



Towne Centre Family Dental And The SmileMakeover Studio

SMILE UPDATE

Fall 2004

Keep Your Secret

With Invisalign®

Until recently, the preferred method for straightening teeth was metal *train-track* braces. We are one of the first practices to offer *Invisalign*®, one of the most advanced components of adult cosmetics.

You can view your own virtual treatment plan

What is Invisalign? It's a proven method for straightening teeth using a series of custom-made, nearly undetectable aligners.

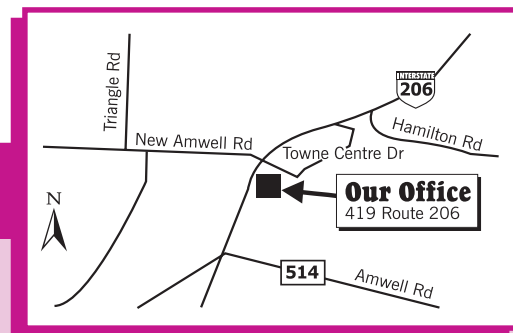
How does Invisalign work? Each aligner is precisely calibrated and manufactured to custom-fit over your teeth and gently move them through every stage of your treatment. There are no metal wires and brackets, and you can still enjoy your favorite foods, and

brush and floss easily.

Can I benefit? Adults account for nearly 25% of all orthodontic patients! The most common problems are crowded teeth, teeth spaced too far apart, protruding upper or lower teeth, and upper and lower front teeth that do not touch.

How do I get started? After consultation and deciding on a treatment plan, we take an impression of your teeth, and submit it to Invisalign. Using the latest 3-D computer technology, our instructions are translated into a series of medical-grade plastic aligners. You can view your own virtual treatment plan when you start, so you can see how great your straight teeth will look!

We know you'll be inspired to consider Invisalign! Please call us for a consultation.



Office Information

**FREE
Invisalign®
or Smile
Makeover
Consultation!**

Towne Centre Family Dental and The SmileMakeover Studio

Albert Internoscia, DMD, FAGD
Lauren Psillos, DMD
Dawn DiGrazia, DMD
419 Route 206
Hillsborough, NJ 08844-5094

Office Hours

Monday 8:30 am – 12:30 pm
Tue/Thu 8:30 am – 8:30 pm
Wed/Fri 8:30 am – 5:00 pm
Saturday 8:30 am – 2:00 pm

Call Today!

(908) 874-4555

Web site www.familydental.com

Our Services Include:

- ❖ Family & cosmetic dentistry
- ❖ Tooth whitening and veneers
- ❖ Implant surgery and implant crowns done here
- ❖ Tooth-colored & mercury-free fillings
- ❖ Drill-less dentistry
- ❖ Children of all ages welcome
- ❖ Relaxing & friendly environment
- ❖ TVs, videos, & music in treatment rooms
- ❖ Children's play area
- ❖ Visa, MasterCard, American Express, Discover and CareCredit welcome
- ❖ Wheelchair accessible

Dedicated To Your Dream Look

**Look around you!
Eye-catching smiles have
become the norm.**

New techniques, new technology, and dedicated dental professionals are behind every attractive, healthy smile you see. And a hectic schedule is no longer an excuse to procrastinate. With today's teeth-whitening techniques, you can have the look you've always dreamed of in only one or two visits. Even a subtle change can dramatically perk up a smile. For example, replacing older fillings with white composite materials, or with inlays or onlays, can make all the difference in how you look – and feel. Teeth whitening can gently and effectively remove the unsightly stains that can build up over time from tea, coffee, ageing, and medications. You can select the degree of brightening you'd like to achieve.

Ultra-thin porcelain veneers and bonding will also lighten your teeth and cover the most stubborn stains. But at the same time, they will also correct gaps, chips, crowding, and even the shape of your teeth. Veneers are very strong thin shells of porcelain that are permanently affixed to your natural teeth. Bonding uses a special tooth-colored material that adheres directly to your teeth. The results of both procedures look completely natural and can strengthen your natural tooth structure.

Are You A Whitening Quiz Wiz?

If you think that teeth whitening could be what you've been looking for, take the smile self-analysis quiz below. If you answer "yes" to any of these questions, we'd be happy to book a smile consultation for you.

- Would you like your smile to look ten years younger?
- Do you smoke?
- Do you drink hot coffee or hot tea?
- Do you drink ice coffee, ice tea, or colas?
- Do you have any stained teeth?
- Do you want to brighten the color of your teeth?
- Do you have any spaces between your teeth?
- Do your teeth have any white spots?
- Do you have any chips or cracks in your teeth?
- Do you have any crowded or crooked teeth?
- Do you want to change the shape of your teeth?

No Need to Procrastinate

Make procrastination a thing of the past! If you feel that a brighter smile may help you smile more, call and arrange a smile consultation.

What Is MI Dentistry?

We're all delighted by **Minimal Intervention Dentistry**, or preventive dentistry, and with good reason.

Prevention provides **long-term health and financial benefits**. And a great-looking well-cared-for smile is priceless!

Today's dentistry can **diagnose and treat problems sooner and less invasively**. Exciting new restorative materials and precision equipment mean more natural tooth enamel can be saved. Fluoride treatments provide **better health control and maintenance**.

Patient education and practical oral care guidance means that patients have better home hygiene routines than ever.

Taking preventive care of your teeth and gums should be habitual. This includes regular dental visits which will usually include **a cleaning, fluoride treatment, required radiographs, and a comprehensive dental and oral exam**. Be conscientious about regular oral care and dental visits to ensure your healthy smile!

Fat-Free – Sugar High!



How's this for irony? Switching to low-fat foods during the past twenty years may have contributed to North America's obesity epidemic, even though most people's fat intake is less than ever before! Low-fat processed foods lose the taste that fat provides. The most common substitute for fat? **Sugar!** Although sugar has only half the calories of fat, it takes *a lot* to replace the taste. More sugar means more calories!

Sugar is bad for teeth, and the longer it stays in the mouth, the greater the potential for damage. You probably know that it's better to eat sugary snacks and drinks quickly (and then brush and floss) than to linger over them, giving the sugar time to act.

The hidden sugar in modern processed foods is one more excellent reason to brush and floss regularly.

TMD Relief Temporomandibular Joint Disorder



Research has made a direct connection between the size and position of the jawbone and chronic conditions like earaches and the fatigue and pain associated with fibromyalgia and tension headaches. When headaches are the result of clenching or grinding of teeth or of the size, position, and movement of jaw muscles, **Temporomandibular Joint Disorder (TMD)** may be indicated.

Seventy percent of TMD sufferers complain of chronic headaches. Other symptoms include jaw and facial muscle

tenderness, limited jaw motion, and grating or clicking in the joint. If you suffer from these symptoms or any chronic discomfort from the ear, neck, head, or jaw, a dentist can determine if TMD is the culprit. If TMD is diagnosed, you can find comfort in knowing that *thousands* have been treated successfully, with much-welcomed relief!

The information included in this newsletter is not intended as dental advice.

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ND04-2

Zoom!™ Weekender
Whitening (reg \$399)

Free with
Invisalign®

OR

NOW
\$149

12 Months Interest
Free For Invisalign®
And Smile Makeovers

Details: Good for any cosmetic dental treatment over \$1,000. Not to be combined with any other discount.

Offer ends: December 31st, 2004.

“10 Point Healthy
Smile Examination”

now
\$49

New Patients Only!

Regularly \$161

Offer ends:
December 31st, 2004.

Includes:

1. Friendly, relaxed meeting with your dentist.
2. Special guest tour of the office.
3. Intra-oral camera exam (see your teeth on TV if you want).
4. Healthy teeth and gums check up.
5. Invisalign and smile makeover consultation.
6. TMJ and headache evaluation.
7. Oral cancer screening and cracked tooth prevention
8. Computerized x-rays (very safe).
9. Welcome kit with free gift and smile update newsletter.
10. No obligation recommended action plan.

For Hillsborough and Montgomery Area Residents

A Free Report Is Reserved For You –

Do You Feel You Need To Put Your Hand In Front Of Your Mouth When You Smile?

Dear Neighbor,

A few weeks ago, I sent you my Summer Smile Update Newsletter that contained information about a special report for Hillsborough and Montgomery area residents who are looking to have a more beautiful smile.

Perhaps you missed my letter, or haven't had time to read it. So I've sent you another in case you really do want to get some "inside" advice and tips about how your appearance does affect the impression you have on others and perhaps your own self-confidence. For this reason, I've had a special and I think, very informative report prepared that I'd like to send to you. The report is titled:

“The Little Known Secrets of How You Can Have A Whiter, Brighter More Beautiful Smile!”

You may not need dental services now, but I can assure you that this FREE report will be well worthwhile for you to read. To get a FREE copy of this report, **call Toll-Free 1-877-302-0055**, 24 hours, for a **FREE** recorded message and your free copy will be sent to you with no obligations whatsoever.

Thank you,



Albert Internoscia, DMD, FAGD

P.S. If you are interested in coming in right away for a low-cost “let's get acquainted **10 Point Healthy Smile Examination**” call Jen right away at **908-874-4555**.

P.P.S. Along with this report, I'll add my newly released booklets, **“How to Raise Cavity Free Kids!” & The Truth About Pain Free Dentistry!”**

All you need to do is to call Toll-Free 1-877-302-0055, 24 hours for a FREE recorded message.

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