

Brazos Family Dentistry

TOOTH TALK



Produced for the Patients of Brazos Family Dentistry

Winter 2012

from the dentists

Best Wishes

Thanks for 2011

As we look ahead to 2012, we would like to thank each of you for your continued loyalty over the past year. We speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2012 and look forward to seeing you in this New Year.

Here's to a great 2012!

*Dr. Russell Ross and
Dr. Crystell Billman*

turn the page

Are you *too* sensitive?

3 steps to keep your smile youthful

Why olive oil makes us smile

What's In It For You?

Crown restorations have so much to give

Most of us are hyper-aware of strategies for health including a weekly exercise regimen and a healthy diet. Techniques for restoring, revitalizing, and even saving your smile? Not so much. Crown restorations, for example, can enhance your appearance ... improve your ability to eat and speak ... and renew your self-confidence.

Here are some common questions about popular crown restorations.

What is a crown?

A restorative crown can be a protective cover or cap for your tooth, or it can be attached to an implanted root to replace a missing tooth.

Can my smile really become as good as new?

Yes, even better actually. Because of today's superior ceramics and bonding materials, crowns are strong and long-lasting like your natural enamel and they can be precisely matched to the translucence, color, and contours of your other teeth.

How do I know if a crown would work for me?

A protective crown is an excellent choice if you have poorly shaped and discolored teeth, cracked or unstable teeth, damaged and ageing



before



after

Crowns

restorations, or teeth that have weakened from root canal treatment.

What if I have multiple smile issues?

If you have missing teeth, several crowns can be attached to a bridge appliance to prevent drifting teeth and further damage. For extensive discoloration or chips, porcelain veneers restore teeth and improve smile proportions.

Please call and ask about our same day crowns.



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Don't Be So Sensitive!

Care for sensitive teeth

Do you experience discomfort or a sharp pain when you breathe icy air, when you sip hot, cold, or sweet beverages, or eat foods with extreme temperatures? Even when brushing your teeth? You could have sensitive teeth which can put a damper on the most pleasurable things in life.

What can you do?

- Always visit us for a diagnosis and treatment options.
- Use a toothpaste specially formulated for sensitive teeth. It takes two weeks before the full effect is evident.
- Rinse with a fluoride-based mouthrinse that contains potassium nitrate to reduce sensitivity.

Don't endure sensitivity symptoms. Call us today!

That Jarring Jawbone!

Relief from TMD is here

It may be stress, previous injury or tooth loss, habitual clenching, gum-chewing, or a part of ageing, but for whatever reason, your jaw aches, you're having difficulty chewing, and it affects how you eat. Other possible causes? Restorations such as crowns, fillings, inlays, and onlays that have worn over time and no longer align or function as they need to.

You may be suffering from *temporomandibular disorder* (TMD) – a misalignment of the jawbone where it connects to your skull. Once we diagnose the cause of your TMD, the solution could be as simple as adjusting or replacing one or more restorations or providing you with a nightguard to maximize your jaw position and relieve your discomfort while you sleep.

Until you see us for treatment, you might be able to alleviate symptoms by chewing on both sides of your mouth, de-stressing, not chewing gum, and performing basic jaw-stretching exercises.

Reinforce
the power
of your
smile

PART OF SMART AGEING

Good for you! You're taking better care of yourself so that as you age, you remain in optimum health. You're using the stairs (not the elevator), protecting your skin, and ramping up the fiber, fruits, and vegetables in your diet. Now think about this: if you live longer, your teeth have to function longer too!

Now is the time to consult with us about the benefits of not just rejuvenating the whiteness in your smile, but also the structure and durability of your teeth. Missing or damaged teeth severely compromise your capacity to chew and digest healthy foods ... negatively affecting your overall health. Not to worry... We have solutions!

- One option is a **bridge**. It replaces a missing tooth by securing a new replacement tooth to the adjacent healthy teeth. Bridges look natural, are easy to clean, and because they're fixed in place, they're stable.
- A **crown** completely covers or "caps" an existing tooth that has a serviceable root but is damaged above the gumline. It improves the tooth's strength and appearance, and extends its lifetime.

As part of your healthy lifestyle team, we will advise you on the best, most cost-effective way to improve your smile. Dental enhancements like bridges and crowns are a great self-investment. You'll look terrific, enjoy a confident smile, and situate yourself wisely to benefit wholly in both oral and overall health!



BEFORE



AFTER

3 Ways To Age Your Smile

Learn the secret to keeping it youthful

In 1900, the average life expectancy was only about 49 and few people anticipated keeping their teeth that long. Today, many mature adults have maintained their teeth, yet have developed potentially serious problems with the *gingivae* (gums) that surround them. This is very important, because when gums are damaged, the gates are literally opened to a host of problems.

FIRST Receding gums. When bacteria is allowed to build up in the mouth and is left untreated, damaged gums become progressively more inflamed. Initially the infection can be painless with no visible signs or symptoms that you would notice during routine home care. Gum disease is the top cause of tooth loss in adults and has been linked to cardiovascular diseases, diabetes, arthritis, Alzheimer's, hearing loss, and cancers.

SECOND Root cavities. Some natural gum recession occurs as you age, but too-vigorous brushing can dramatically speed up the process and expose the roots of your teeth. This is unattractive, but more importantly it can expose your roots to bacteria and cavities. Experts suggest that those taking anti-hypertensives, antidepressants, and analgesics are already at an increased risk of caries (cavities).

THIRD Tooth sensitivity. Receding gums and exposed roots can be painful and eventually, if over-brushing continues, the entire tooth enamel will be affected.

Although we can provide solutions like bonding, veneers, and desensitizers to restore function and appearance, we prefer prevention. Regular examinations and learning proper home care will keep both your gums and teeth healthy.



IN PRAISE OF Olive Oil

Reason to smile

Olive oil, a key component of a Mediterranean-style diet, has provided health benefits for millennia. Mono-unsaturated fat gives olive oil anti-oxidant properties, lowering the risk of colon cancer, incidence of heart disease, and type-2 diabetes.

Because ingesting olive oil enriches skin and soft tissues, and is an anti-inflammatory, it also helps in treating gum disease which, due to the correlation between oral and whole-body health, improves your overall well-being.

Extra virgin olive oil is highest in anti-oxidants because it's less processed. And because of its flavor, processing method, and beneficial properties, it is the only variety of vegetable oil that nutritionists suggest be ingested as is (without being cooked). Only two tablespoons per day will help you look after your whole health while we take care of your oral health!



Confidence & Comfort

Dental implants can help you smile more!

Dental implants can help you look, eat, and feel better. Over a million have been successfully placed in North America. That's a lot of smiles! If you've been considering implants, here are a few commonly asked questions.

■ What is an implant?

An implant has two parts: a biocompatible metal root and a custom-made tooth which is attached to it. Underlying bone is prepared to accept the root which becomes part of your jawbone.

■ How do I know if implants are for me?

Implants are so versatile that they can replace one or more teeth, support a bridge and eliminate the need for a removable partial denture, or provide support to make a complete denture more secure and comfortable.

■ Will my implants look natural?

Completely natural. You can eat, speak, and socialize with ease.

■ Are implants safe?

Definitely. Implants have been used for about 35 years, and patients can expect a 98% success rate.

■ Do implants require special after-care?

No. They require the same home care and regular dental visits as natural teeth.

■ Are age and health important factors?

Age is not a factor. Most people in good overall and oral health are excellent candidates.

■ How long will implants last?

Implants are designed to be permanent, and more than 90% last for twenty years or more.

We offer a Complimentary Implant Consultation so if you have more questions, please call us!



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

Office (254) 799-5746
Fax (254) 799-4115
Email info@brazosfamilydentistry.com
Web site www.brazosfamilydentistry.com

Office Staff

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



CareCredit

Waste Not, Want Not Benefit now!

We just love it when we get to be the bearers of good tidings! This is our chance to remind you that for most people, January signifies renewal time for insurance benefits. That means you get to begin the year with a clean slate and a fresh start for your smiling future.

Early in the New Year is an excellent time for an examination so that we can monitor your oral health and review your home care regimen. It's a great opportunity to consider cosmetic or orthodontic procedures you might have been postponing. Once we've assessed your oral health, we'll be happy to sit down with you to help map out your personal treatment options.

Make this your year to have a healthy, happy, fabulous smile. Don't waste a minute of it!

Food for Families

A big THANKS to our patients and employees that donated non-perishable food items to the Food for Families food drive in November. It feels good to know that – together – we're helping people right here in our community. Terri, our insurance coordinator, spearheaded the efforts in our office. Terri is always looking for ways to help others, and Food for Families was the perfect opportunity to make a difference. We're proud to have her on staff!

