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EMADENTAL.com



Complimentary consultations— National Prosthodontics Awareness Week

Here at EMA we are a multi-specialty practice which enables us to handle all of our patients' complex dental needs at the same location you receive your routine dental care.

What is a Prosthodontist?

A prosthodontist is the quarterback and leader of your team of dental experts. Prosthodontists are dental specialists with advanced training in all aspects of the replacement of missing teeth, including crowns, bridges, dental implants, dentures, full arch solutions and TMJ disorders. They diagnose, create treatment plans, coordinate with additional specialists, and execute your dental care to the highest standard. With advanced tooth replacement systems and materials, you can trust that you are receiving comprehensive care of the highest quality. Prosthodontics recognize that complex dental care is a marriage of science and art, which is why at EMA we have access to some of the best dental laboratories and technicians in the country.

Dr. Vincent Mariano and Dr. Alissa Mariano are both surgically trained and Board Certified. The pair work together to implement technology in digital implant planning and tooth design, into tried and true clinical expertise.

Dr. Catherine Cagino is a highly trained Maxillofacial Prosthodontist, one of few in the area, with additional advanced training in treating patients with defects of the head and neck region due to surgery, cancer, trauma or birth defects.

Our prosthodontists are here to help you achieve your best smile. Complimentary consultations are available with each of doctors throughout the month of April so come experience what advanced prosthodontic care can do for you!



Voted #1
Dental Practice
in the Valley



EMA Dental —
Awarded Best
Dental Practice in
East Longmeadow
2021



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General / Cosmetic / Specialty Care

Welcome Back!

Looking Forward to Getting Back on Track

We are ready to see you.

At EMA Dental, our innovative and collaborative team works diligently on your behalf for comfort and safety. As we reflect on the past year, from our closing in March to our cautious reopening in May, our COVID task force worked together to design and implement new office protocols to keep our staff and patients safe.

Due to our strict screening process and rigorous sanitation of the entire office, we are happy to report no incidence of dental office transmission. The status of COVID-19 pandemic changes daily and we continue to adhere to MA guidelines and carefully monitor new information as it becomes available. We are happy to report the majority of our staff are fully vaccinated. As we move forward, we welcome all our patients back to provide you with the continued exceptional care that you have become accustomed to!



Attention to Safety Protocols Proves Effective

"The fact that dentistry was named one of the most at-risk professions for infection, but has a far lower prevalence of infection compared to other health professions, is not coincidence. The profession has taken this issue extremely seriously, and it shows."
~ Marko Vujicic, PH.D and vice president of the ADA Health Policy.

For 35 years, we at EMA Dental have worked to create a safe and caring experience for our patients and staff. Dentistry, by its very nature, requires diligence and attention to specific health and safety protocols due to the close proximity between dental professionals and patients. We've always taken our responsibilities for a safe environment to heart. So much so that as the COVID-19 pandemic created unique challenges for general and emergency dental care, we implemented additional safety measures beyond state and federal recommendations. As conditions change, we'll continue to monitor and share information with health experts, including the CDC, WHO and OSHA.

Of particular interest, a study by the American Dental Association (ADA) in October 2020 found that COVID-19 infections among dentists throughout the United States were extremely low, less than 1%. "This means that what dentists are doing—heightened infection control

and increased attention to patient and dental team safety—is working," said Dr. Marcelo Araujo, PhD, CEO of the ADASRI, chief science officer of the ADA and section author of the report. "Understanding the risks associated with COVID-19 transmission in the dental setting is critical. Dentists are following ADA and U.S. Centers for Disease Control and Prevention guidance, and it's helping to keep the dental team and their patients as safe as possible." Safety precautions include disinfecting all equipment and surfaces, checking staff and patient temperatures, screening for COVID-19 exposure and encouraging distance between patients.

As we head into spring, with hopes of good news on the pandemic front. EMA Dental will be expanding our hours and adding staff to schedule those of you we have not seen for preventive hygiene care. Rest assured, each of us is dedicated to diligence and providing exceptional dental care in the safest, most supportive environment.



EMA Dental's Approach to Holistic Care

Brushing, flossing, eating a balanced diet, limiting sugary snacks, and scheduling regular checkups is a path to good dental health. However, at EMA Dental, we also see oral health as a window to overall care—understanding that some illnesses and diseases create dental issues and vice versa. Therefore, our approach to

lifetime care is a comprehensive plan of preventative care and dental solutions that focus on longterm wellness.

Conservative Dentistry – At EMA we adhere to research that preserving as much of a tooth's natural structure as possible after trauma or decay is better for overall oral health. This means conservative dentistry or providing minimally invasive treatments as early as possible to head off a surgical procedure or extraction. The benefits of conservative dental care include more comfortable treatments that in some cases may not even require local anesthesia; shorter recovery times because surrounding tissue damage is reduced; and the preservation of structural integrity for the tooth and jaw. The key, however, is catching oral issues early. Regular oral exams and teeth cleanings are important.

Amalgam replacements – Another preemptive consideration for overall health is replacing amalgam or "silver fillings" with mercury-free, resin-based materials. Sensitivity or allergies pertaining

to mercury may affect the health of pregnant or nursing women, or people with neurological or kidney disease. However, if your filling is in good condition and there is no decay beneath the filling, removal of your amalgam filling may not be necessary. We can keep an eye on your fillings and talk about the options, benefits, and risks of replacing dental restorative materials if and when the time is right.

Overall Health – In addition to care for your oral health, regular preventative exams provide opportunities to catch early signs of a bigger health issue, such as nutritional deficiencies or general infection. More serious links between dental issues like periodontitis and health problems—such as cardiovascular disease, stroke, and pneumonia—are also being studied. Alerting your physician and receiving treatment give you the advantage. We are happy to provide information and develop a personalized treatment plan that gives you the solution you need right now and preventative care vital to lifetime of health and confidence.



Snore guards prove very effective— EMA Obstructive Sleep Apnea Care (OSA)

OSA is a breathing disorder characterized by brief interruptions of breathing during sleep. Snoring is one of the classic signs of OSA.

Signs and symptoms:

- Nodding off during the day
- Tiredness and irritability during the day
- Brain fog
- Memory problems
- Impaired critical thinking

Excessive daytime tiredness due to Sleep Apnea can impacting your health, wellness and relationships.

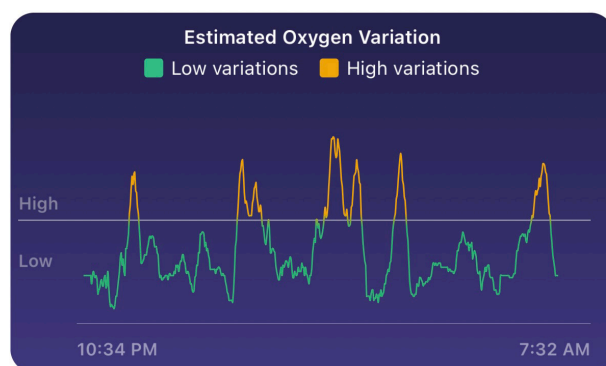
Treatments

1. CPAP machine (Positive pressure forced airway opening) Gold Standard
2. Dental nighttime appliance to move lower jaw and tongue forward to open airway
3. Upper airway surgery

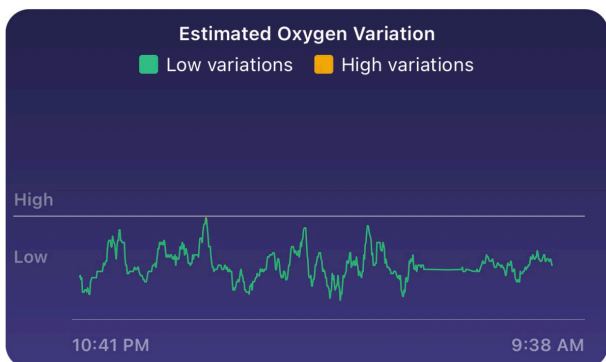
For patients who have had difficulty with accepting a CPAP solution, or do not want to go the surgical route a Dental Nighttime Appliance may be the answer! Ask your doctor today if you suspect you may be suffering from OSA. Together, we'll find the right solution for you.

Below are actual EMA OSA patient results wearing a Fitbit Wrist Health Monitor showing sleeping Oxygen variation without Dental Nighttime Appliance and with Nighttime Appliance

Without
Nighttime
Appliance



With
Nighttime
Appliance



Oral health— The gateway to overall health

Regularly scheduled dental exams and cleanings are essential for healthy teeth and gums. However, over the last year preventative appointments were delayed due to state shutdowns and COVID-19 precautions. As we return to scheduling these appointments, it is important to let us know about any unusual observations or pain, as these could indicate problems that need to be addressed sooner rather than later. Here are four concerns we want to hear about right away.



1. Swollen, puffy or bleeding gums – Unhealthy looking or bleeding gum tissue may indicate conditions such as gingivitis or periodontal disease. Plaque build up is a key contributor to these problems and needs to be treated for the overall health of your teeth and gums tissue.

2. Bad Breath – Halitosis can be a telling sign of dental or overall health issues. If you notice that even after you brush, you still have bad breath, this could be an indication of tooth decay, gingivitis, salivary gland problems or even a sinus infection.

3. Toothaches – Pain should not be ignored. Whether caused by a broken tooth or filling, grinding, biting something hard by mistake, hot or cold sensitivity, or something that comes on spontaneously.

“At EMA Dental, we are here to provide a lifetime of dental care, and support you with exceptional service.”

4. Swelling in your face or jaw – A damaged tooth, untreated tooth decay or gum disease can cause bacteria to build up and create an abscess. An abscessed tooth can cause red, hot, swollen gum tissue and throbbing pain, especially when you chew. Call our office if pain lasts more than two days or if you experience difficulty breathing, swallowing or develop swelling or a fever.

New digital technology— Impressions made easier

Going digital means that you are able to skip conventional impressions and instead have an intraoral scan taken. By digitizing our workflow, we are able to save you time in the dental office and increase efficiency. EMA patients will love our award-winning 3D digital scanner because it is easy, more comfortable, and engaging. Our new 3 Shape Trios 5 is the newest, most relevant digital scanner on the market that offers a wide variety of stunning new features. The scans will enable your doctor to detect issues, monitor changes, or track your treatment progression. Digital scanning varies and is determined by an individual's needs. Talk to your doctor today to see if our scanning technology is right for you! You may just find you're a fan of the scan! At EMA, we are continuing the tradition of state-of-the-art care for you, our patients.



Welcome

Please help us welcome our two newest EMA team members: **Bethany** (above) Dental Assistant to Dr. Cohen and **Jessica** (below) Dental Assistant to Dr. Worsey. Your skills and talents will be a great addition to our practice!

