

# Brazos Family Dentistry

# TOOTH TALK



Produced for the Patients of Brazos Family Dentistry

Summer 2008

## fromthedentists

### Smile Facts

#### *Did you know...*

■ More than 92% of adults agree that an attractive smile is an important social asset.

■ Sometimes teeth do not fully erupt from the gums, resulting in a gummy smile. In many cases this can be fixed by a simple cosmetic procedure.

■ Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!

■ 85% of people agree that an unattractive smile makes a person less appealing to people of the opposite sex.

■ From the distance of a football field, the only facial characteristic we can notice is a person's smile.

■ Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.

We are smile experts, and we're enthusiastic about helping to make your smile sensational!

*Yours in good dental health,*

*Drs. Russell Ross &  
Crystell Billman*

## turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great imposter – implants!

## Sunny Smiles Abound!

We have Sunny Smiles for everyone at *Brazos Family Dentistry*! In this issue, we're focusing on the smiling faces of Caroline and Nisha, who work primarily alongside Dr. Billman. They are certified by the *Texas State Board of Dental Examiners* in digital radiography, infection control and jurisprudence. As Registered Dental Assistants, they are required to complete continuing education every year. That keeps them on top of their game, which makes them a great asset to have chairside working for you.

Caroline graduated from *Texas State Technical College* in 2002, and in her six years of experience she's learned that working with patients is the most rewarding part about being a dental assistant. The end result of a healthy, beautiful smile is both satisfying and fun when working with great patients.

Nisha graduated from *Texas State Technical College* in 2004, and her favorite procedure to assist on is root canals. She enjoys working in the medical field because of all the nice people she gets to meet.

Nisha is also a computer geek, so working in a technologically advanced office is an added benefit.

We are happy to have both Caroline and Nisha at *Brazos Family Dentistry*. They are always willing to lend a helping hand to make sure you have a pleasant dental experience.



**Caroline**



**Nisha**

*Thank you for all your referrals. We appreciate them!*

# Show What You Know

Choose all that apply!

## The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

## Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

## You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

## The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



# Your Smiling Future

## Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

### Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.



# Restore Your Balance

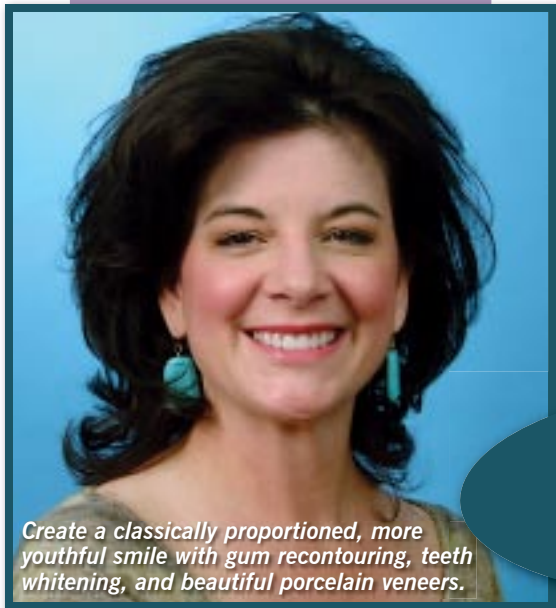
## Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

# Don't Chance It!

## Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums *and* thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

**Dentist-Supervised Teeth Whitening** - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

**Enamel-Colored Restorations** - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



## A Smart Investment

Dental implants: bank on a beautiful restoration

### IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

### HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

### APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

# Who Says Kids Only?

More adults than ever wear braces

Are crooked or crowded teeth something you wish had been corrected when you were younger? Wish no longer. These days, orthodontics isn't just for kids. Many adults recognize that braces can mean healthier mouths, greater self-esteem, and long-term gain. In fact, today adults make up 25% of orthodontic patients!

Crooked, crowded, or misaligned teeth can make chewing difficult, and even painful if your jaw joint is stressed incorrectly. An awkward smile may chip away at your self-confidence. Straight teeth and aligned jaws are easier to brush and floss, lowering the incidence of cavities, gum disease, and tooth loss.

At Brazos Family Dentistry, we

offer traditional orthodontics as well as *Invisalign*®. The type and length of treatment varies according to your condition. Braces have come a long way from the clunky *train tracks* you may remember. Materials are more comfortable and less visible – even *invisible* for some treatments.

Because your mouth is one of the first things people notice about you, a strong, beautiful smile can take years off your appearance, and dramatically increase your self-esteem.



*Orthodontic treatment is a short-term investment that allows you to feel better about yourself, and keep your teeth strong and healthy.*

## officeinformation

**Brazos Family Dentistry**  
**Drs. Russell Ross & Crystell Billman**  
 3620 Scroggins Drive  
 Waco, TX 76705-2579

### Office Hours

Monday 8:00 am – 5:00 pm  
 Tuesday 7:00 am – 7:00 pm  
 Wednesday 7:00 am – 6:00 pm  
 Thursday 7:00 am – 6:00 pm  
 Friday 7:00 am – 2:30 pm

### Contact Information

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### Office Staff

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



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