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Dr. Garcia General & Cosmetic Dentistry Newsletter

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Issue: #1 MAY/2008

Dear Valued Client,

Welcome to our monthly E-Newsletter! We are working hard to make your dental experience the best it can be, and one of the ways we will be doing this is to keep in better touch with you!

Look for monthly emails from us to keep you posted on new happenings in our office, interesting happenings in the dental world, and best tips for oral and whole body health.

Thank you, and we'll see you soon!



Dr. Garcia General & Cosmetic Dentistry

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 Baltimore, MD 21201

410.837.0304

Visit our website!

[Map it!](#)

Our Mission

To be truly modern, today's dentistry should meet all of its patients' expectations. It should offer the most personalized care possible, in an attractive and comfortable environment. It should be dedicated to its patient's dental health, offering all the latest dental techniques and procedures. It should use advanced technology to create a beautiful mouth and a perfect smile for each patient- while reducing any possibility of pain. It should accomplish all of this with friendliness, thoughtfulness and professionalism. At our practice, we strive to achieve the ideal in modern dentistry.

Our goal is to create a dental practice that is ideal for our patients, where each staff member is a highly-trained dental professional. A practice so agreeable that you feel cared for before you even sit in the chair overlooking downtown Baltimore. We are a practice that makes it possible for your dental dreams to come true, sculpting a smile that is second to none.

Sincerely,

Dr. Garcia General & Cosmetic Dentistry

Join Our List!

INLAYS/ONLAYS VS. COMPOSITES

Invite a Friend!



Brighten up with a new spring smile!

Our office offers 45 minute ZOOM! Chairside Whitening!

For more information, visit ZOOM!'s [website!](#)

Our Staff

Dr. Nicholas Garcia

Dr. Grace Yao

[Carrie](#), Office Manager

[Jill](#), Front Desk Manager

[Amy](#), Scheduling Coordinator

Terri & Janelle, Dental Assistants

Regan & Judith, Hygienists

What's the difference?

One of the most frequent questions we get in our office is, "What is the difference between an inlay (or onlay) and a composite filling?" It's a great question, and a very important one in a clinical sense.



Inlays, onlays, and composites are both in the "restorative" category, meaning they both fill teeth after decay or fractured filling is removed. However, a "composite filling" is a resin filling, and an "inlay" or "onlay" is a porcelain restoration. The size and placing of the porcelain restoration defines whether it will be an "inlay" or "onlay"; in other words, if the restoration is in the center of the tooth, it is called an "inlay", and if a cusp of a tooth is involved in the restoration, it is called an "onlay."

Composite fillings are a step up from the old metal fillings dentists used to use; they are white, which is more cosmetically pleasing, and the resin is poured into the tooth and "set" with a light. The composite filling is best used for small decay areas, as the nature of the material is not recommended for very large restorations.

Inlays and onlays are porcelain restorations created specifically to fit your tooth anatomy. Porcelain is the closest material dentists have found to be nearly as strong as your natural enamel, and after the procedure a tooth can actually bear up to 50 - 75% more chewing force. Porcelain is also highly esthetic, matching your natural tooth color and resisting staining.

After bonding with your tooth, an inlay or onlay is long lasting and actually strengthens a tooth's structure, unlike a composite filling which will weaken the tooth's structure after time. Our office can actually make the porcelain restoration in our office on the same visit with the use of [CAD/CAM technology](#), eliminating the need for a laboratory and two appointments.

In theory, a restoration that needs a porcelain inlay could be filled with a composite filling; however, the result is never as strong, never as anatomically comfortable, and may need to be replaced within the first several years.

We are dedicated to your oral health, and we are proud to offer same-day porcelain inlays and onlays for our patients' health and convenience!

Welcome to New Staff

Carrie & Amy join the team!

Dr. Garcia's office would like to offer a big "Welcome Back!" to Carrie Grochowski, our new, and returning, Office Manager, and a big WELCOME to our new Scheduling Coordinator, Amy Dixon!

Many of you may remember Carrie; she was Dr. G's Office Manager from 2003 - 2006. After a stint in the arts non-profit world, working for such reputable organizations as the Baltimore Symphony Orchestra and Young Audiences/Arts for Learning, Carrie is back in our office with renewed energy.

Carrie has a wonderful family, with a supportive husband, beautiful four-year old daughter, dog, cat, and tank full of fish. She also is a busy singer/songwriter, performing throughout the region as "[sahffi](#)."

Amy comes to Dr. Garcia's office with a background in Dental Assisting. "I was very interested in the administrative side of a dental practice," she explains, "and thought I would enjoy more interaction with the patients in this position."

Amy is doing a fantastic job settling into her new role, and we are excited to have her as part of our team.

Overdue for your cleaning? Call or [email](#) Amy now and introduce yourself!

We hope you enjoyed the first

issue of our newsletter! We look forward to seeing you soon!

Sincerely,

The Staff of Dr. Garcia General & Cosmetic Dentistry

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