



# Dr. Azita & Michael Mansouri's Dental News



Produced to improve your dental health and awareness

Winter 2010

from the dentists



## Holiday Greetings! And all the best!

The holiday season is here, and with it a chance for all of us to give all of you a heartfelt thanks for your loyalty and friendship during the past year.

As the New Year draws closer, many of us are inspired by our anticipation of everything a new beginning can offer. This is the time of year when each of us considers how we can make the coming year the best that it can be.

We intend to make this New Year our personal and professional best by continuing to provide you with leading-edge dental care in an atmosphere that is as warm, relaxed, and as welcoming as we can make it.

Our entire practice team hopes your holidays are happy, healthy, and filled with family and friends.

*Have a wonderful holiday.*

*Dr. Michael S. Mansouri*

*Dr. Azita A. Mansouri*

## New Office Project

### For optimal patient comfort and care

In our practice we're dedicated to providing you and your families with the very highest standard of dental and oral care utilizing the newest dental techniques and technologies. That commitment to your health and your beautiful smile also means ensuring that your experience in our office is as comfortable and relaxing as possible. To that end, we are working hard to finish a new office building at our Marietta location.

Although we have done our best to create a state-of-the-art dental facility in our current Marietta office, the fact is ... our building is 60 years old, and is beginning to show its age. Plus, as your families have grown over the years, so has our practice and we need more space to ensure we can maintain the quality and efficiency that you have become accustomed to.

Conveniently, our new office is being built directly behind our current location. This will allow us to keep providing your dental care, without interruption. Then we will be able to introduce you to our new, carefully designed facility, which will offer you dedicated care, new amenities and technologies, and the same family-oriented atmosphere.

Our new office should be ready in early May, so please feel free to drop by.



Lawrenceville Office



Our new Marietta office opening in May 2011!

To find out more visit us at [www.naturalsmile.biz](http://www.naturalsmile.biz)

## The Game's Afoot Go green & have fun!

Green gyms are in, and it's a growing movement. Traditional gyms use a lot of electricity, and increasingly providers are looking at how they can become more energy-efficient. In the meantime, consider working out on your gym's self-powered equipment instead of the energy-hogging ones.

Another way to reduce your eco footprint is by being more active outside in every season...

- |   |  |
|---|--|
| <input type="checkbox"/> Garden           | <input type="checkbox"/> Play tennis     |
| <input type="checkbox"/> Use a push mower | <input type="checkbox"/> Swim            |
| <input type="checkbox"/> Canoe or sail    | <input type="checkbox"/> Snowshoe or ski |
| <input type="checkbox"/> Walk             | <input type="checkbox"/> Run             |
| <input type="checkbox"/> Bike             | <input type="checkbox"/> Hike            |

And what about this? By participating in conservation activities like trail building, you can stay fit, connect with the environment, and help your community.



## Whitening & Veneers



## Fast Track – Fast Results ▶

There are some claims you can believe in

When an employer or prospective client has to make a choice and all else is equal, your appearance and grooming could make or break your chances. So it's only reasonable that you want to look your best. It's good to know that while many products promise more than they can deliver, you can count on cosmetic dentistry to give you long-lasting results you'll be proud of.

We'll be happy to talk to you about affordable non-surgical treatments like whitening, recontouring, bonding, and veneers that can literally transform

your smile, often within only one or two visits.

- **Whiten your smile** by as many as eight shades with safe reliable dentist-supervised teeth whitening.

- **Brighten your smile** with enamel-colored fillings to replace older metal and stained white fillings.

- **Re-shape teeth, close spaces between teeth, repair chips and fractures, and strengthen teeth** where enamel has been lost with bonding or beautiful translucent hand-crafted porcelain veneers.

Cosmetic dentistry means more

than camouflaging smile flaws. Sure, permanent **dental implants** that replace lost teeth will keep you looking good, but they also prevent tilting and shifting teeth that will both alter your bite and your ability to speak, eat, and chew. **Gum recontouring** can restore balance and symmetry to a too-gummy smile or uneven gumline that detracts from otherwise healthy beautiful teeth.

In the competitive world of business where opinions are formed in only seconds, we're proud that we can help you feel self-confident – and confident in us.

# Pregnancy Perio Risk

## Oral health could affect you & your baby

For some time, advanced gum disease, called *periodontitis*, has been linked to complications of pregnancy including premature birth, low birth-weight, toxemia, and gestational diabetes. Research has strengthened this association by showing that gestational diabetes appears in women with gum disease – even if they don't smoke or drink. Gestational diabetes usually disappears once the baby is born, but it places you at a greater risk of developing Type 2 diabetes later on.

So how to prevent gum disease? The best prevention is regular dental care and thorough daily brushing and flossing to remove the buildup of plaque, the natural biofilm that is always present in your mouth.

Pregnancy is a time of hormonal fluctuations that can alter the bacterial and acidic balance in your mouth and leave you a little more susceptible to gum disease. That's why, during your pregnancy, we may suggest more frequent follow-up than you're used to. Yet everyone at every age needs to maintain their oral health because gum disease has also been linked to cardiovascular diseases, osteoarthritis, kidney disease, cancers, respiratory diseases, and diabetes in the general population.

*No matter what your stage of life, don't wait until you see symptoms of inflammation including redness, puffiness, or bleeding gums. Even if you think you are problem-free, don't skip your recall visits.*

*We screen for gum disease at every visit ...because we like to see you smiling.*



## Easy On You

### Easy on your wallet

*Here are some budget-friendly ways to de-stress:*

**Picnic in the park.** Relax, dress casually, and don't worry about which fork to use. Take a simple pre-prepared meal with you.

**Dine at home.** Have a special family meal. Let everybody pitch in. It's fun to share the cooking (and cleaning!), and even little ones can help.

**Step back.** Back in the day, a leisurely car ride to the countryside or a long meandering walk through the neighborhood were simple and affordable ways to stay tuned to nature, community, and family.

**Create a home spa.** Alone, or with friends and family at your "spa," create a custom facial, manicure, and pedicure. Raiding your fridge and cupboards for natural spa ingredients just adds to the fun.

# Just Lose Five

Drop these now...

### Using tools on teeth

Ouch. Knives, forks, keys – our inventiveness is legend. You risk damaging teeth and gums! Carry dental floss instead.

### Using teeth as tools

Tearing food packets, prying off container lids and bottle caps, and chewing pens and pencils can lead to cuts, damaged jaw joints, or chipped and broken teeth.

### Using tobacco products

Smoking cigarettes and cigars, or chewing smokeless tobacco, can lead to oral cancer as well as gum disease, tooth loss, and unattractive staining.

### Indulging your sweet tooth

Too many sugary soft drinks, acidic power drinks, candies, and other sweet treats are well-known culprits.

### Avoiding routines

Don't skip brushing and flossing your teeth or your regular dental visits. Avoid costly dental bills instead by preventing tooth decay and gum disease with excellent home care. You'll also be keeping your breath fresh and your smile white and appealing.

# Straight Is Healthy!

## During and after Invisalign process

The fact is that when teeth are crooked or too close together, proper cleaning becomes difficult, leaving you prone to periodontal (gum) issues. Perhaps one of the greatest benefits of *Invisalign*® is that the trays are removable. When you can simply take out the appliance, you can better maintain your regular homecare habits ... unlike with traditional braces. Just remove, then floss, brush, and replace. It's easy. By thoroughly cleaning entire tooth surfaces, you can better prevent demineralization and decalcification, promote optimal gum health, and avoid white spots, which can be left on teeth after the removal of traditional braces.

Invisalign straightening can take about six months to a year ... and is comparable in price to traditional methods.

Winter  
Special! \*  
\$500 OFF  
Invisalign®  
Treatment! \*

You can have straighter teeth  
and a healthier smile.  
Dr. Mansouri would be happy  
to offer you a complimentary  
Invisalign consultation,  
so ask today!



### officeinformation

[www.naturalsmile.biz](http://www.naturalsmile.biz)

**Marietta Family Dental Care, P.C.**

**Dr. Michael S. Mansouri**

**Dr. Azita A. Mansouri**

4720 Lower Roswell Road  
Marietta, GA 30068

#### Office Hours

Mon-Thu 7:30 am – 6:30 pm

#### Contact Information

Office (770) 973-8222

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#### Office Staff

Tania Fuglewicz ..... Office Manager

**Lawrenceville Family Dental Care, P.C.**

**Dr. Michael S. Mansouri**

**Dr. Azita A. Mansouri**

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Lawrenceville, GA 30044

#### Office Hours

Mon-Thu 8:00 am – 5:00 pm

Friday 7:30 am – 3:30 pm

Saturday 9:00 am – 2:00 pm\*

\*By appointment only

#### Contact Information

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Email [naturalsmile@comcast.net](mailto:naturalsmile@comcast.net)

#### Office Staff

Karen Whiteley ..... Office Manager



The Clear Alternative to Braces

## No Insurance...? No Problem!

We understand that hard economic times and expensive insurance programs may keep you from visiting us regularly. **To help ensure you enjoy a lifetime of good oral and overall health we have designed the ultimate preventative care package made affordable for valued patients with no insurance.**

This package includes all of your routine preventative care, such as:

- Two Regular Cleaning Per Year
- Unlimited X-rays as needed
- Two Fluoride Treatments
- Two full mouth Antibacterial Irrigations
- Unlimited Routine Examination
- Unlimited Emergency & Limited Exams
- Unlimited Consultations & 2nd Opinions
- **Additional 30% discount on all other**

**services and much more**

This package is valued at more than \$1,200 per adult and is offered for less than half.

Contact the Office Manager of your local office for more details.

## Oral Health & Chemo

### Your optimal care

Being diagnosed with cancer is a life-altering moment. And although there is a lot on your mind, it is still necessary to maintain proper oral hygiene.

Taking good care of your mouth becomes even more important as chemotherapy treatments can cause a sore mouth, throat, and gums; plus issues like: oral ulcers, infection, dry mouth, burning, swelling and peeling of the tongue. So, you should see us at least two weeks prior to starting chemotherapy to reduce your risk of oral side effects and allow us to offer you valuable homecare tips. Then during your treatment schedule, keep us informed of any issues that develop and we can find a suitable solution. There's no point in suffering any more than you have to. We care and want to help.

We can't stop cancer from touching your lives, but we can be there for you and help reduce the risk of oral side effects from chemotherapy. Please come see us.