

# SNYDER *Smiles*



**BETH**  
*Snyder*

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BethSnyderDMD.com

Keeping  
You Healthy –  
Affordably

An *Incredible*  
Smile

**SNORING.**  
The  
Not-So-Silent  
Killer.

New Dental  
Restorations?  
Just Say No!

Relieving  
TMJ Pain with  
a Smile

**FREE**  
Smile  
Consultation!



*Thank You for my new  
beautiful smile, Dr. Snyder!  
Danielle Carroll*



# Skilled. Passionate. Dedicated. Dr. Beth L. Snyder



Every patient featured in this magazine is an actual patient of Dr. Beth Snyder.

I love practicing dentistry – I enjoy getting to know my patients and making them happy. I love it when patients come in after their dental work is complete and tell me they now have the confidence to start dating, or they have started job hunting or can finally smile without putting their hands over their mouths.

Going into the field of dentistry wasn't much of a stretch – I loved medicine and had several relatives in dentistry. Dentistry fit me well. The real transformative moment for me came when I discovered that I could do things differently – cosmetically. That was, for me, dentistry at its best.

This has really allowed me to practice dentistry the way I want to – to practice from the heart. I will not compromise the quality of my dentistry to do something I do not believe in. Because of this, we are able to get even extremely frightened patients to relax and have fun.

My practice is definitely different. Patients see it as soon as they enter the office. My team is an integral part of that! They are a smart and highly motivated, tremendously caring group of people. We want this office to feel like a comfortable place to be – that's why we go out of our way to be generous and offer extra amenities like the coffee bar, comfortable chairs, TVs, headphones, iPods and Alpha stimulation, a great new technique that helps patients reach amazing relaxation. We are also very, very thorough. My hygienist and I are highly trained in the periodontal and whole body connection. We want to make sure our patients are not living with oral disease that can contribute to heart attacks, strokes, insulin resistance and autoimmune disorders like rheumatoid arthritis.

Because I love my patients, I also love to learn. I am constantly reading, taking courses and working to stay on top of my game. I take huge amounts of continuing education every year and I am an early adopter of technology that makes sense. I believe in using the best technology and techniques available.

I love sleep dental medicine. I have had big, tough guys practically in tears telling me that I have changed their lives; that now they can sleep and feel refreshed in the morning, or that their partner is back in bed with them because they are no longer noisy...That is joy to my ears!

What else can I say? To allow someone to smile, knowing they look youthful and feel healthy is the best.

## KEEPING YOU HEALTHY – *Affordably!*



Liz will be glad to answer any financing questions you may have.

Recent studies have proven a link between oral health and overall health. With this knowledge comes the realization that it's more important than ever to focus on preventive and health-centered dentistry. Not only does this care protect your teeth and gums, it protects you against an increased risk of heart disease, stroke, cancers and other health dangers.

Dr. Snyder and her team are here to make sure you receive the dental care you need to remain healthy from head to toe. But they also realize that you can't always count on dental insurance to cover your costs.

Don't worry. Dr. Snyder doesn't want financial constraints to compromise your health or your peace of mind. She and her team believe that

excellent health should always be within your reach and do all that they can to make it attainable. Sensitive to the economic challenges everyone is facing right now, they offer payment plans and financing options to help you get the dentistry you need at a cost you can afford.

A variety of low interest and interest-free financing options with payment plans that can range from six months to two years are available. They also accept any credit card.

Whatever you choose, Dr. Snyder and her team are here to help. They are happy to sit down with you and discuss your options to make sure your good health is not only attainable, it's affordable.

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Dr. Snyder has been featured in New Beauty Magazine



### ABOUT LVI

Located in Las Vegas, Nevada, the Las Vegas Institute for Advanced Dental Studies (LVI) is the world's premier post-graduate dental teaching center. Practicing dentists come to LVI to advance their education, knowledge and expertise.

Founded in 1995, LVI was established to educate, guide and support dentists in the delivery of the most advanced, patient-based care possible. Dentists from all over the world come to LVI to further their educational training and to master the most current dental procedures and

technologies. LVI provides dentists with expert instruction; intensive, hands-on clinical training; and state-of-the-art facilities and technology.

LVI Fellows, like Dr. Snyder, create practices that are very different from the typical dental practice. Optimal patient care is their first priority. LVI dentists provide care that is in the patients' best interest; care that is not compromised by insurance mandates. These dentists answer only to their own conscience. They care for their patients as they would care for themselves.



## FREE Smile Consultation

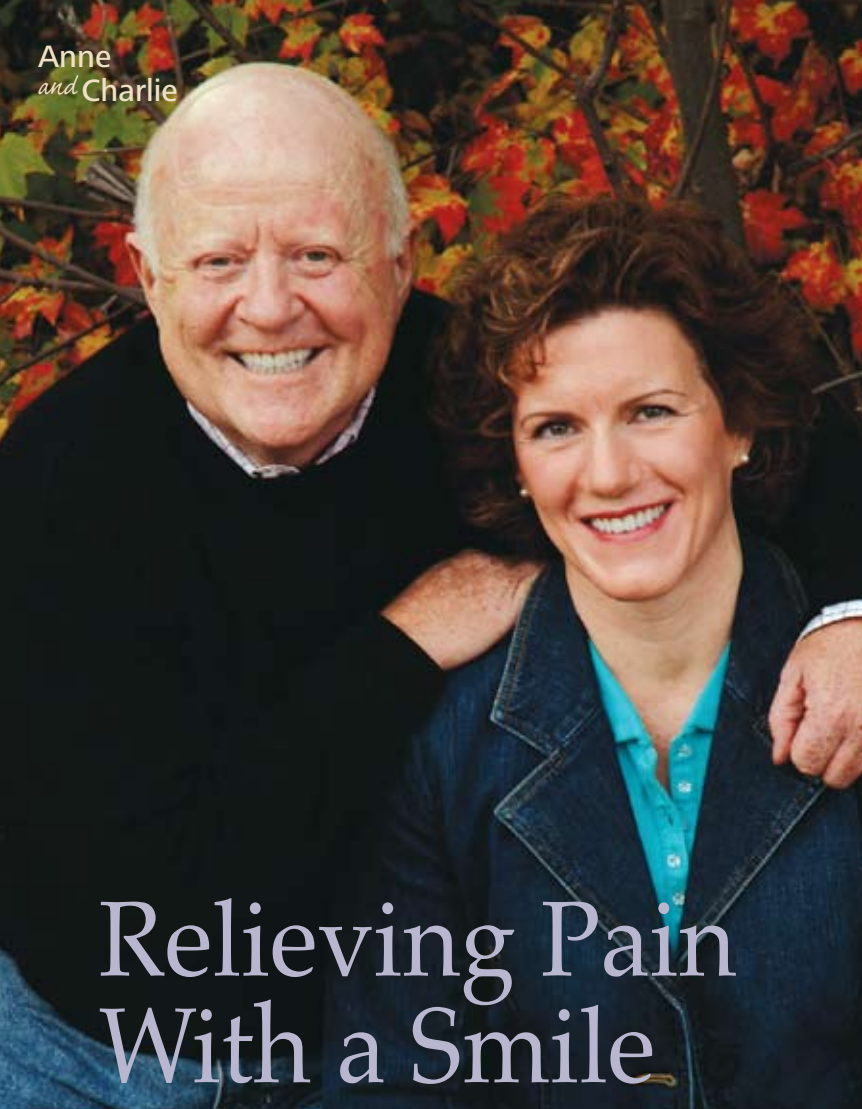
If you would like to find out just what aesthetic dentistry can do to enhance your smile and your health, we invite you to experience a Free Smile Consultation.

Please call to schedule a consultation and mention this special opportunity. Then bring this offer with you to your appointment.

215-348-9922



# Neuromuscular Dentistry



## Relieving Pain With a Smile

### Do You Have Chronic Pain?

Do you wake up each morning with a headache or sore jaw from grinding your teeth? Do you have back, neck or shoulder pain? Have you sought treatment from your doctor, a chiropractor or physical therapist, only to have the pain return?

It may be time to see the dentist. Your pain may be a result of malocclusion; that's dentist-speak for a poorly aligned bite. But there is good news. Malocclusion can be gently and non-surgically corrected with neuromuscular dentistry.

### What is Neuromuscular Dentistry?

The name is intimidating, but it's really quite simple: neuromuscular dentistry is a discipline that diagnoses and treats malocclusion. By gently repositioning the jaw with tooth restorations, tooth contouring, a removable orthotic or other measures, Dr. Snyder can alleviate years of pain and enhance the smile at the same time. Talk about a win-win!

### Anne

I had been in pain for years – my jaw hurt and would click and lock up. I had migraines and dental erosion, with severe sensitivity related to bite issues, and grinding/clenching. Many mornings I would wake with my jaw locked, which meant I couldn't even eat breakfast.

In early 2004, I decided to leave my lifelong dentist and had an initial consultation with Dr. Snyder (who had worked on my husband, Charlie, with great results). I also met with an orthodontist. After considering both options, I decided to go with the orthodontist who placed a mouth guard-type of orthotic, which at the time seemed like a less "radical" type of approach. After wearing the appliance continuously and as instructed for seven to eight months, not only was I not getting better, but I was also feeling worse and in more pain.

In the summer of 2005, I returned to Dr. Snyder's to have another evaluation and to see if I could proceed with neuromuscular dentistry. She was so pleasant and never questioned me or judged my decision. She placed an orthotic on my bottom teeth and I experienced relief right away! After wearing the orthotic and having the neuromuscular (TENS) treatments, I was ready to proceed with the restoration of my bite. We completed the restoration in January 2006; I've felt great ever since. And even though I didn't go to Dr. Snyder for cosmetic dentistry, my smile was enhanced, which was wonderful.

### Charlie

I came to Dr. Snyder for routine dental care and she noticed that I had problems not only with my bite, but a problem with jaw pain that was becoming progressively worse. After taking a model of my bite and seeing that my jaw was badly out of alignment, it was clear to me that I needed to have her correct the problem that had long been simmering.

After using a mouth splint (that was hardly noticeable) for a few months, my jaw came back into its natural place and my neck and jaw muscles relaxed for the first time in years. Dr. Snyder then reconstructed my teeth which improved my chewing and enhanced my smile. I was very impressed by the science of the whole process.



To complement our neuromuscular treatments and aid in diagnosis, we use the Myotronics K7 Evaluation System. This system is a highly sophisticated software program that provides three technologies for measuring the position and function of the jaw and determining an optimal treatment plan.

## ARE YOU A CANDIDATE FOR NEUROMUSCULAR DENTISTRY?

Take our quick quiz & find out!

- Does your jaw click or pop when chewing?..... Yes No
- Do you clench or grind your teeth?..... Yes No
- Do you experience chronic headaches or migraines? ..... Yes No
- Are any of your teeth loose?..... Yes No
- Are any of your teeth worn, chipped or cracked?..... Yes No
- Do you have cracked, chipped or broken dental restorations?..... Yes No
- Have you experienced pain or soreness around the jaw joints?..... Yes No
- Do you have any pain in teeth that seems to move around?..... Yes No
- Do you suffer from neck, shoulder, back or facial pain? .. Yes No
- Do you ever find that you have limited movement or a locking jaw?..... Yes No
- Do you have numbness in your fingers and arms?..... Yes No
- Do you often have congestion or stuffiness of the ears?... Yes No

If you answered yes to three or more, you most likely can be helped by neuromuscular dentistry. Even if you're only experiencing one symptom, ask Dr. Snyder about it. Dr. Snyder may be able to resolve any of the problems mentioned above quickly and comfortably.

Neuromuscular Dentistry is the effective solution.

# SLEEP APNEA.

## The Not-So-Silent Killer.

If you snore, you could be doing more than bothering your spouse. *You could be risking your life.*



### NORMAL

During normal sleep, the muscles that control the tongue and soft palate hold the airway open.



### SNORING

When these muscles relax, the airway narrows. This can lead to snoring and breathing difficulties.



### OSA

If the muscles relax too much, the airway can collapse and become blocked, obstructing breathing.



### Mike & Gail

*My wife, Gail, went to a sleep lab three years ago, thinking that she had sleep apnea because she never felt rested. The fact is, she didn't have sleep apnea at all – I did! I was the one keeping her awake, so when she saw Dr. Beth Snyder's ad, she convinced me to call her for help.*

*Dr. Snyder educated us on the dangers of sleep apnea. Because I am claustrophobic, I knew I could not use a CPAP. Thankfully, Dr. Snyder had a wonderful alternative – the SomnoDent appliance. She fitted me for this appliance, and even though I have a partial denture, I can use it perfectly. The very first night I had the appliance, we both slept all night! We feel healthy again, thanks to Dr. Snyder.*

More than an annoyance, snoring is a sign of Obstructive Sleep Apnea (OSA), a condition caused by obstruction near the base of the tongue.

Snoring occurs when the tissues of the throat are so lax or narrowed that air cannot pass normally. The tongue and surrounding tissues collapse to the back of the throat, causing you to momentarily shut off all airways to your lungs. As a result, you stop breathing for periods of time, sometimes hundreds of times during the night and often for a minute or longer. This causes the brain to initiate a muscle spasm to reopen the airway. The spasm jolts you awake, you start to breathe and go back to sleep. Then the pattern repeats.

But that's just part of the picture. OSA isn't just about snoring and waking up a lot during the night. There are much more serious problems associated with the condition, including:

- Heart problems (heart attack, congestive heart failure, hypertension)
- High blood pressure
- Diabetes
- Strokes
- Fibromyalgia
- A higher incidence of work-related and driving-related accidents
- Generalized inflammation
- Teeth grinding

So why is a dentist talking about OSA? Because left untreated, Sleep Apnea can shorten the average life span by 10 years. Today, progressive dentists, like Dr. Snyder offer treatment for this life-threatening condition.

### Dental Treatment & OSA

If you are diagnosed with OSA, the most prescribed treatment is a CPAP (Continuous Positive Airway Pressure) machine. The CPAP resembles a gas mask; it's worn over the face or nose. It's very effective; the problem is, it's so uncomfortable people stop using it, putting their health back in danger.

*Don't risk your life. Dr. Snyder offers an alternative to the CPAP: the SomnoDent MAS.*

The SomnoDent MAS is an oral appliance that fits over the upper and lower teeth like a sports mouthguard. It gently and safely holds the mouth and throat in an open position during relaxed sleep, preventing snoring. It's small and custom-made for a perfectly comfortable fit and best of all, it works!

Get back to health, back to comfort and back to sleep. If you've been diagnosed with OSA and want a more comfortable alternative for treatment, call us today.

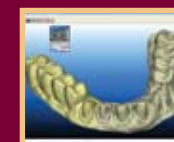


Sandra

## THIS IS THE END OF Gooney, Gaggy, Icky, Sticky – Yuck!

Are you sick of gagging, choking and retching in the dental chair?

*We've finally put an end to it with the iTero digital impression system.*



CADENT

**iTero™**

creating the perfect byte.

### Intricate 3D Image in Real Time

Everyone knows that an accurate dental impression is critical for successful restorative dentistry. Unfortunately, most impressions are taken with a putty filled mold. Not only can these impressions be inaccurate, the mold is large and uncomfortable, must stay still in your mouth and the putty tastes unpleasant.

### 100,000 Points of Laser Light

With iTero's 100,000 points of laser light, dental impressions can be completed more comfortably – and more accurately – than with traditional putty molds. The only thing that touches your teeth is the tip of a hand-held wand. The iTero digital impression system creates an exact replica of what is in your mouth and is complete in approximately three to five minutes with no waiting for the putty to dry and no remolding because of slippage or other mistakes.



If a patient is anxious or needs a break, the process can be stopped and restarted without disruption of the scan. Best of all, a restoration based on an iTero digital impression will fit more perfectly and last longer.

Having an iTero digital impression can also be an educational experience for many patients. Seeing the digital image build on the computer screen lets patients see and understand more clearly what the doctor is doing.

The next time you need a restoration or a cosmetic procedure, don't hesitate because you dread the unpleasant feeling of dental impressions. Talk to us about iTero!

# Full Mouth Rejuvenation

A Healthy, Natural Looking Smile

WHEN YOU SMILE, YOU WANT PEOPLE TO NOTICE. BUT YOU WANT THEM TO NOTICE FOR THE *RIGHT* REASONS.



Pat

There are numerous factors that can impact the health and appearance of your smile – neglect, periodontal disease, malocclusion, trauma and more. Regardless of the cause, the solution is full mouth rejuvenation.

Full mouth rejuvenation is just that – the complete revitalization of the smile.

Full mouth rejuvenation addresses the condition of the entire mouth, from the position of the bite to the health and appearance of the teeth and gums. It is a highly specialized procedure requiring state-of-the-art technology that is so advanced that there are a limited number of dentists trained to use it.

The process is comfortable and begins with an evaluation of the bite. Through sonography, Dr. Snyder detects any noises in the jaw. These noises are reflective of destructive motion in the temporomandibular joint (TMJ) and can be the cause of pain. With an advanced system called the Myotronics K7, jaw placement is measured when the muscles are relaxed, determining the most comfortable position.

Once jaw position is determined, the health and appearance of gums and teeth are addressed. Any periodontal disease is treated, helping the gums to reattach to teeth. Any decay is removed. Metal fillings are replaced with porcelain restorations. Broken, chipped or worn teeth are repaired. Missing teeth are replaced. All restorations are completed to raise or lower the jaw to achieve the most relaxed position.

The result is a smile that is as comfortable and functional as it is attractive.



Before



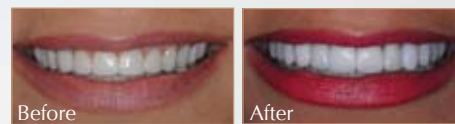
After

## Victoria

About two years ago, I found myself feeling very unhappy with my current dentist and needed a new one. I was in the middle of a smile makeover and became very frustrated. I Googled “Best Cosmetic Dentist” and found Dr. Beth Snyder. I was immediately impressed by her website; she seemed like just the kind of dentist I was looking for – a solid, trusted dentist I could count on for all my future dental care. When I met with Dr. Snyder, I was so pleased by the atmosphere of warmth and vibrancy in the office. There is a high level of professionalism, and the environment is beautiful and comfortable. Best of all, she really listened to my needs and wants. I am in the medical field myself so I held Dr. Snyder up to my own exacting standards. She passed with flying colors! She perfectly balances fun, confidence and artistry.



Victoria



Before

After

Dr. Snyder had to pick up where the other doctor had left off, even replacing all of the previous work. I am 100% satisfied – so satisfied that I have “pinch me; I’m dreaming” moments! I tell people, “No matter how good your dentist is, mine is better!” Dr. Snyder and her staff are terrific.

## Restoring COMFORT & CONFIDENCE



### SCOTT PRIMIANO

I had gotten used to my smile – I guess I’m the kind of person that can get used to anything – but it was truly taking away from my overall appearance. My wife kept telling me that with the work I do and the amount of time I spend in the public eye, I absolutely could not go on with my smile looking the way it did. I guess what I’m saying is that it was pretty ugly. Hygiene was not the issue – I’m a big brush and floss guy – but my teeth were deteriorating and it was affecting not only the aesthetics of my teeth but it was painful as well. I became more and more self-conscious and learned to smile without opening my mouth or showing my teeth in any way.

I had been to a number of doctors but they all seemed to think that the only way to improve my bite was to break my jaw and re-wire it! Finally, one of Dr. Snyder’s patients mentioned how wonderful she was and that I should go see her. Beth took one look at my teeth and said she could fix my bite and make my smile look great too – all without surgery or lengthy recovery time. She placed specially designed porcelain veneers to get my jaw in place and they made my teeth look better than ever. I feel great and I can relax knowing that there isn’t a major flaw in my appearance.

There are many other dentists that profess to offer this kind of cosmetic dentistry, but not all of them live up to their claims. Dr. Beth Snyder is different. Her care is very personalized and health-driven, with a focus on comprehensive care. If you are going to invest the time and money in having your smile repaired, I think it is critical to choose a doctor who is properly trained and who really cares – a doctor like Beth Snyder.





## brad

I had work done on my teeth when I was 16 and the size and shape of those teeth became an issue – they didn't grow as I grew! I needed teeth that fit my adult mouth. Several years ago, my wife suggested I visit Dr. Beth Snyder. I wanted a high-tech, quality dentist and I knew I would find that in Dr. Snyder. I didn't even shop around. I was willing to pay for that level of dentistry.

The team was great and made me feel comfortable right away. Dr. Snyder and I discussed a treatment plan that would address the health of my mouth first and then take care of my cosmetic issues. Dr. Snyder removed my silver-mercury fillings, then we replaced a few teeth with implants and, finally, veneers were placed. I feel more complete now and it is much easier to smile!

I race dirt bikes for recreation. There is a high risk involved with my dentistry through rpm vibration, speed associated with rough terrain and impacts from landing jumps. I have never questioned the integrity of my dental work. They feel like the real thing. Thanks to Dr. Beth Snyder and her team of experts on staff.



## mary ellen

I researched dentists for a quite a while to find someone who was implementing the latest techniques in cosmetic dentistry and could execute them perfectly. I'm extremely excited I found Dr. Snyder. She has superb skills along with an engaging personality which made me confident and relaxed. During our consultation, Dr. Snyder asked me what type of results I wanted to achieve. She decided that veneers would be the appropriate treatment option to straighten and correct my crowded upper teeth. I never felt pressured or rushed because she kept me informed of each step throughout my entire procedure. Dr. Snyder was honest about the length of the procedure and worked with me to make sure it fit into my budget. Her whole team is professional but they are also a lot of fun. It was wonderful to feel so at ease and even laugh during my treatments!

The finished work is fantastic; my smile looks completely natural, like it has always been this way. Since having the work performed people always notice my teeth and tell me that I have a great smile. I feel that improving the look of your teeth can create a more youthful smile and benefit your overall appearance. I can't believe I didn't do this sooner!

## christa



I was beginning to feel as though my teeth were starting to age me by how they looked and wanted to do something about it. My old bonding was showing and my teeth were looking discolored. I wanted my looks to stay a little younger and I knew improving my smile would help a lot. I had been seeing Dr. Beth Snyder routinely for years but never for any cosmetic dental work. Because I am familiar with her work and have always had a positive experience with her dentistry, I called Dr. Snyder and told her what I needed.

Dr. Snyder knew right away that porcelain veneers were the best choice for me. Dr. Snyder has a very gentle touch and is so professional. She wasn't completely satisfied with the way my teeth looked once the permanent veneers were placed so she tweaked them to perfection! Now my smile looks great. The staff is outstanding too – mediocrity is simply not acceptable in Dr. Snyder's office – and they explained everything in detail. I was never nervous or afraid, and even though I had to spend a long time in the chair the team kept me comfortable and relaxed so it didn't feel long at all! It is amazing how improving your own smile makes you notice other, not so great smiles.

## larry



I wasn't happy with my smile and I wanted some work done – my teeth were yellow and my bite was shifting – but all the dentists I had been seeing wanted to give me the hard sell. When I found Dr. Snyder's website, I was impressed by the testimonials; it seemed that she was practicing the kind of dentistry I had been looking for.

Our first meeting was very professional and relaxed and she gave me a variety of treatment options without any pressure. I left her office without committing to anything.

When I decided that Dr. Snyder was the dentist I wanted to work with, we got started on developing a treatment plan right away. She kept me involved so I would know exactly what was happening every step of the way and we planned my treatment to help fit my budget. I never felt more comfortable. The whole team was very professional: Liz was quite the sweetheart; Debbie was so professional and outlined all my options; and Heather is an absolute artist. Dr. Snyder and her team were always meticulous in their work – even when creating my temporaries!

Now all my problems are corrected. My smile looks great and I have confidence like never before. This has been a real life changer!



# Brighter. Whiter. Younger.



KÖR Whitening is the newest, most revolutionary and effective teeth whitening system ever developed. Unlike typical teeth whitening procedures:

- KÖR Whitening is so effective, it is the only recognized system in the world that will even whiten tetracycline (dark) stained teeth, previously thought to be impossible.
- With easy periodic at-home maintenance your teeth will stay white permanently, even while you continue to drink red wine, tea, coffee etc.
- During the whitening process, nearly all patients typically experience only low to no teeth sensitivity.

This procedure is comfortable and 100% safe for your teeth and gums. The result is a radiantly white, natural appearing smile that you will LOVE! It's perfect for everyone, from 14 to 90!

To learn more, call our office today!



Visit our website to register to win a FREE whitening!



Sonia & Tracey



Sheryl

## \$50 off

There's never been a better way to get a whiter smile! And with this special savings offer, there's never been a better time to get a whiter smile.



Present this offer to our receptionist at the time of your whitening appointment, and save \$50 on your treatment. Call for an appointment today!



Call Dr. Snyder today 215-348-9922

## Meet Our Team



Liz Office Administrator

Liz is the friendly and compassionate voice on the phone when you call and, with her cheerful smile, she is usually the first person that greets you at your appointed time. She is always available to assist you with any questions you may have about the practice, your treatment plan, scheduling, insurance reimbursement or to discuss any financial aspects of your dental care. With her experience in financing, she can show you options to help you reach your dental goals.



### An Invitation to Experience Our Dynamic Team Approach to Care

If you've read my magazine, you already know how passionate I am about dentistry and the possibilities it presents to change lives. I feel just as passionately about my team.

I have the privilege of working with the most wonderful team there ever was. They all are very intelligent, hard-working, shining stars that make being together FUN. They keep our patients feeling welcome and laughing. I am a perfectionist and expect my team to read my mind and do everything perfectly. They do!

### Making Your Visits Exceptional!

We are so committed to our patients' total comfort that some have likened our office to a "dental spa." Perhaps it's the relaxing hand massages or paraffin dips. The soothing massage pads on the chairs. The private TVs, headphones and iPods. The soft neck pillows or cozy blankets. We want to give each patient a luxurious dental experience and do our best to do so!

It doesn't matter if you are visiting us for a routine examination or a complete smile makeover. You'll be treated as a member of the family. So sit back and let us indulge you. We promise you'll enjoy your visit!



Elizabeth Registered Dental Hygienist

Elizabeth graduated with a bachelor's degree in dental hygiene from Thomas Jefferson University and has extensive clinical experience. She's excellent in microsonic scaling technique as well as laser therapy. She is a fantastic hygienist who has the ability to teach and motivate patients to care about their oral health.

Heather Expanded Functions Dental Assistant

Heather is our newest team member. She has 13 years of exceptional experience as an expanded functions assistant which includes placing beautiful fillings and sculpting temporary crowns. She is a graduate of Manor College and enjoys staying on the cutting edge of technology by reading and attending continuing education courses. Heather loves working with people and creating beautiful smiles with Dr. Snyder. Her dedication to dentistry and her heart of gold will make you glad you are in her care.



Debbie Treatment Coordinator

Debbie has been in the field of dentistry since 1987. She has extensive knowledge in both the business office and chairside with Dr. Snyder. Together with Dr. Snyder, they develop comprehensive treatment plans based upon the wants and needs of each patient. It is always her goal to provide the best dentistry has to offer! Debbie enjoys establishing long-lasting relationships with our patients and takes pride in helping them reach their individual dental goals. When not in the office Debbie's first priority is always spending time with her family.

or visit our website [www.BethSnyderDMD.com](http://www.BethSnyderDMD.com)

BETH SNYDER, DMD

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*Sean*



Before



After

Porcelain Veneers



*Cheryl*



Before



After

Porcelain Veneers



*Dena*



Before



After

Smile Makeover



*Christine*



Before



After

Porcelain Veneers