Dental Rx: Light-activated bleaching**

An in-office whitening technique that breaks down stains using a photosensitive bleaching solution and high intensity light.

**Patient #2: Chips and jagged edges**

**Dental Rx: Cosmetic bonding**

Bonded filling material that is attached to your teeth to repair small chips, gaps, awkwardly shaped teeth.

**Patient #3: Damaged Teeth**

**Dental Rx: Veneers**

Fingernail-thin slivers of porcelain that are attached to the front surface of your teeth. It takes one hour to file off a thin layer of enamel and make an impression of each tooth.

Reprinted from *Health*, Jan/Feb. 2008

### Patient Testimonials

*"...thank you for making me feel unafraid after many bad dental experiences..."*

*— W. K., Baltimore*

## What's New?

- A warm welcome to Melanie Shea, our newest dental hygienist. Melanie graduated at the top of her class, loves meeting new people and prides herself on providing the very best care for each individual patient.
- We attended an Invisalign Certification Program in February. Watch for details in an upcoming issue of *BrushUp* on this virtually invisible way to straighten your teeth without braces.

### 10% Off

### The newest Oral B Triumph Electric Toothbrush

*Digital readout for time, as well as a sensor to control pressure on gums.*

Valid through April 30, 2008

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