

Brazos Family Dentistry

TOOTH TALK



Produced for the Patients of Brazos Family Dentistry

Winter 2013

Smile Questionnaire

Food for thought

If you answer yes to any of these questions, give us a call. We can help you smile more!

- ☐ Do you have any stained or discolored teeth or fillings?
- ☐ Do any of your teeth have uneven shapes due to chips, fractures, or rough edges?
- ☐ Are any of your teeth crowded, overlapping, or crooked?
- ☐ Do you have any gaps between your teeth or are you missing any teeth?
- ☐ Are your teeth uneven in length?

Cosmetic Consultation!

Regularly \$154.00

Now - FREE

Includes: full smile analysis, digital imaging, private consultation

Feel Normal Faster

With OraVerse

Most patients have experienced the discomfort of prolonged numbness, the uncomfortable side effect that accompanies local anesthetic. At our practice we're pleased to share a solution for this issue – *OraVerse™*, which can help you feel, speak, smile, and drink normally in approximately half the time after receiving local anesthetic.

Usually, numbness after dental procedures can last for up to five hours following the treatment. This often causes embarrassment, as well as an unpleasant sensation that can prevent patients from returning to their daily activities. Prolonged numbness, especially in children, can also result in injury due to accidental biting of the lip and/or tongue. OraVerse can help reduce or

eliminate this risk.

The OraVerse injection is administered into the same site as the anesthetic while your tissue is still numb, making it virtually pain free. This is a novel solution and is not yet covered by insurance plans; therefore a nominal fee will apply to OraVerse injections.

This amazing product is completely safe and has been used in other medical applications for the past fifty years. It's the first and only FDA-approved product of its kind for use with local dental anesthetic.

We know how uncomfortable and inconvenient the prolonged numb feeling can be and are always striving to find ways to make your visits more pleasant. So ask us about OraVerse – and get back to feeling normal sooner!

Happy 2013!

With Best Wishes and Appreciation
from the Brazos Family Dentistry Team



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From Flaw To Flawless

This could be you!

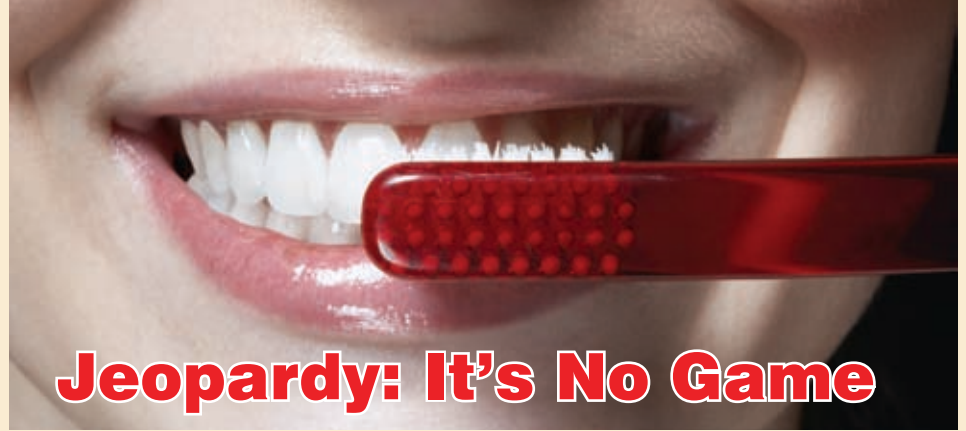
There are some excellent orthodontic choices available today, but for those who have minor smile irregularities and no significant bite or TMD (jaw joint) issues, there are other cosmetic options that take only a visit or two.

We can create the appearance of...

- straight even teeth
- an even gumline
- a gap-free smile
- a more symmetrical smile.

Believe it or not, these involve the same reliable techniques and enamel-colored materials used to disguise flaws like stains, chips, fractures, and old silver-colored fillings. Some people elect a whitening spruce-up in advance of their makeover.

Bottom line? You could be a great candidate for a “no orthodontics” makeover!



Don't put your future at risk

Scientists now believe that the common *streptococcus* bacteria, the type responsible for causing gum disease and tooth plaque, may increase the risk of heart attacks, plaque growth on your heart valves, and inflammation of blood vessels that can block the blood supply to your heart and brain.

The link between gum disease and cardiovascular disease has been known for some time, but now scientists believe they finally understand how...

Once bacteria has entered your bloodstream through wounded gums, it creates a protein which causes the platelets in the blood to clump and stick together.

The platelets encase the bacteria, forming a kind of armor that protects the bacteria from both the immune system and antibiotics that might be used to try and treat the infection.

Previous studies have suggested that other oral bacteria, *Prevotella intermedia* and *Tannerella forsythensis*, are also likely to increase the risk of heart attacks – by 35% and 53% respectively.

Systemic links have also been made between gum disease and diabetes, arthritis, Alzheimer's, complications of pregnancy, kidney disease, and cancers.

Don't take unnecessary risks. Please, please brush and floss ... and please, please, keep your family's regular recare appointments.

5 Facts About Apples **Good clean fun!**

If you and your family are living life on the run – or on the freeway – try a low-cal affordable nutritious apple snack. It's an ideal way to get a quick energy pickup without spills or container cleanup.

Here's what apples offer...

- **Pectin** is a soluble fiber that helps maintain your digestive system and lowers blood pressure, glucose levels, and LDL (bad cholesterol).
- **Quercetin** is a flavonoid which may reduce the risk of cancers and free radical damage implicated in age-related health problems.
- **Phytonutrients** including vitamins A and E and beta carotene can help reduce the risk of heart disease, diabetes, asthma, and cancers.
- **Boron** supports a healthy brain and strong teeth and bones.
- **Vitamin C** boosts immunity and keeps gums healthy.



WANT TO SHINE?

You can, and here's how!

This could be your time to gain entry into that luminous league whose smiles spark up every room they enter. If you have questions about safe, quick, and predictable professionally supervised whitening, look no further!

What is whitening?

It is a process that removes stains and discoloration to brighten your teeth enamel. After childhood, most people can benefit because their teeth tend to darken and yellow, particularly if they...

- drink coffee, tea, or red wine
- have experienced a root canal procedure
- chew or smoke tobacco
- take certain medications
- experience natural ageing.

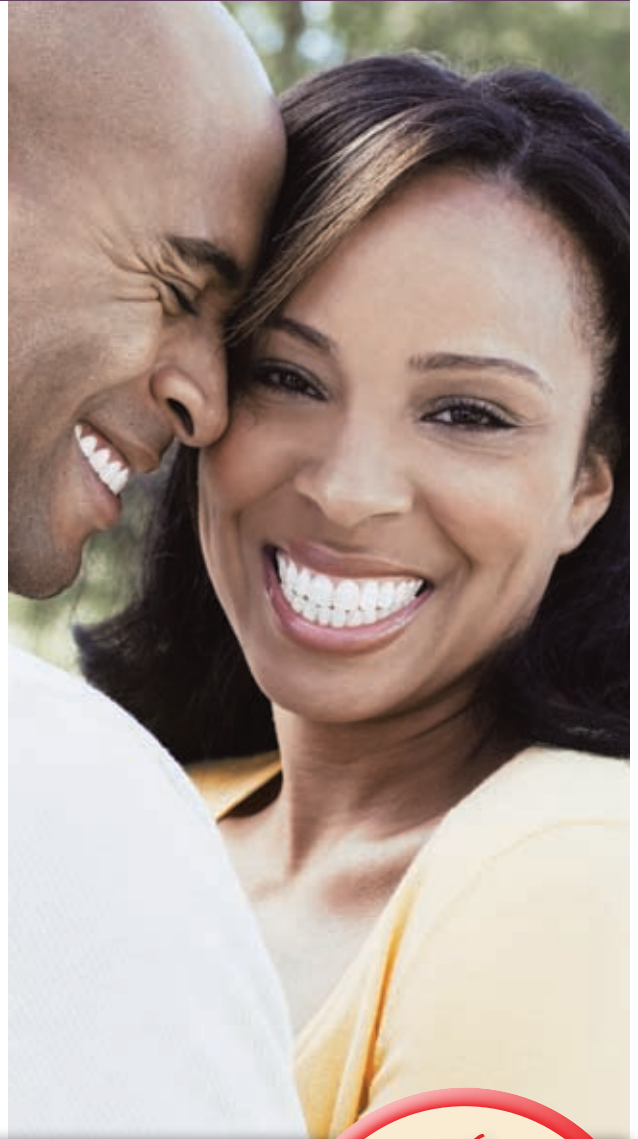
What are the benefits to me? *Patients have experienced...*

- teeth that have brightened up to 8 shades
- greater self-confidence in social and business settings
- improved appearance
- the freedom to smile more often.

Why should I get supervised teeth whitening?

Two reasons. Without supervision, ingredients found in some off-the-shelf kits could injure your gums and other soft tissue in the mouth and throat, or make you ill if ingested. Secondly, unless appropriate for your teeth enamel and degree of staining, results are unpredictable.

We make absolutely certain that the whitening ingredients and the system we prescribe for you suit your individual teeth and gums, smile goals, and budget!



3 WAYS TO TAKE FLIGHT & STAY FIT

Experts agree that as little as 20 minutes of activity a day can keep energy levels up and fight fatigue in adults - but what to do when you're traveling?

1. Check It Out Research shows that a nicer gym will increase your motivation. Ask what's available in advance of your reservation. Through the concierge, reserve sports items that are awkward to travel with (e.g. rackets).

2. Pack Fittingly Leaving gear behind is asking for trouble. Take light-weight gear like running shoes and resistance bands that suit your program.

3. Get Creative If there is no facility available, look for other options: walk to meetings... up stairwells and down hallways ... and around the tradeshow floor. Take a running or walking tour. Ask the front desk for a map or sign up for a guided tour of the local sights.

*Just
get a
move
on!*



Same-Day Smiles With E4D Dentist System

Sometimes you just have to pinch yourself when you consider the marvels of the computer age. Today, a computer based technology is revolutionizing the dentist's practice. If you have ever had a crown or know someone who has, you may be aware of the procedure. The tooth being crowned must be shaped to receive the new porcelain crown ... when it arrives. In the meantime patients coped with temporary generic teeth while third party manufacturers created permanent crowns from

molds. The "temporaries" of course had to be pried off before the permanent restorations could be placed, and if all went well you could have your new smile in less than four weeks.

Enter the E4D Dentist System, a "same-day" system that can have you smiling in just one visit! The E4D Dental System is a chair side computer-based technology that creates perfect porcelain crowns in the office while you wait. The system is comprised of an intraoral camera

– a sophisticated digital scanner that creates a perfect 3D image of the prepared tooth, the DentaLogic software that creates a virtual model of the host site, and the Design Center software that assists us in designing a restoration that matches neighboring teeth in size, form, and color. Finally a computer-driven milling device fashions the perfect replacement tooth from a metal-free block of porcelain.

A perfect, same-day smile! I may have to pinch myself again



office information

Brazos Family Dentistry

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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

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Office Staff

Melinda Office Manager
Leandra Appointment Coordinator
Terri Insurance Coordinator
Cindy, Holly Hygienists
Diana, Kelly, Crystal, Brittani
..... Dental Assistants



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Baylor Mentoring Program

Dr. Ross and Dr. Billman serve as mentors for Baylor University's Bachelor of Science in Education Degree, Master of Science in Education, and Master of Public Health Degree programs. Periodically, we have students in our office observing so they can develop effective clinical judgment and a sense of professional responsibility with in the dental office. They are able to see firsthand how a dental office operates, learn about the clinical side of dentistry, and experience the business as a whole.

These ambitious students are the future of healthcare, and we're proud to be part of their educational experience.

If you see any of these students in the office during your appointment, feel free to say hello!

Baby Congratulations

Please join us as we congratulate Crystal and her husband Carlos, on the birth of their son, Knoah, who was born September 25, 2012 at 2:35pm. He weighed 7 pounds 6 ounces, and was 19 ½ inches long. Best wishes to Crystal, Carlos, and little Knoah.



Answers to Halloween puzzle

Across

- 1) Jack-o-lantern
- 9) Boo
- 10) PO
- 11) Mi
- 12) OS
- 13) ER
- 14) OT

Down

- 17) Mumbo
- 20) ACCT
- 22) Monster
- 25) El
- 26) Evil
- 27) Skeleton
- 34) Spooky
- 35) Also

Down

- 2) A boom
- 3) Costume
- 4) KO
- 5) Ape
- 6) Nor
- 7) RM
- 8) Night
- 15) Nose
- 16) Carl
- 18) Moles
- 19) BN
- 21) Coven
- 23) TV
- 24) EI
- 28) KS,
- 29) EPA
- 30) LOL
- 31) Eos
- 32) TKO
- 33) Oy



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