

*Brazos Family Dentistry*

# TOOTH TALK



Produced for the Patients of Brazos Family Dentistry

Winter 2009/2010

*You are invited*  
to our

**LUMINEERS™ Day**

**March 2nd!**

**Get 8 LUMINEERS for \$5995!**

This offer expires on March 2nd, 2010

*Call today and make sure you are part  
of our upcoming LUMINEERS Day!*

Not only will all of your questions surrounding LUMINEERS be answered. You will receive a complimentary LUMINEERS Smile Evaluation and LUMISmile Digital Smile Makeover!

*What are you waiting for? Call Dr. Ross's office today!*

**(254) 799-5746**



## **What are Lumineers?**

Unlike traditional veneers, LUMINEERS™ are patented porcelain veneers that can be placed over your own teeth using a highly advanced, noninvasive technique. LUMINEERS are the easy cosmetic solution for stained, chipped, discolored, or misaligned teeth. And, LUMINEERS are clinically proven to maintain their radiance and integrity for over 20 years.

- Instant whitening that lasts
- Extraordinarily strong
- No shots, no pain\*\*
- No drilling of sensitive tooth structure\*\*

Also ask about LUMINEERS with LUMINATE in LUMITray technology. It allows your dentist to place your veneers all at once, instead of individually, with advanced digital design and preview technology.

*\*\*Tooth contouring may be necessary. Individual cases may vary.*

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



## Not For Women Only

### 6 perio facts

**1** Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

**2** Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

**3** Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

**4** Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

**5** Tobacco and alcohol should be avoided, especially in combination.

**6** Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

# Healthy You

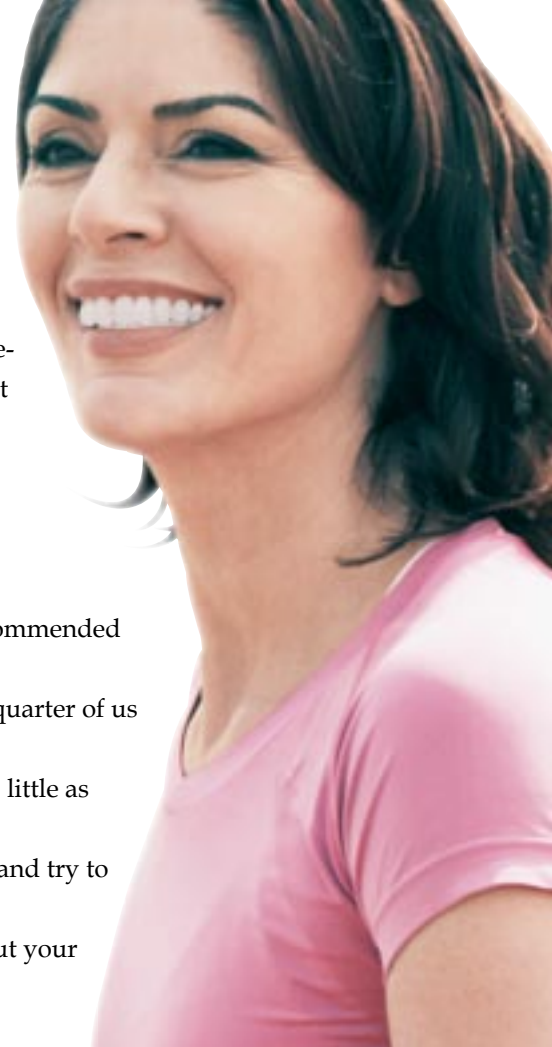
## Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

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

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



## Wish No Longer

### Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

### **Cosmetic veneers could give you your dream smile if...**

**You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.**

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

**You are unhappy with the shape and proportion of your teeth.**

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

**You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.**

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

# A Little Or A Lot

## You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

### Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

### Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

### Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

### Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

## TEMPT YOUR TASTEBUDS

### TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

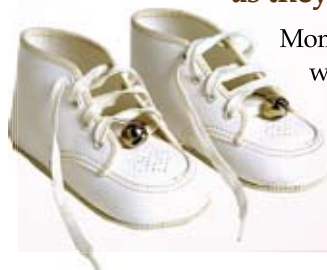
Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.



# Baby Congratulations!

**Congratulations to Cindy & Richard Busby as they celebrate the birth of Lauryn.**



Mom & baby are both doing great! Lauryn was born October 13, 2009 and she weighed 7 lbs 5 oz. Congratulations also to big brothers Gavin & Trey, and big sisters Ashlyn & Emily. We wish the Busby family all the best.

## We're getting a Face Lift!

We're in the process of doing cosmetic work to the interior of our building, so please excuse our mess as we "put on our new face." We're anxious to see the end results and we hope you'll like it too!



## office information

**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

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### Office Staff

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



CareCredit



Transform your smile and call Dr. Ross's office today!  
**(254) 799-5746**



## Are Lumineers™ Right for Me?

LUMINEERS makes getting that beautiful smile you've always dreamed of quick and easy. See how LUMINEERS can transform your teeth into a beautiful smile, and a **A BEAUTIFUL YOU!**



**ALL OF THESE TEETH WERE RESHAPED WITHOUT REMOVING SENSITIVE TOOTH STRUCTURE!**