

A Smile to Last a Lifetime:

Ruthie Bergmann's Dental Implant Journey with Dr. Eshra

When it comes to her smile, Ruthie Bergmann lights up any room she enters—and she gives full credit to Dr. Eshra and the team at Park Family & Cosmetic Dentistry (PFCDD) in Naples, Florida.

"I love him," Ruthie says with a laugh. "He's so sweet and so professional—but I used to play jokes on him! One time I came in with fake Dracula fangs and told him my temporary plates weren't fitting right. The whole team laughed."

Ruthie's sense of humor and warmth made her a favorite among the PFCDD team. "I used to bake for the whole team," she recalls. "I love them all. They're like family to me."

A Lifetime of Dental Challenges

Ruthie has dealt with dental issues for as long as she can remember. "My first memory as a human being is sitting on my mother's lap at the dentist," she says. "Genetically, I have soft teeth. Bad teeth just run in our family."

By age 16, Ruthie's teeth had already begun to fail. "The acid in my saliva caused holes in my teeth. My front teeth had to be replaced when I was just a teenager, and since then, I've had more replacements than I can count."

Despite diligent oral care, her teeth continued to deteriorate over the years. "My mother always made sure we brushed and took care of our teeth," she says, "but genetics are what they are—you can't change them."

Choosing Dental Implants

After decades of crowns, bridges, and other restorations, Ruthie was ready for a permanent solution. "Implants are the final act for me," she says. "There's no more crowns, bridges, or caps."

Ruthie began her implant journey with the bottom row first, followed by the upper arch. "It's not a quick fix," she emphasizes. "It's a long process—about five months of wearing a temporary while your gums and bones heal with a graft. Your jawbone must be ready to accept the implant. But it's worth every bit of patience."

Today, Ruthie can eat anything she wants. "I love a good spare rib," she says with a grin. "Chewing is never a problem with implants. They feel just like natural teeth."



Trusting Dr. Eshra's Expertise

Ruthie's admiration for Dr. Eshra goes beyond her results. "When you ask Dr. Eshra a question, you get the facts. He doesn't sugarcoat things or try to sell you a product. He doesn't take shortcuts," she explains. "He's there on Saturdays if a patient needs him. He gets the job done."

That level of dedication is something Ruthie deeply values. "You get what you pay for with dental work," she says. "I know that if I ever have a problem, I can go back and Dr. Eshra will fix it."

A Smile That Inspires Confidence

Ruthie's beautiful new smile has given her renewed confidence and joy. "My smile is the best part of my face," she says proudly. "Not a day goes by that someone doesn't compliment me on it."

Even in her work as a substitute teacher for elementary students, her smile makes a difference. "You can't smile at little ones with crooked or missing teeth," she says. Ruthie also enjoys giving cooking lessons and just retired from being the social director of her HOA.

Finding Her Dental Home

After Ruthie and her husband Ron moved from Long Island to Naples 15 years ago, Ruthie searched for a practice that combined expertise, compassion, and affordability. "I shopped around, and Park Family & Cosmetic Dentistry made me the best deal," she explains. "Between the affordability and Dr. Eshra's professionalism, I'll never go anywhere else."

A Lifelong Learner and Advocate

Ruthie's enthusiasm for health education extends beyond her dental journey. "I've been reading *Health & Wellness Magazine* cover to cover for years," she says. "I love all the topics and learning about different providers. I'm honored to be featured this month—it means so much to me."

At 77 years young, Ruthie continues to substitute teach and share her positivity with everyone she meets. As a cancer survivor, her story is a testament to perseverance, trust, and the transformative power of a healthy, confident smile.

"Implants changed my life," Ruthie says. "If I spent my last penny on my smile, I'd say I spent my money well."

Park Family & Cosmetic Dentistry is proud to have helped Ruthie—and countless others—achieve lasting, beautiful smiles through advanced dental implant care guided by the expertise of Dr. Eshra and his compassionate team.

About Tamer Eshra, DDS

Dr. Tamer Eshra combines advanced training with a gentle, patient-first approach. With decades of expertise in cosmetic, restorative, bone augmentation, sinus lift and implant dentistry, he creates healthy, natural-looking smiles through precision and artistry. Licensed and offering IV, oral and nitrous sedation, Dr. Eshra helps even the most anxious patients feel calm and comfortable. His compassionate care and clear communication make every visit a positive, stress-free experience.



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