

BRUSHUP

on Dental News and Facts

Caring
Dentistry
for the
Family

LUSTMAN
& COHEN

Drs. Mark Lustman & Harvey Cohen • FALL 2007

Feeling Fall Fortunate

It seems that once fall arrives, Thanksgiving and the holidays are not far behind! It is at this time that we want to extend our heartfelt appreciation to you, our family of patients. The relationships that we have built with you over the years are very special to us. We continue to value your loyalty and confidence, and appreciate your referrals of family and friends.

We believe we epitomize "caring dentistry," as we strive for excellence in all areas of our practice, while continuing to provide you with personal attention every step of the way. And so, on behalf of our wonderful team, we would like to once again say "thank you" and wish you and yours healthy smiles!



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

BIG News!

Big news from the American Heart Association: most patients who previously required antibiotic pre-medication prior to receiving dental care may no longer need those antibiotics. New evidence shows the risks outweigh the benefits for most patients. The updated recommendations say that only those who are at the greatest risk for complications from infective endocarditis, an infection of the heart's inner lining or heart valves, should receive preventive antibiotics before routine dental procedures. If you have been taking protective antibiotics in the past, please contact your physician for his/her current recommendation.

Too Busy?

If you think your schedule is too hectic to take time to visit the dentist for a cleaning and examination, consider the following:

In 2005, Pope Benedict XVI was approaching the end of the morning session of a synod of bishops at the Vatican, when Archbishop Nikola Eterovic made an announcement that the afternoon session was scheduled to begin at 4:30 PM, to which the Pope could be heard on closed circuit TV, "I have an appointment with the dentist at 4 PM." That is truly leading by example. You're never too busy to take the time to call and schedule your dental visit!

Dentists: The New Superdocs?



- Within 5 years your dental checkup may be a first line of defense against breast cancer. Four proteins in saliva, being studied at the University of Texas, may serve as early signs of the disease; rising levels could prompt an MRI or a mammogram.
- New software from European scientists uses dental x-rays to gauge osteoporosis risk. It's as accurate as bone-density tests in early trials and may be in dentists' offices within two years.
- Peppermint toothpaste packed with cocoa powder extract, developed at Tulane University, will be available in 2 to 4 years. The extract prevents tooth decay more effectively than fluoride, making teeth harder and less susceptible to plaque.

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www.CaringDental.com



Brush Up

Drs. Lustman & Cohen
Caring Dentistry for the Family

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(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!

Here's a different spin on
coleslaw—a big hit anytime!

Oriental Coleslaw

- 1 bag shredded coleslaw mix
- 1 cup slivered almonds
- 2 T sesame seeds
- 1 pkg. Ramen noodles
(break into small pieces)

Dressing

- 1/3 cup oil
- 3 T soy sauce
- 2 T white vinegar
- 2 T sugar

Seasoning package from
Ramen noodles

Put coleslaw mix, almonds, sesame seeds, and broken Ramen noodles into a bowl. Combine dressing ingredients separately and then toss through salad.
Delicious!



REMINDER!

Be sure to use your insurance benefits by the end of the year, or lose them. Call Now!

What's *Happening!*

• Dr. Lustman and Trish completed a continuing education course on new techniques for bonding tooth colored fillings at the annual Chesapeake Dental Conference of the Maryland State Dental Association.

• Our recently married hygienist, Kelly, brought an appreciation breakfast to Firaxis Games, a computer-game design company located in Hunt Valley.

Many of their employees are patients of ours and this was our way of saying thank you!

• Dr. Cohen recently participated in a continuing education course featuring the latest information on dental implants and smile cosmetics.

• Drs. Lustman and Cohen recently attended an all-day seminar on Lumineers, the ultra-thin cosmetic porcelain veneer, requiring little or no natural tooth reduction.

• In November, the entire team will be attending an update on infection control procedures at Franklin Square Hospital.

• Our offices will be closed for Thanksgiving from November 22 until November 28 as we are going to the Big Apple for the New York Dental Meeting! Also please make note that the week between Christmas and New Year's we will be spending quality time with our families and will not be in the office. Be assured that our offices are covered for any dental emergency.



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