



## June 2014 Newsletter

### Dates to Remember

The office will be closed on July 4th and July 21st to July 25th.

### Upcoming Events

**Invisalign Special in June.** Receive **\$300 OFF** Invisalign with **FREE** Whitening. Call our office for details.

### Visit Us Online

Are you on Facebook or Twitter?  
[facebook.com/belairmddentist](https://www.facebook.com/belairmddentist)  
[twitter.com/dentistbelairmd](https://twitter.com/dentistbelairmd)

### Practice Hours:

Monday: 9AM-6PM  
Tuesday: 8AM-5PM  
Wednesday: 8AM-5PM  
Thursday: 8AM-3PM  
Friday: By Appointment



### *A Word from Dr. Mandras...*

This is an exciting time for our practice. We are making a lot of changes to better our patient care and efficiency around the office. By adding Dr. Kleinman, we will be referring out of the office less and less. He is able to complete some of the more difficult and challenging procedures in dentistry including sinus grafts, implant placement and soft tissue grafts. We will be using one implant system for all of our placements and restorations which will allow for continuity and predictability.

In early May, I had the pleasure of spending a week down in Key Biscayne at the Pankey Institute. This is where Dr. Taneyhill did a majority of his training after dental school and where he learned most of his skills

to treat our patients at a high level for over 20 years. Pankey is one of the world's most renowned continuing education sites for the most motivated and detail-oriented, quality dentists. I spent 50 hours learning how to evaluate TMJ, bite abnormalities, and the fabrication and adjustment of bite splints. It was a first class organization and I look forward to telling you more about it. My plan is to go through all of the courses that they have to offer in a timely manner so I can better serve our patients.

Keep an eye out on Facebook and in emails for our summer specials that we will be offering. Have a great start to the summer and we look forward to seeing you all around the office soon!

*Sincerely, Dr. Mandras*

### *Please Join Us in Welcoming Our New Team Members*



We are pleased to announce **Justin W. Kleinman, DMD** to our practice as Periodontist. Dr. Kleinman received his dental degree from the University of Pennsylvania in 1999 and then received his certificate in periodontics from the University of Maryland in 2002. He is Board Certified from the American Board of Periodontology and has published articles in the Journal of Endodontics and Clinical Advances in Periodontics. He is an active member of the American Academy of Periodontology and the founding member of the Progressive Dentist Study Club. Dr. Kleinman is also an Assistant Clinical Professor at the University of Maryland, School of Dentistry.

Dr. Kleinman is proficient in all areas of periodontics including periodontal regeneration, treatment of recession, advanced bone grafting, and dental implants. Dr. Kleinman strives to deliver the highest level of care to each and every patient with comfort and efficiency. He was voted by his peers as one of Baltimore's Top Periodontists in the June 2014 issue of Baltimore Magazine.

Our office would also like to introduce **Danielle Boardman**. Danielle is a Medix School graduate and has been working in the dental field as an assistant and receptionist for over 5 years. It is likely that she will be working all over the office including the front desk with Judy. Danielle and her husband have a young son named Landon.



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## Need An Appointment?

Download the free iPhone App Everseat and get the appointment you need when you need it. Favorite us by clicking the star icon. Everseat helps you find last minute open cleaning appointments that are convenient for you without having to call the office everyday. If you turn “need it” on, you will be alerted when we have an appointment open for you.

## Patients Are Saying...

*“Whether you are a new patient to Dr. Mandras or a Dr. Taneyhill “convert,” trust me when I tell you that you couldn’t ask for a more capable and compassionate man working on your smile.”*

*“Dr. Mandras has become my new dentist as Dr. Taneyhill has retired. At first I was apprehensive; however Dr. Mandras quickly increased my confidence. Today I had a crown. This was smoother and more relaxed than previous crowns. I commend Dr. Mandras and his staff for fantastic customer care and services.”*

## New Patient Referrals

Receive a Taneyhill & Mandras travel mug for your referrals during our **2014 New Patient Referral Program!**



## Hygienist Becky Talks Diabetes...

Diabetes affects 26 million people in the US, of which, 7 million are undiagnosed. Many people become aware of their disease through the diagnosis of dental related complications. Uncontrolled blood glucose levels promote the growth of infection in the gums, in turn, this infection produces the release of chemicals that increase insulin resistance and inhibit the control of blood sugars.

Listed below are common mouth complications from diabetes:

- **Gingivitis**-consisting of red, swollen gums that bleed easily. This condition is reversible with good plaque control, floss daily and have a dental cleaning and exam two times per year.
- **Periodontal disease**- receding gums, bad breath, loose or shifting teeth that could result in a change in the way your teeth fit together. People with this are twice as likely to suffer from coronary artery disease. Treatment may require deeper cleanings or teeth scalings, prescription rinses, antibiotics, and cleaning and exams four times per year.
- **Thrush**- an overgrowth of naturally occurring fungus that appears as white or red sore patches on the tongue, cheeks, gums or palate. It’s usually managed with prescriptions and thorough cleaning of mouth and appliances/dentures.
- **Dry mouth**- characterized by sores, painful mouth, rough tongue, cracked lips and difficulty swallowing, eating, chewing or talking. Salivary stimulation drugs are sometimes prescribed. The use of over the counter moisturizing rinses, gels and lozenges are helpful. It’s important to avoid alcohol, caffeine, and increase water consumption.
- **Burning mouth syndrome**- unknown cause, may be linked to nerve damage, hormonal fluctuations, and even poor diet. May experience dry mouth, bitter taste and painful areas of the tongue and gums. Treatment usually is similar to that of dry mouth with the avoidance of spicy and acidic foods.

Other complications include kidney disease, nerve damage, blurred vision and heart disease. 70% of diabetics have high blood pressure making them 2-4 times more likely to die from heart disease or experience stroke. Diabetes is now the leading cause of blindness in adults 20-74 years old. If you are a diabetic it is of the utmost importance that you are seen regularly by a dentist, as this disease can manifest itself intraorally and systemically very rapidly, and very destructively.

## Recipe from Judy: Strawberry Angel Food Trifle

### Ingredients:

- 1 angel food cake
- 24 oz. frozen strawberries with sugar, sliced and thawed
- 3 cups sugar-free vanilla pudding
- 16 oz. container of whipped topping
- Fresh strawberries for garnish

### Directions:

Tear or cut up angel food cake into bite size pieces. Begin layering cake, strawberry pudding and whipped cream into a large clear bowl. Continue layers until bowl is full. Slice a few strawberries to garnish. Refrigerate overnight or at least 4 hours before serving.

