



*The joy of a beautiful smile...
let us create one for you!*

SHORELINE
DENTAL CARE LLC

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Winter/Spring 2010

fromthedentist

Recommendations... Are appreciated!

Your personal recommendations can directly influence the decisions made by family, friends, and acquaintances to a far greater degree than any advertising campaign. This is true in every aspect of life, from decisions on which restaurants to try, to which professionals to use ... including dentists. When you make an enthusiastic recommendation to family or friends, they will usually follow it. Our dental practice is living proof. The majority of new patients come from the recommendations of our patients, like you.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their recommendations.

Every recommendation and referral you give us is greatly appreciated and valued. Thank you.

*Yours in good dental health,
Dr. Joseph Tartagni*

turnthepage

What do you expect out of life?

Fruity fighters you want on your side!

Are you the *best* you can be?

Straight Teeth = Health

The added benefits of Invisalign

We seek the maximum benefits from *everything*. Look at cell phones. They're not just for calls anymore - they're for email, web surfing, and entertainment. Talk about multi-beneficial! Why should your orthodontic treatment be any different? You *can* have more than just straight teeth. With *Invisalign*®, not only can you improve aesthetics, but more importantly, occlusion (bite), periodontal health, and overall health.

When teeth are misaligned they can be difficult to clean. Gaps and crowding can exacerbate the buildup of bacteria, making the development of periodontal problems likely. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and a host of other systemic troubles. This illustrates the need for straighter teeth - not just for looks, but *for your health*.

You can even begin to reap the benefits *during* treatment, because with *Invisalign*, unlike braces that cannot be removed, aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal, and overall, health problems. You *can* better maintain effective oral care.



Once *Invisalign* treatment is complete, your bite will be correct, and chewing and possibly even speech improved. Realignment also relieves stress on the supporting bones and jaw joints, preventing future problems. And of course, your proud smile will be bright and beautiful.

**Improve your overall health.
Ask us about *Invisalign* today.**

Thank you for all your referrals. We appreciate them!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

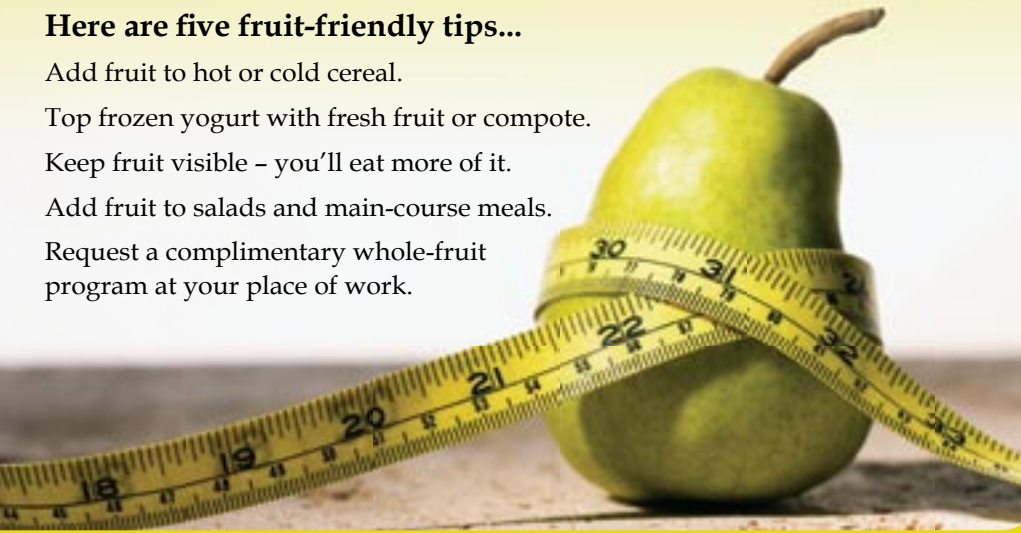
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

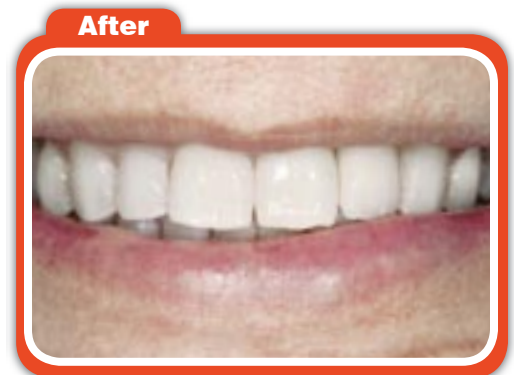
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



SIX MONTH SMILES™

Put your smile in the *fast lane*

If you have crooked, crowded teeth or gaps in your smile, we have terrific news for you. Today, new insight into the movement of teeth is revolutionizing orthodontic science. Beautiful smiles that once took years and dozens of appointments to accomplish can now be completed in months. Our office is proud to be on the leading edge of a recent advance in orthodontics, the *Six Month Smiles™* system.

That's right. By using the latest in technology and orthodontic techniques, you could have the smile that you've been dreaming of in just six months! And just in case you've been hesitating because you dislike the idea of a "train-track" smile, Dr. Tartagni is ahead of the curve on that one, too. This system uses inconspicuous clear brackets and thin tooth-colored wires, so your custom-fitted speed braces don't detract from your smile. No "metal-mouth". Just months to a gorgeous smile.

Using the Six Month Smiles technique, a steady, low force continuously moves teeth toward their optimum position, slowly and gently. With minimal discomfort, wearing braces that are barely noticeable, and with only 4-9 months to wait for your beautiful smile, no wonder this system has more people smiling every day.

Call us today to learn more about this breakthrough in adult orthodontics and put *your* perfect smile in the *fast lane*.



office information

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Optimum Oral Health!

Ask us about LANAP

Periodontal disease has been called the silent disease because it arrives unannounced and can worsen with little or no initial discomfort. But, we can help!

Our *PerioLase®* from Millennium Dental Technologies is the only laser designed especially for *Laser Assisted New Attachment Procedure Periodontal Therapy (LANAP™)*. It is a non-surgical alternative to traditional gum surgery. The laser fiber, which is only about as wide as a couple of human hairs, is inserted between the gum tissue and your tooth where it painlessly removes diseased tissue. This procedure takes less time than traditional surgery and gives better, longer-lasting results with less pain, swelling, and recovery time. In fact, the 24-hour recovery period means you may even avoid losing time from work!

Speak up about the silent disease.
Ask us about LANAP today!

Sedation Dentistry

Helping you to relax

Many patients who are anxious, fearful, and even phobic about dentistry have discovered that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health. We use oral sedation (pills), and since patients **can often** undergo treatment for longer **at one sitting**, multiple procedures **can be** completed in fewer visits. If required, the use of nitrous oxide (laughing gas) will enhance your relaxation.

How will you feel? Most patients feel that they have slept through the appointment. You may arrive at our office on your own on the day of your sedation appointment, but you must have someone take you home.

The only thing standing between you and getting the dental care you want may be a couple of tablets of medication. It couldn't be simpler.