



# Makarita

CREATING BEAUTIFUL SMILES

Spring 2010

## Smile Gallery by Dr. Makarita

Call today for a  
FREE smile  
consultation!

Cosmetic dentistry is the art and science of enhancing smiles. Procedures can range from the simple, like teeth whitening, to the complex, like a complete smile makeover that improves both appearance and function.

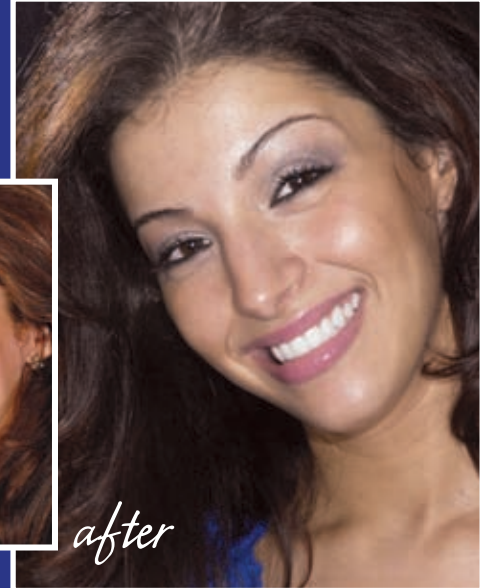
Let cosmetic dentistry help you to look good. We would be happy to explore your options with you. Results like these could be yours!

Yours in good dental health,

Dr. H.R. Makarita



before



after



before



after



before



after



Call us today for your complimentary smile evaluation!



# The Facts About ... TMD

Do you experience pain in your face, ears, below or in front of your ears, or headaches for which your medical doctor has not found a cause? Do your jaw joints, located in front of your ears, hurt when you chew or do they make clicking or crackling noises? If so, you may be suffering from Temporomandibular Disorder – often called TMD.

The temporomandibular joints – or TMJs – are located on both sides of the face in front of the ears, connecting the jawbone to the skull. They're the most complicated joints in the human body, and they allow us to open our mouths wide and move our jaws side to side.

Symptoms of TMD affect millions of North Americans and can appear with no apparent cause. They can also appear after a trauma, such as a traffic accident or a blow to the face. Teeth clenching, excessive gum chewing, a bad bite, nail biting, or cradling a phone between your shoulder and head can cause or exacerbate TMD. Stress and tension may awaken or aggravate an existing TMD condition.

However, stress alone does not cause this disorder if a patient enjoys good oral health.

To diagnose TMD, a thorough exam is essential. Let us help you determine if the cause of your discomfort is your jaw joint, and from there, if necessary, determine a treatment plan that will give you relief.



**The lower jaw (mandible) is attached to the skull by a joint on each side of the face called the temporomandibular joint (TMJ). Any number of problems can prevent the TMJ from functioning properly.**

## 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!



## Get Enough Sleep!

You've seen the headlines – sleep deprivation is taking its toll. And snoring is a key factor. There's one type of snoring in particular that is cause for alarm for the more than 30 million sufferers in North America alone: sleep apnea.

Researchers have found a link between sleep apnea and the danger of stroke ... and dentistry may help.

When someone has sleep apnea, their airway could collapse ... up to 500 times a night. Blood pressure can soar, damaging the inner walls of the carotid arteries. Cholesterol and calcium can stick to the injury sites and calcify into plaques that block blood flow to the brain. The result can be massive stroke.

If you think you or someone you love may suffer from sleep apnea, a physician can provide a diagnosis. Dentistry may help relieve symptoms... and greatly improve the quality of sleep!



## 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.



# Waterlase™ Millennium®

**We're proud to offer Biolase technology**

Dental researchers and scientists are constantly inventing new ways to make our dental practice more efficient and pain-free. Our practice has just acquired an amazing new invention called the Waterlase™ Millennium®.

**What does it do?** The Millennium uses Waterlase technology to perform a variety of dental procedures, including cavity preparation, caries (or decay) removal, tooth etching, and a wide range of soft tissue (gum) procedures.

**How does it work?** The Millennium system uses laser-energized water. It significantly improves your comfort in the dentist's chair, and causes no heat or vibration in your mouth, no drilling noises, or over-heating of your teeth. Remarkably, it also treats soft tissue gently and efficiently. The highly precise spray of air and laser-energized water particles, when directed at the tooth, rapidly remove enamel, dentin, and decay.

With the Millennium, most dental procedures can be performed with no pain, virtually eliminating the need for anesthesia in most cases. The laser is very precise, so we can leave behind as much healthy tooth structure as possible. The Millennium also performs numerous soft tissue (gum) procedures with little or no bleeding. Now you can have many procedures that previously required referral to a specialist performed at our office during your regularly scheduled appointment.

*Dr. Makarita is proud to be the first dentist in Oakton, Virginia to offer this new technology to all our patients. Please ask us about it at your next appointment!*



## office information

**H.R. Makarita, DDS, MAGD, FAACD**  
2936 Chain Bridge Road, Suite 200  
Oakton, VA 22124-3003

### Office Hours

Monday 8:00 am – 5:00 pm  
Tuesday 8:00 am – 5:00 pm  
Wednesday 8:00 am – 5:00 pm  
Thursday 8:00 am – 5:00 pm  
Friday 8:00 am – 2:00 pm \*

\* administration only

### Phone Numbers

Office (703) 255-1150  
Fax (703) 255-2733  
Emergency (877) 771-2511 \*  
Email info@fixasmile.com  
Web site www.fixasmile.com

\* answering service

### Office Staff

Janet ..... Patient Coordinator  
Barbara, Masooda... Chairside Assistants  
Danielle ..... Dental Hygienist  
Karen ..... Practice Administrator



## Welcome New Patients!

### Welcome referrals!

I hope you have enjoyed your visits to our office and are pleased with our care, treatment and commitment to your good oral health. I would like to take this opportunity to thank you for referring friends and other family members in the past. We really appreciate your vote of confidence!

We are currently welcoming new patients, so if you know of co-workers, friends, or family members who are looking for dental care, by all means give them our practice number.

Everyone on our staff is committed to providing quality care in a comfortable environment and we are happy to welcome new patients. We will ensure that they receive the same professional care you enjoy from our practice as well as access to the latest in advanced technology and research.

## Let DIAGNOdent™ Shine Prevent Problems

DIAGNOdent™ is a revolutionary dental laser tool that safely and effectively detects changes that might not be visible on a traditional x-ray, even below your tooth's surface.

When this light source is directed at your tooth, anything unusual about the tooth's surface – such as the start of a cavity – causes a different type of light to be bounced back to the instrument. This light is transferred into an acoustic signal which is evaluated by a control unit. DIAGNOdent allows us to quickly catch what could later become a problem.

We want to ensure that every tooth remains yours for life. DIAGNOdent will not only reduce your need for x-rays, it will catch problems before they even get started.

*We want to ensure that every tooth remains yours for life.*