

Brazos Family Dentistry **TOOTH TALK**



Produced for the Patients of Brazos Family Dentistry

Summer 2009

fromthedentists

We Welcome New Patients

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. *Trust in those who have earned your trust and earn their trust in return.* We live by this motto and have enclosed our new referral card ... asking you to spread the word!



Yours in good dental health,

*Dr. Russell Ross &
Dr. Crystell Billman*

turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

Smiles Are Contagious



Did you know that smiles are contagious? It's true. When someone smiles at you, you can't help but smile back. At Brazos Family Dentistry, we love to smile! And during your visits to our office, we'll show you as many smiles as we can. A couple of contagious smiles you may see during your visit with us belong to Bea and Michelle. They're Certified Dental Assistants, and part of their job is to assist the dentist while your treatment is being performed.

Bea attended *Texas State Technical College*, and has been a Certified Dental Assistant since 2005. She's bilingual and enjoys translating for our Spanish speaking patients. Her favorite procedure to assist the dentist with is Crown and Bridge preparation, as well as Cosmetic Restorations. You're always in good hands when Bea is nearby.

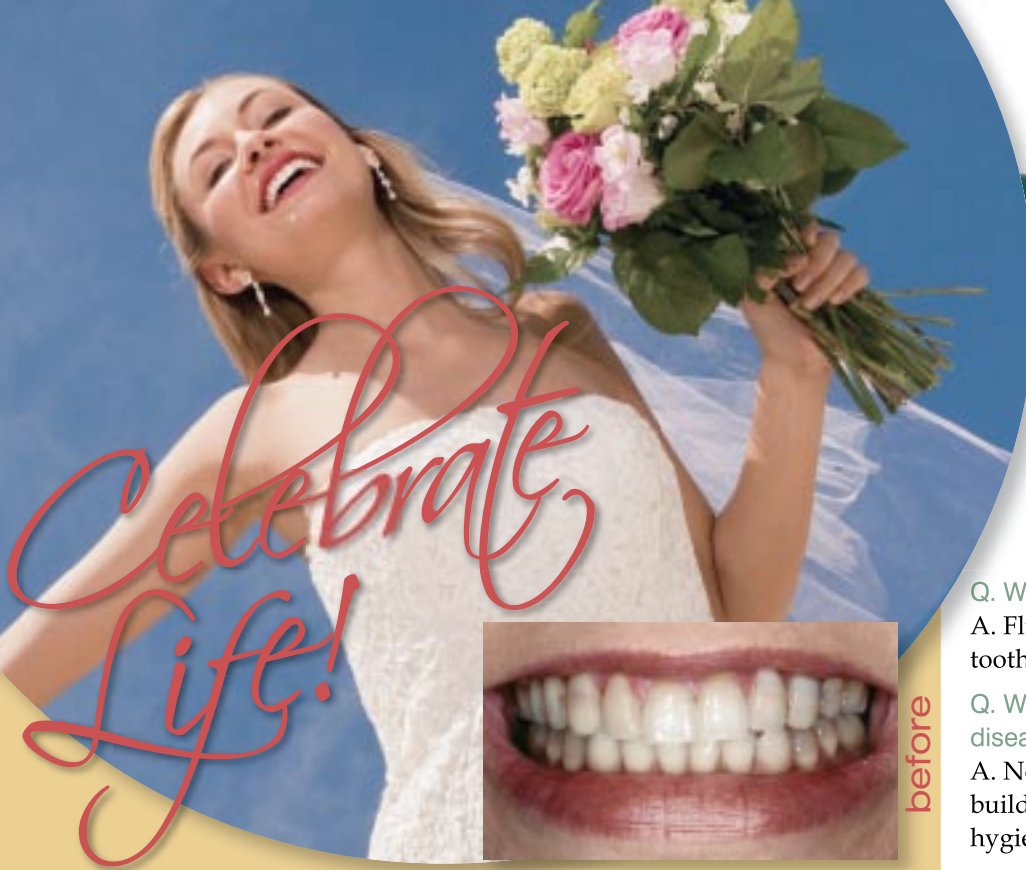


Michelle attended the *University of Texas in Arlington*, and has been a Certified Dental Assistant since 2008. Her favorite procedure to assist the dentist with is Oral Surgery and Composite Fillings. But the thing she enjoys most about her job is getting to meet all of our wonderful patients. You can always count on Michelle to be a great advocate for you during your dental treatment.



Give us a call at (254) 799-5746 to schedule an appointment. Our contagious smiles, oops, I mean our staff members look forward to hearing from you soon.

Thank you for all your referrals. We appreciate them!



Celebrate Life!

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...



before



after

Share your smile with the one you love!

FAQtually Speaking

About toothpaste

Q. What does fluoride toothpaste do?

A. Fluoride fights tooth decay and strengthens tooth enamel.

Q. Will tartar-fighting toothpastes prevent gum disease?

A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.

Q. Are whitening toothpastes okay for sensitive teeth?

A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.

Q. Does *The American Dental Association* test toothpastes?

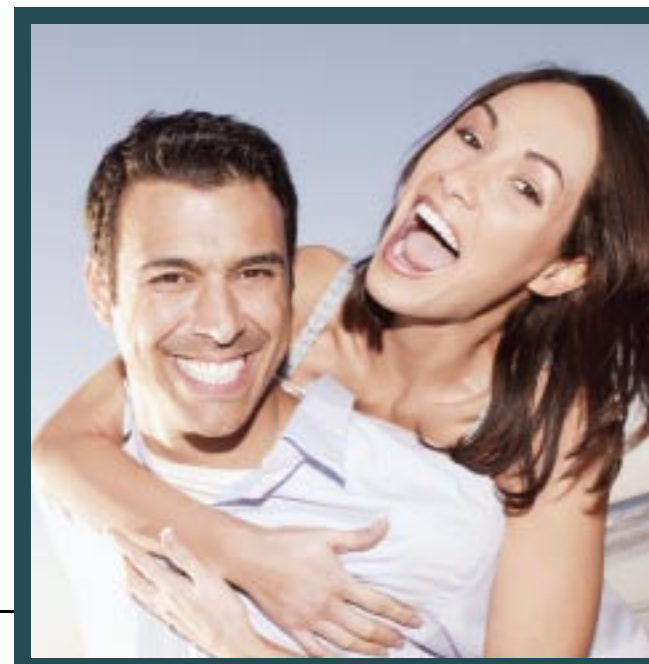
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.

Q. Do children's toothpastes need to taste good?

A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.

Q. How often should I use toothpaste?

A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



Whitening *Bonding*
Tooth-colored inlays/onlays

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

Dental implants
Veneers *Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how
to avoid
the Silent
Disease

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know
they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

De-Escalate!

Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!



Explaining Root Canal Treatment

The science of saving teeth

Like many of our patients, you may have questions about root canal treatment. Root canal is one of those dental terms that's often talked about, but less often understood. Many people think it's a painful and mysterious dental secret. The truth is that modern root canal treatment can be performed with little or no discomfort and can be credited with saving more teeth than almost any other treatment in our office.

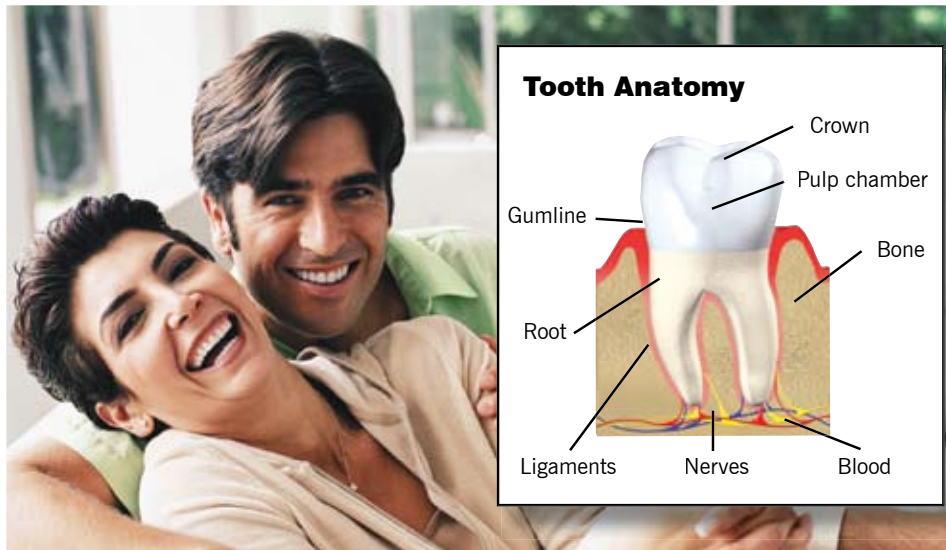
The part of your tooth under the gumline is called the root. Inside each root there is a channel called the *root canal* that contains the nerves and blood vessels that bring nutrients to your teeth.

Sometimes gum disease, a fractured tooth or decay under very old fillings can cause these nerves and vessels to become painfully infected and die. Years ago this condition often meant extracting the tooth. But today we use

root therapy to treat the infected canal and save the tooth.

We usually administer a local anesthetic to prevent any discomfort. Then we make a small opening in the tooth to clean and medicate the inflamed root canal. When the infection

is gone, the canal space is filled with a rubber-type material. Your tooth will probably need a crown or filling to strengthen it. Successfully treated teeth last just as long and look just as good as normal teeth. Root canal treatment is a real smile maker!



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 – 7:00 pm
Thursday	7:00 am – 7:00 pm
Friday	7:00 am – 2:30 pm

Contact Information

Office	(254) 799-5746
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Email	info@brazosfamilydentistry.com
Web site	www.brazosfamilydentistry.com

Office Staff

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



CareCredit

Mid-Life Smiles

Fab forties & up!

Do you still think of the dental office as where you get your teeth cleaned and polished? Think again! Many people in their forties and older are wisely investing in esthetically enhanced smiles!

Whitening can give just about anyone a brighter smile. Silver fillings can be replaced by white composite fillings or custom-designed inlays or onlays. For extensive discoloration or chips, porcelain veneers restore teeth to their original shape and function, and improve smile proportions. If teeth are cracked, misaligned, or have undergone root canal treatments, crowns can be used to strengthen them and improve appearance. Implants – man-made teeth permanently anchored in the jawbone – could be the answer if you have missing teeth. They're a pleasing alternative to dentures and bridges.

It's always the perfect time for the perfect smile!

Access Your Account Online

Enrolling for online account access is just a few clicks away. With "Patient Account Access" you have online access to account information, appointments, electronic payments and much more. Visit **BrazosFamilyDentistry.com** and click on the Patient Information link on the right side of the page to begin using this valuable tool.

- Pay Your Bill Online
- View Reserved Appointment Times
- Edit Account Information
- View Pending Treatment & Much More

www.brazosfamilydentistry.com