

Brazos Family Dentistry

TOOTH TALK



Produced for the Patients of Brazos Family Dentistry

Fall 2011

from the dentists

Did You Know...

Our doctors and staff have more than 160 years of combined experience caring for awesome patients like you. We appreciate the opportunity to serve our patients and our community, and are thankful for the trust you place in us. We always strive to stay educated in the newest technological advances so we can offer cutting edge services to better serve your needs. If you have any questions about the services we offer please feel free to contact one of our dental professionals, and put our experience to work for you.

Yours in good dental health,

*Dr. Russell Ross and
Dr. Crystell Billman*

Brush, Floss, Rinse, Chew In Honor of National Dental Hygiene Awareness Month

The *American Dental Hygienists' Association (ADHA)* has chosen this year's theme for *National Dental Hygiene Month (NDHM)* in October. The new theme, "*It's simple. Healthy habits for a healthy smile,*" continues to stress easy ways that patients can incorporate a simple oral health regimen into an active and busy life in order to maintain optimal oral health. "Brush, Floss, Rinse, Chew" reminds us that keeping a healthy mouth can have lasting effects, including helping prevent oral disease.

Brush (2 minutes 2X a day)

Brushing your teeth for two minutes at least twice a day remains a critical component to maintaining a healthy smile. Studies have shown that brushing for two minutes is perhaps the single most important step an individual can take to reduce plaque build-up and the risk of plaque-associated diseases, such as cavities and gingivitis.

Floss (daily)

Proper flossing removes plaque and food particles in places where a toothbrush cannot easily reach - under the gum line and between your teeth. Because plaque build-up can lead to tooth decay and gum disease, daily flossing is highly recommended.

Rinse (with mouthwash)

Rinsing your mouth each day with an anti-microbial mouth rinse is another important step in preventing the gum disease known as gingivitis. Speak with your dental hygienist for more information on which mouth rinse is right for you.

Chew (sugar-free gum after eating)

Chewing sugar-free gum after eating is clinically proven to be an important part of good oral health. It stimulates the most important natural defense against tooth decay - saliva - which, in turn helps fight cavities, neutralize plaque acids, remineralize enamel to strengthen teeth and wash away food particles.

For proper techniques on brushing and flossing, visit BrazosFamilyDentistry.com and click on the link titled Brushing and Flossing Techniques.



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5 TOP TIPS

4 Prevention

Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



INSIDIOUS INFILTRATORS

Fact: Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

A GREAT GRIN IS *Ageless*

Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us
today for
solutions
to your
ageless
smile!*



"Ascared" Of The Dentist?

Not your kid!

Kids' fear of "going to the dentist" is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

Show no fear. Even if you experience anxiety, do not communicate this to your child.

Set the bar high.

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

Start early. Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

Instill pride. Praise your child for taking good care of their smile ...not for their bravery.

Ice Cream Owww!

Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for "brain freeze." It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

Ask us. We'll inform your brain, not freeze it!

A Note From Joy...

For the past 21 years, working at Brazos Family Dentistry has become a big part of my life. I have been blessed to have worked with Dr. Ross each day for so many years. I have great respect for him as a Dentist, my boss, my friend, and as a Christian man.

I will miss our patients who are so loyal and have become my friends. All my co-workers are great and have been so kind to me. Each of you hold a lasting memory in my heart and I will keep it there forever.

I am now entering a new phase of my life... Retirement. Something I've worked for my whole life. I've been getting up and going to work for about 46 years now. I plan to spend more quality time with my grandchildren and their activities. I love to read, work in my house, and I want to learn to make a quilt! I also plan to do some volunteer work here in Waco.

When my husband retires, we plan to travel the USA on our Harley. I am looking forward to this time in my life! My favorite saying is "Getting old ain't for sissies".

Love,

Joy



Please join us in congratulating Joy on her retirement. You are invited to send retirement wishes for Joy to info@BrazosFamilyDentistry.com or mail to 3620 Scroggins, Waco, TX 76705

office information

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Office Hours

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

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Terri	Insurance Coordinator
Cindy	Hygienists
Joy, Diana, Michelle, Kelly, Crystal	Dental Assistants



CareCredit



Cosmetic Chronicles From then to now!

The Japanese started it 4,000 years ago by staining their teeth. The Mayans adorned teeth with multicolored stones. Etruscan waited until 700 BC to develop ivory, bone, and gold bridgework. Almost 2,000 years later, Queen Elizabeth I chose cloth to fill the gaps in her smile. That single decision may have earned her the right to greatness – dental appliances of her time were spring-loaded and often jumped right out of the wearer's mouth.

It took another two hundred years to invent the porcelain tooth. After that? Gangbusters! Actors in the 1930s wore Hollywood Splints – plastic teeth providing the illusion of perfection. Modern cosmetic dentistry has been advancing at warp speed, changing the faces and lives of millions of people... like you!

Your Dental Insurance Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before this year's dental insurance expires. So give us a call!



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