



# The Perfect Smile

WITH DRs. AZITA & MICHAEL MANSOURI

Produced to improve your dental health and awareness

Spring 2011

from the dentists

## We Welcome You... To Our Newly Built Marietta Office

### *To allow even more quality services*

In the years practicing in Lawrenceville and Marietta, we have always been dedicated to providing you with the very highest standard of dental care, utilizing the newest dental techniques and technologies. That commitment to your health and beautiful smile also means ensuring that the experiences in our offices are as comfortable and convenient as possible. To that end, we're excited to tell you about our brand new state-of-the-art facility, due to be open on May 9th, 2011!

Our new Marietta office will be among the most modern, prestigious, and technologically integrated dental facilities in our community. Please, feel free to stop by and we will gladly give you a tour. We are anxious to introduce you to all the comforts and technology that will make dental experiences as pleasant as possible. **We are now accepting new patients and, as always, the highest compliment you can give us is to refer your friends and family.**

Both Drs. Michael & Azita Mansouri are committed to stay ahead of ever changing techniques & procedures in Dentistry. In that effort Dr. Michael Mansouri has completed a vigorous training in Implant Dentistry offered by Medical College of Georgia in 2004. Dr. Michael Mansouri is also licensed to provide Oral Sedation for those fearful patients that like to be sedated while getting dental treatment. Both Doctors maintain an active membership with the following prestigious professional organizations:

- American Academy of Cosmetic Dentistry
- American Academy of Implant Dentistry
- American Dental Society of Anesthesiology
- American Academy of General Dentistry &
- American Dental Association

**We hope you will stop by our new Marietta office location – we look forward to greeting you!**



Dr. Michael S. Mansouri  
Dr. Azita A. Mansouri

**Our Marietta Office  
is almost complete  
and will be opening  
on May 9th!**

Custom  
Take-Home Professional  
Whitening Kit  
**ONLY \$69** With a completed  
exam and cleaning

Available to new and existing  
patients



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

# When You Lose You Win

What you need to know about belly fat

Trying to get rid of a swelling waistline? Go for it. Although it makes up less than 5% of total body fat, belly or visceral fat burrows around the heart, pancreas, and other organs. And it's different from other types of fat because it produces inflammatory compounds that can raise your risk for heart disease, diabetes, and some types of cancer, lung diseases, and dementia. Gum disease has been linked to inflammatory diseases too.

**And it's getting more complicated...**

Research suggests that oral bacteria may contribute directly to the development of obesity which is also inflammatory in nature.

**How's that?**

Your mouth contains billions of bacteria which if not removed by regular brushing and flossing will cause inflammation and infection.

Gum disease is also the most common cause of adult tooth loss and it has been estimated that most adults have it to some degree.

**How will you know?**

Initially you probably won't because gum disease appears silently. So keep your recall appointments. Some of the early warning signs are swollen and tender gums, bad breath, and gums that bleed when you floss.

**Is there any good news?**

Lots. You can halt and sometimes reverse gum disease with early diagnosis and treatment combined with daily brushing and flossing. And there's more. Consistent moderate exercise helps you lose deep abdominal fat – even when your scale doesn't show weight loss!



Many challenges? We have many ways to beautify a smile!



## Oral Cancer Bites

**Start early & win!**

Oral cancer victims are getting younger. Many of these young adults don't smoke, chew tobacco, drink, or have diabetes or HIV. Scientists suspect another culprit – the *human papilloma virus* (HPV). Most types of this virus are relatively harmless – they cause warts, for example. However, some transmittable forms have been linked to oral cancers.

Regardless of cause, visual monitoring is essential for early cancer detection at any age. Starting in your mid-teens, get into these preventive habits...

**A** Check your tongue, lips, cheek lining, and gums.

**B** Let us know about sores or ulcers that bleed easily or do not heal, white or red patches or lumps that don't go away, and lingering soreness.

**C** Share with us any difficulty you have with chewing, swallowing, or speaking.

Make self-screening your life's work. With early detection, most oral cancer can be cured.



# Reality Checks

## We can tell you why it is what it is!

We're happy to say that most dental problems can be treated successfully ... but we need you to keep your regular recall appointments so that we can help you maintain your oral health and your best smile.

Here's why. Our team is trained to detect oral clues that might point to future problems or even possible health issues in other parts of your body. At every recall appointment, we check you for:

- the beginning of cavities, including decay hidden under the gumline or under existing fillings;
- gum disease which can lead to tooth loss;
- bad breath which is usually caused from sources in the mouth;
- hairline fractures;
- impacted wisdom teeth;
- sensitive teeth which could indicate enamel erosion, a loose filling, or an infected inflamed nerve;
- changes in the size, shape, color, and feel of your tissues;
- early signs of lip cancer and tumors in your saliva glands, palate, and tongue;
- canker sores and injuries to the mouth caused by utensils and even by toothbrushes.

You see? Working together, we can help keep your mouth healthy and free from cavities, gum disease, and other disorders including oral cancer.

The bonus is that in addition to having clean teeth, pink firm gums, an uncoated tongue, and fresh-smelling breath, you can take advantage of many of the exciting cosmetic options available to you right now!



## LIKE NIGHT & DAY

### What a difference!

Some simple adjustments to your nightly routine can be a step forward in living a healthier lifestyle *and* reducing your carbon footprint.

- ◆ If you take really long showers, you could save more water and energy by soaking in the tub until you're clean, relaxed, and ready for bed. If you don't like baths, use a timer or energy-saver shower head.
- ◆ Floss, brush, and gently scrape your tongue to remove bacteria and improve your oral and overall health.
- ◆ A slightly cooler bedroom temperature can improve sleep, conserve energy, and save dollars, so lower your thermostat, open a window, or install an energy-efficient fan.

## Monkey See...

### Monkey do?

Female long-tailed macaque monkeys in Thailand have been observed teaching their young how to use strands of hair to clean between their teeth. If monkeys can floss, so can you!

If you're not flossing, you're missing about a third of your tooth surfaces. Even if you were fasting, you'd still need to brush and floss which is the only way to prevent the buildup of the naturally and constantly occurring bacterial plaque and tartar that can cause gum disease.

There's definitely a perfect technique for you. You might prefer waxed floss to unwaxed. Floss holders and threaders are handy. Wider floss and dental tape are excellent if you have gum recession and bone loss.

To hone your technique, don't go to the zoo ... come see us for a demo!

# Boost Your Confidence

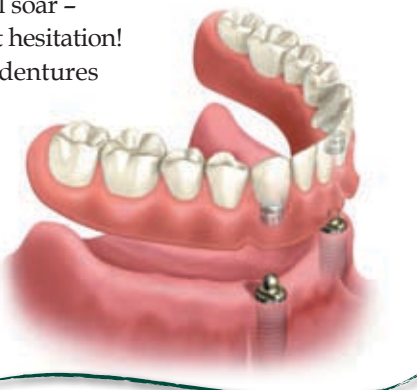
Ask us about implant-supported dentures

If you have ever needed dentures, you are probably well aware of the frustrating fact that there are few options available. But not anymore! Our office is happy to offer the security, comfort, and esthetics of *implant supported dentures*.

To properly explain implant-supported dentures, we should start with the implants. Implants are small anchors, usually made from titanium, that are surgically placed into existing jawbone to provide a stable base for a restoration. As time passes, these implants actually become fused to the bone giving a secure, stable base. After this healing has occurred, small posts will be attached to the implant anchor to hold the dentures. Once your gums have completely healed your dentures can be securely fastened to the implant posts.

Once your implant-retained dentures have been attached to the anchoring posts, you will be able to enjoy foods like steak or raw fruits and vegetables, things you would have avoided with conventional dentures. Plus, after you experience how immovable the appliance is, your confidence will soar – allowing you to speak, smile, and laugh, without hesitation!

If you are unhappy with how your current dentures are fitting, call us. We would be happy to provide you with a **FREE CONSULTATION** to see if you are a candidate for implant-retained dentures.



Free Consultation  
with Panoramic x-ray.

\$250 VALUE

## Ultimate Prevention Plan

To help reduce your time and your cost in our chair!

In an effort to help make your dental care even more comfortable, we have formulated the *Ultimate Preventive Care Package*. This package covers many procedures that are not included by most dental insurance providers. It is designed to help you avoid any major dental treatments by focusing on preventative measures to keep your smile healthy and strong.

### Our Ultimate Preventive Care Package includes:

- two cleanings per year,
- unlimited periodontal evaluations,
- full mouth anti-bacterial irrigations,
- unlimited initial, periodic, limited, and comprehensive dental examinations,
- one *ViziLite*® Advanced oral cancer screening (99% accurate) per year,
- unlimited x-rays, as needed,
- unlimited intraoral images,
- unlimited emergency exams,
- unlimited oral cancer screenings,
- unlimited free cosmetic or restorative consultations,
- unlimited free second opinions,
- oral hygiene instructions,
- nutrition and tobacco counseling,
- no co-pays,
- no insurance delays or wait times,
- no additional bills and payments,
- and an additional 30% off all other services.

This package is valued at more than \$1,200 per adult and is offered for less than half. We have a variety of coverage options available, whether it is just you, you and your spouse, you have children under 18, or if you require additional periodontal care.

It is our goal to help you achieve a healthy, beautiful smile. Contact the Office Manager of your local office for more details.

## office information

[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

Emergency (404) 390-4999

Email [mfamilydental@gmail.com](mailto:mfamilydental@gmail.com)

### Office Staff

Tania Fuglewicz ..... Office Manager

Lawrenceville Family Dental Care, P.C.

Dr. Michael S. Mansouri

Dr. Azita A. Mansouri

2401 Lawrenceville Highway, Suite A

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

Office (770) 962-1977

Emergency (404) 390-4999

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

### Office Staff

Karen Whiteley ..... Office Manager

## Comprehensive Services For All Ages

Yes, we do that!

Maintaining a beautiful, healthy smile requires proper homecare and regular dental visits from adults to younger children. So when you come to see us, we will do all that we can to keep your smile in tip-top shape.

To us, the key to oral health is prevention. The more dental issues we can help you avoid, the less time you will need to spend in the treatment chair. But, when problems arise or your smile goals change, we're expertly-trained to offer:

- dental implants,
- cosmetic services, including bonding, whitening, and veneers,
- oral sedation,
- *Invisalign*®,
- non-surgical periodontal therapy,

*We are dedicated to helping you maintain a beautiful, healthy smile. Please feel free to ask us for more information about any of our services.*