



No Time Like the Present to Plan For Good Health

Before we know it, the New Year will be here! That's why now is the perfect time to reflect on what you've accomplished for your health throughout 2011, and make plans for your well-being in 2012.

In these times of uncertainty in so many areas of our lives, our dental health is something we can control! Start now to begin a year toward achieving the healthy smile you want, the one that you'll keep for a lifetime! You don't need a dental insurance plan to get this going. All you need is dedication to your own wellness and experts that will coach you while monitoring your progress. We see you through the bumps and beyond, getting you to the reality of a healthy smile, and a healthy you!

Our philosophy begins with a focus on a comprehensive assessment. This includes a thorough examination of your teeth, gums, jawbone, jaw joint and occlusion. Next, we provide an exam of the head and neck, and an oral cancer exam. We then conduct a review of your medications and your vitals (Blood Pressure/Pulse) along with a discussion of your aesthetic aspirations and concerns. We take all of these aspects into consideration and discover a way to bring them all into harmony with lasting results.

Are you the kind of person who runs in for a whitening treatment after being away for a long period, forgetting about the decay and broken teeth that existing further back in your smile, where it "doesn't show"? Without proper assessment, the whitening procedure can actually aggravate existing problem areas,

setting the stage for an unpleasant experience. So while whitening is great and certainly makes a difference in one's confidence, it's important to take care of first things first!

The foundation of your smile is key... it must be healthy! Everyone is unique, so your action plan will be unique. For some, the focus may be on improving the way the teeth occlude (come together) because this can often be the cause of periodontal (bone/gum foundation) concerns. For others, early periodontal disease (infection in the gums and underlying bone) will need to be addressed. Decay and broken down, old restorations also need to be addressed. For many, a healthy hygiene visit may be all they need. Whatever your scenario, a good start will put you well on your way toward achieving maximum oral health and overall wellness.

A quick fix may not always be the right answer. If your teeth are in good condition generally, although crooked, an instant cosmetic smile with crowns and veneers may not do you justice over the long haul. You may want to consider Invisalign®. Within a short period of time, wearing invisible aligners can help you achieve the perfect smile with your natural teeth! Less cost, and less overall lifetime maintenance! Consider it.

Learning good dental health at an early age is vital! A fun experience is only part of the whole picture. Learning about good homecare is what leads to a lifetime of healthy smiles! In our family practice, periodic dental health visits help record and track baselines. Homecare instructions provide the coaching you need to establish a good preventive routine. It's more than just a "cleaning".

Picture yourself this holiday and imagine the possibilities. Send us a photo of your smile or come in for a courtesy "smile evaluation". Comprehensive doesn't mean it'll take a long time! In reality, with the modern dental technologies we make available to you, your healthy smile can emerge sooner than you'd think, and some major changes can occur in the course of a single visit!

Happy Holidays from your friends at 11 Friends Lane, Suite 100! LL

Dr. Robert Lantzy is a comprehensive family dentist in Newtown, Bucks County. He and his caring staff of professionals provide a range of services in a state of the art facility where the focus is on individualized attention and lasting patient-doctor relationships. you may reach the office at (215) 860-5901 or by visiting www.buckscountydental.com.



Snap the tag to visit the website for Dr. Robert Lantzy directly from your phone!

