



WORD OF MOUTH

with Dr. Maja Martin

Produced to improve your dental health and awareness

Summer 2011

from the dentist



We are excited about our new name and new look, but please don't worry, EVERYTHING else is the same.

Our practice has grown by leaps and bounds in the last couple of years and is continuing to grow. Our new look is a reflection of our growth and commitment to being the most consumer friendly practice in Raleigh.

We would like to thank all of you for your continued trust and loyalty and for your contribution to our practice success. Thank you all so much for referring your family, friends and coworkers to us.

We will continue to provide a "wow" experience to every patient in our practice. To do this we ask for your help. Please let us know how we are doing and give us feedback on how we can improve our services.

Our growth has allowed us to add a few new faces to our dental team. We are very excited and proud to have such a great group of young professionals working with us. We hope you will get to meet our new members soon.

Please schedule your next appointment today and we will give you a reason to smile!

*Yours in good dental health,
Dr. Maja Martin*

Summer 2011 Myrtle Beach



For Dentistry As *Unique* As Your Special Smile. . .

Are you one of over 100 million American's without dental insurance? With our annual Quality Care Membership, you will no longer have to bear the burden of significant and unexpected dental expenses again! For a flat annual fee, you or your entire family will receive cleanings, exams, x-rays, discounted dental care with no yearly maximum, no deductible and no pre-existing exclusions. Please call the office today for more information or to schedule an appointment with our patient care coordinator.



Summer is filled with sunshine.

Make your smile bright and shiny too.

**Ask us about
our BRIGHT FOR
LIFE PROGRAM**

\$97!



Communication is important to us - don't be afraid to ask questions!



Say Yes To You

You'll smile more!

Though each of us inherits both good and not-so-good features from generations past, we are more than a patchwork of hand-me-down genes. We all have the power to learn to be happy with ourselves. Once that happens we can stop being self-conscious and enjoy being in the moment.

Positive self-esteem is more than just liking how you look. It's about feeling good emotionally, mentally, and physically. There is no question that your good oral health directly affects this perception.

We're very proud when we can contribute to your well-being. Sometimes it's by providing cosmetic treatments that work with what you've got to help you change what you can. Other times it's by providing quality care to achieve and maintain your healthiest smile. Make regular visits part of your self-esteem regime!

3 KISSES For You Keep it simple, savvy, easy & sassy!

According to *Cornell University* researchers, in addition to all your other daily choices, you make 200+ decisions a day - a minimum of 1,400 a week - just about what food and beverages to put in your mouth! And how about sorting through countless toothpastes, mouthrinses, and other oral care products on the market? We'd like to uncomplicate at least one part of your life. Here are three amazing smile sparklers. If you can't settle on only one, consider all three!

Teeth whitening picks up your smile power by removing even the most stubborn stains caused by tobacco, tea, coffee, wine ... or time.

White fillings made from long-lasting easy-care materials matched to your own enamel color will restore your smile to its original immaculate condition, so no one will guess you've ever had a cavity!

Veneers are thin individually sculpted concealers that are applied to the surface of your own enamel.

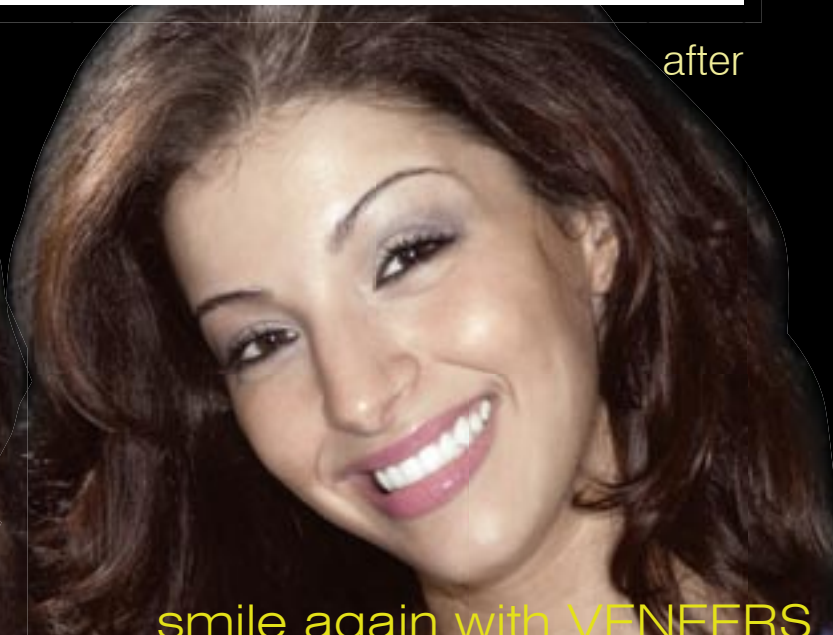
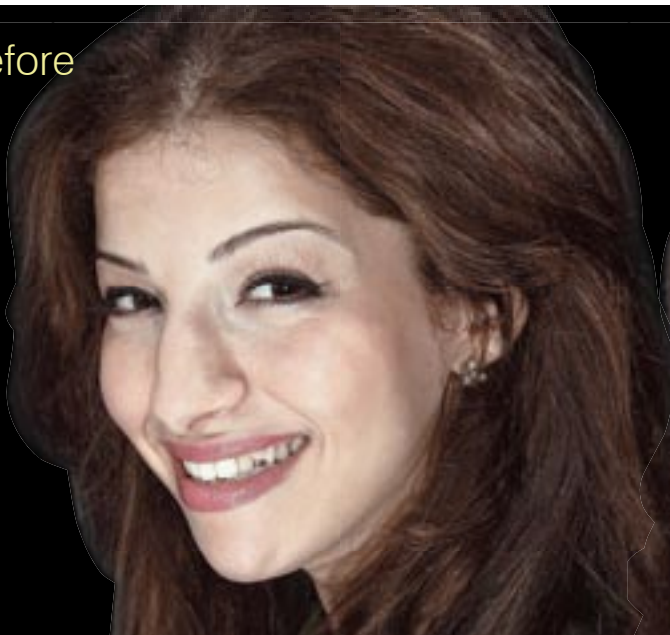
There's nothing superficial about the results though, thanks to sophisticated materials that are strong and require no special care. Veneers are an excellent choice to mask...

- chipped, cracked, or worn teeth
- unattractive gaps
- minor twists and overlaps
- even the darkest stains
- misshaped teeth.

Still can't decide? Keep it simple and give us a call. We'll work with you to help eliminate the guesswork!

before

after



smile again with VENEERS

Your Smile. YOUR WAY.

Planning the future of your smile

We follow the golden rule: we treat our patients the way we would like to be treated. It's important to us to provide you with real information, explain our recommendations, and give you time to absorb them. We understand that just as milestones like marriage, graduations, and retirement involve planning, ensuring your smile will last through your lifetime takes some forethought too. That's where we would like to help you.

For example, some restorative solutions are so beautiful that you may believe they are only cosmetic. Yet many metal-free restorations made of white composite, porcelain, cast glass, or resin that are matched to your enamel were actually created to save your smile, not just dress it up.

Consider...

When your tooth is too damaged for a simple filling, *inlays* (which fill the cavity) or *onlays* (which also covers it) can be an excellent solution.

A *crown* can be used to cap your entire tooth to provide improved shape and strength. One or more can also be attached to a *bridge* when several teeth are missing.

A crown can also be placed on top of a permanently implanted artificial root made of biocompatible metal. These *dental implants* can also be used to anchor a bridge or a denture for greater stability.

Still have questions about your best smile-saving options? We will always be happy to answer them for you. Call us today!



Crowns

Keep Up The Pace!

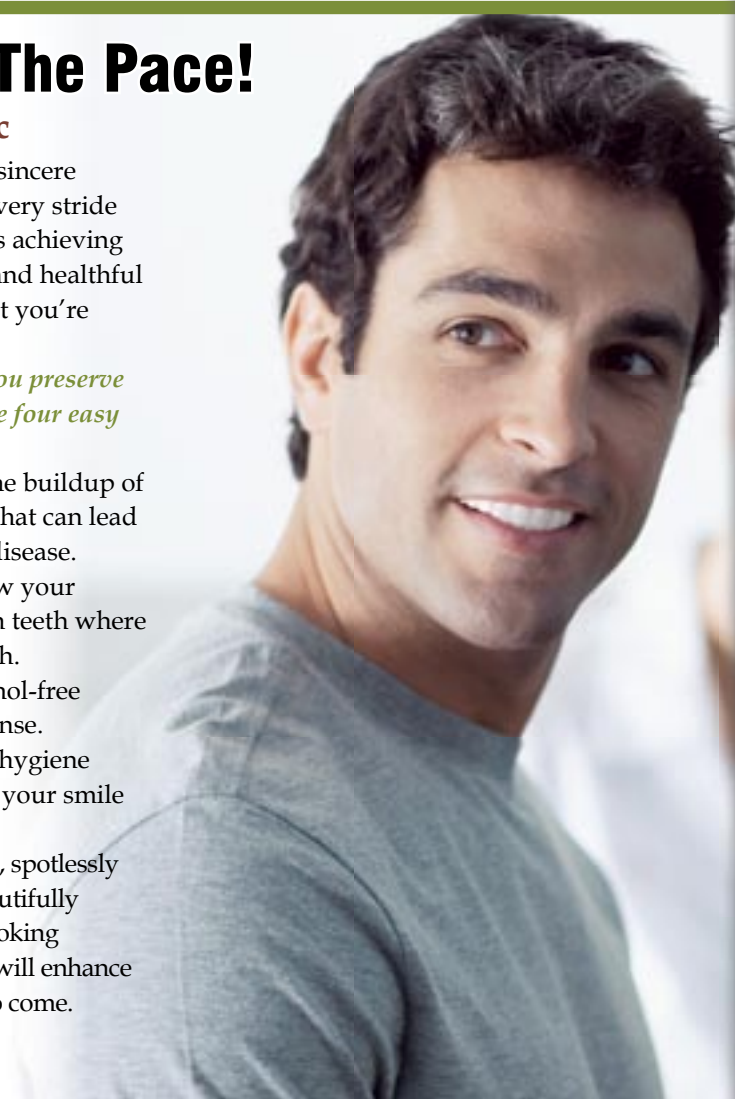
You look terrific

Please accept our sincere congratulations for every stride you've made towards achieving your most beautiful and healthful smile. We can see that you're pleased - it shows!

We'd like to see you preserve that sparkle! Here are four easy steps to success...

1. Brush to prevent the buildup of the bacterial biofilm that can lead to cavities and gum disease.
2. Floss to reach below your gumline and between teeth where your brush can't reach.
3. Rinse with an alcohol-free antibacterial mouthrinse.
4. Keep your regular hygiene visits so we can keep your smile clean and fresh.

Pink healthy gums, spotlessly clean enamel, and beautifully maintained natural-looking cosmetic restorations will enhance your smile for years to come.



It's Called WHAT?

Find out if you do it

Bruxism, the often unconscious habit of clenching and grinding your teeth, can run in families. Stress is the most frequent cause. Some children grind, but it is most common in 20-40 year olds. Three times as many women do it, yet it has also been linked with apnea - multiple cessation of breathing through the night - which is more common in men. Male or female, whatever your age, bruxism can damage your teeth and dental restorations and cause jaw and facial pain and headaches.

We can check you for...

- signs of bruxism
- problems with your bite
- the need for a custom nightguard or splint.

Your doctor can recommend...

- stress counseling
- exercise &/or physiotherapy
- medication.

You can try to...

- change sleep positions
- avoid alcohol and caffeine
- refrain from chewing on pens, pencils, gum, and fingernails.

Sweet Dreams Are On Their Way!

Anxiety-free dentistry is a safe and effective alternative for patients who are anxious or afraid, patients with a bad gag reflex or limited jaw opening, patients who have a hard time getting totally numb, need surgical treatment or extensive restorative treatment. Dr. Martin is pleased to offer to all patients' FREE laughing gas and oral medication to help you relax. Our options will help you tolerate your needed dental treatment while providing you with a positive experience. You will be relaxed and we will be able to deliver the quality care you deserve. Our wonderful staff will calm your fears and answer any questions that you may have.

office information

Dr. Maja V. Martin

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Office Hours

Monday 11:50 am – 6:30 pm
Tuesday 7:10 am – 3:30 pm
Wednesday 7:10 am – 3:30 pm
Thursday 7:10 am – 3:30 pm
Friday 7:10 am – 1:00 pm

One Friday per month.

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Dentistry From The Heart...



Raleigh clinic spends a day giving free work to anyone in need

As seen in the local issue of *The News & Observer* on May 20th our office was proud to join Dr. Chris Martin's office for the 2nd Annual Dentistry from the Heart event. With 6 dentists, 6 hygienists and 30 volunteers we were able to treat over 100 patients and their dental needs. We are very grateful for the opportunity to participate in this rewarding experience. We are happy to announce that our 3rd annual event will take place next May at Dr. Chris Martin's office.

Patient Spotlight On Jim



Like many patients, Jim was not comfortable with visiting the dentist. After having avoided the dentist for about seven years, he had pretty much given up on his teeth.

Then he came to our practice, and here's what he had to say:

"For a very long time, I had a severe problem with grinding my teeth, which led to a damaged smile and lost restorations. Then I came to see Dr. Martin. She restored my smile ... and strongly recommended a nightguard to prevent further damage. I am very satisfied with the dental work I have received from Dr. Martin. During each visit, I have been warmly welcomed, treated well, and had my comfort needs met. I would like to thank Dr. Martin and her team for not giving up, developing a comprehensive treatment plan, and for giving me a reason to smile again!"



Before



After