

Brazos Family Dentistry

TOOTH TALK



Produced for the Patients of Brazos Family Dentistry

Fall 2008

fromthedentists

Sedation Dentistry

Helping you relax

Are you fearful about coming in for treatment? Do you avoid appointments which can put your oral health into jeopardy? Oral sedation may be the simple answer!

We can prescribe a small pill for you to take one hour prior to your appointment. Have a companion accompany you to our office as by the time you arrive, you'll be very drowsy. We'll escort you to our comfort room and cover you with a warm blanket. While you're relaxed and comfortable, our experienced team will take care of your dental needs and monitor your vital signs. Oral sedation is very safe, and as its benefits are effective for several hours, your companion will accompany you home

The only thing standing between you and the dental care you need is a couple of tablets.

Yours in good dental health,

*Drs. Russell Ross &
Crystell Billman*

turnthepage

Break through with the new you!

Crown your way to glory!

Spice up your smile...

Relax, She's Got You Covered

Dr. Crystell Billman joined *Brazos Family Dentistry* in July 2001. She is a graduate of *Tarleton State University* (A proud part of the *Texas A&M University*) and the *University of Texas Health Science Center of San Antonio Dental School*. Wow! What great accomplishments. She has been married to her husband for eleven years, and they have a very handsome little boy named Lane ... her greatest accomplishment by far! When not in the office, Dr. Billman enjoys spending time with her family, reading, baking, and doing crafts.

Dr. Billman is committed to continuing education, which enables her to provide outstanding care to her patients. The best dental health is achieved when the dentist is educated in current research and maintains an ongoing relationship with each patient. She looks forward to working together with you to achieve and maintain a healthy smile.

If anxiety is ever an issue, relax... Dr. Billman provides conscious sedation to many of our patients. Over 35 million Americans have some level of anxiety when it comes to going to the dentist. But for many, it is more than being afraid. Some of our patients have had a traumatic experience in a dental chair; others come from a painful past. We understand that your fears may have kept you from a dentist, but there is no need to feel embarrassed. We are here to help you and encourage you so that you can have the confidence a beautiful smile can bring.



*For more information
about conscious
sedation visit our
website and click on
the link to sedation
dentistry, or call our
office and a friendly
staff member will be
happy to help you.*

Thank you for all your referrals. We appreciate them!

More Power To You

Make the right connections ... and smile!

Homophily is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
 - Rebuild chips and cracks and close gaps that make you self-conscious.
 - Straighten and even out the appearance of crooked, crowded teeth.
 - Reproportion tooth shape, length, and width to ideally balance your features.
 - Recontour an uneven or too high/low gumline.
 - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
 - Widen your smile to fill in the gaps at the corners of your mouth.
 - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



crowns & veneers

Brighten



gum sculpting & veneers

Reproportion

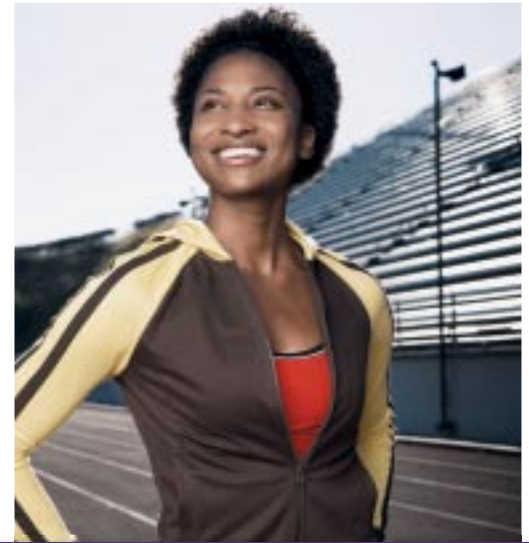


orthodontics & veneers

Straighten



A Crown F



Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



For All Reasons

Prevent...
Protect...
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
 - one that has undergone root canal therapy or
 - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

Turmeric, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

Curcumin, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

Curry leaves, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!

Maximize Your Dental Insurance Benefits And Save Money!

Do you like losing money? Somehow, we doubt it. The time has come to schedule your dental treatment before the end of the year to maximize your insurance benefits and save money.

Some employee insurance programs include dental benefits. Other employers offer flexible spending accounts to cover anticipated health care expenses with pre-tax dollars. Both of these benefits may be forfeited, which means you lose money, if not used before the end of the year.

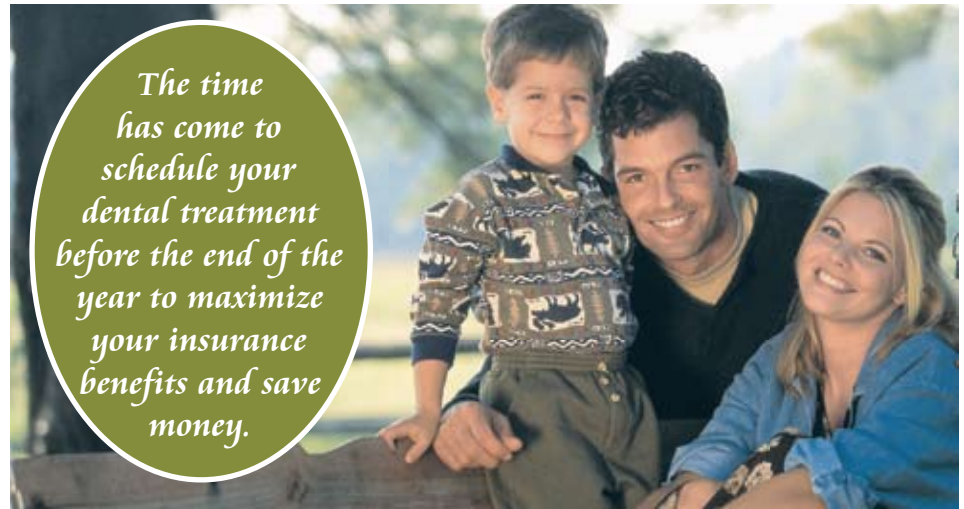
If you have delayed dental treatment, you are risking more extensive and expensive treatment down the road. What may be a simple cavity now could turn into a root canal later if left untreated. If you are paying your dental insurance premiums every month, you should be using your benefits. Even if you don't need any dental treatment, you should always

have your regular dental cleanings to help prevent and detect any early signs cavities, gum disease, oral cancer and other dental problems.

If you are unsure of the dental treatment you may need, our friendly staff will be happy to review your chart and answer any questions you have.

We also offer finance programs for your out-of-pocket expenses.

Call us for an appointment soon because appointments fill up quickly towards the end of the year. You have paid your insurance premium and contributed to your flexible spending account all year. Don't lose that money!



officeinformation

Brazos Family Dentistry
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 3620 Scroggins Drive
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Office Hours

Monday 8:00 am – 5:00 pm
 Tuesday 7:00 am – 7:00 pm
 Wednesday 7:00 am – 7:00 pm
 Thursday 7:00 am – 7:00 pm
 Friday 7:00 am – 2:30 pm

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Office Staff

Melinda Office Manager
 Amy Appointment Coordinator
 Terri Insurance Coordinator
 Kelly Hygiene Coordinator
 Cindy, Kim Hygienists
 Joy, Diana, Caroline, Bea Dental Assistants



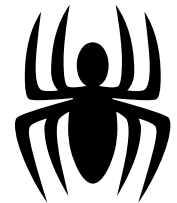
IT'S A BOY!! 

Congratulations to Amy & Shelby Tucker as they celebrate the birth of Cade Allen Tucker. Mom & baby are both doing great! Cade was born August 26th at 8:06 am and he weighed in at 6 lbs 4 oz. Congratulations also to big sister Samantha. We wish the Tucker family all the best.



Trick Or Treat Scary all 'round!

Halloween can be wonderful fun for children but it's often the scariest time of the year for dentists! Your ghoulish ghosts and fairy princesses will arrive home with a bag full of sweet and sticky treats. This new-found cache of candy can mean trouble for teeth and is particularly bad for braces.



Make sure your kids brush their teeth immediately after eating so all that sugar doesn't lead to decay. If it's sticky, chewy, hard, or crunchy, it's a treat any child with braces should avoid. If you are celebrating Halloween at home with your own party, try to balance out the sweets with some other treats that aren't so sugary. Bobbing for apples is fun and unbuttered popcorn is another good snack idea.