

CENTER FOR
AG Complete Dentistry
of Hallandale Beach

Produced for the patients of the Center for Complete Dentistry

Winter 2014

*Season's
Greetings*

The upcoming festive season is about taking the time to reflect on what we're grateful for and to reconnect with the people who matter most to us. I'd like to extend my warmest thanks to all of you for your dedication to your healthy smiles – such a critical part of your overall health and well-being.

It's important to me that each of you know how much I appreciate your commitment and loyalty to my team and me. It's been such a pleasure serving you, and we are all grateful that you are a part of our practice.

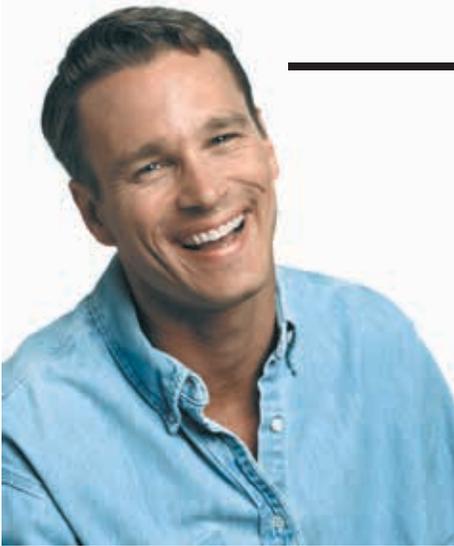
Enjoy your family time, and know that I am thankful to you for making this year a great one for our practice.

Yours in good dental health,

Dr. Garg & Associates



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!



Implants: *A New Smile*

Comfort and confidence again

Whether you're missing one or all of your teeth, there's now an exciting option that will help you smile with confidence again. Thousands of people are flashing smiles that have been beautified by implants, a fabulous tooth replacement technique that can be performed right here in our office.

Implants are made of special biomaterials that are surgically placed in the jawbone under your gumline. After a few months the implant becomes anchored to the surrounding bone. A natural-looking replacement tooth is then permanently attached to the implant to replace the form and function of a real tooth. Implants can be used to stabilize dentures and bridges, replace just one tooth or to rebuild an entire jaw of missing teeth.

The best part is that they look and feel just like natural teeth.

Dental implants are reliable. Patients have retained them for more than twenty years with a better than 90% success rate. Most patients can receive implant treatments right in our office. We will use a local or general anesthetic to ensure comfort during the procedure.

Dental implants have helped thousands of people to eat, smile and speak with renewed self-confidence. Patients who practice good oral home care and regular dental checkups can enjoy implants that last a lifetime. We can help you decide if a dental implant is right for you. The investment in your smile is well worthwhile.



office information

Center for Complete Dentistry

Dr. Arun Garg
Dr. Donald Lambert
Dr. Grace Lopez
Dr. Carissa Ramos
Dr. Dina Bobrova
Dr. Jimena Frost
Dr. Donald Fox

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Office Hours

Monday 7:30 am – 6:30 pm
Tuesday 7:30 am – 6:30 pm
Wednesday 7:30 am – 6:30 pm
Thursday 7:30 am – 6:30 pm
Friday 7:30 am – 6:30 pm
Saturday 8:30 am – 2:30 pm

Contact Information

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Office Staff

Carmen..... Office Manager



New Patients Welcome!

Our door is open

We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients – the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

Nibble On These!

Healthy holiday snacks

The holidays are a time that sugary treats appear in abundance. So to help your teeth survive, here are a few common holiday snacks to reach for... that are healthy and tasty.

■ **Nuts** – They're chock full of phosphate, magnesium, and calcium which help build strong teeth and bones. Grab a handful of peanuts, almonds, cashews, pecans, or walnuts.

■ **Cheese** – It's another great source of calcium which coats the teeth and protects them from cavities while regulating acid levels in the mouth. Try a cube of aged cheddar, Swiss, Monterey Jack, brie, or Gouda.

■ **Dark chocolate** – When consumed in moderation, chocolate with at least 80% cocoa can prevent plaque buildup.

No matter where the holidays take you, choose tooth-friendly snacks. Just reach past the sugar!