

# THOMAS W. NABORS III, DDS.

cosmetic + general dentistry

## DENTAL NEWS

Produced to improve your dental health and awareness

Winter 2006

from  
the  
dentist



### Healing & Happiness *Crystal Gypsy Designs*

It is always a pleasure to make our practice more patient-friendly and the dental experience more enjoyable for you. One way is by using this newsletter to highlight patients with businesses that you might find interesting and beneficial.

A terrific example is *Crystal Gypsy Designs*. Tania is a musician and artist who has created custom cosmic bling-bling pieces for what she calls "gypsy royalty" ... a long list of celebrities. Her designs have been seen at the *Grammys* and other awards shows as well as in *People Magazine*, *Country Music Magazine*, and *CMT*. Crystal Gypsy has participated at a benefit fashion show in Los Angeles for the *weSPARK Foundation* founded by Steven Spielberg and Tom Hanks.

You can find out more about Tania's designs by visiting [www.crystalgypsy.com](http://www.crystalgypsy.com). Just one more reason to smile!

-Dr. Thomas Nabors

## Invest In Yourself!

You deserve a whiter smile!

If you look good, you feel good. If you feel good, you *do* good. You've heard it a million times before, but have you ever really listened? Like many old-fashioned recipes for success, this simple adage has the ring of truth. That's why many people are investing time and money in themselves - to become more fit, more aware, more attractive.

Even if your lifestyle won't allow you to hit the gym on a regular basis, you can still hit the ground running in your head start to look and feel better. Teeth whitening takes only a minimal investment of your time, and the rewards are well worth it. Today's modern teeth whitening techniques are safe and effective when undertaken in the professional environment of our dental office.

Life's little lapses like tea, coffee, smoking, or red wine can gradually leave surface stains that are easy to remove. Just getting older or inheriting a darker tooth color can also dim your smile. Some smiles have lost their



sparkle due to root canal treatments, fluorosis, or tetracycline use.

Teeth whitening is fast becoming the first therapy of choice for millions of people just like you. For a brighter whiter smile, please give us a call. There's nothing old-fashioned about it.

**Zoom!™**  
**Whitening Special**

**\$100 Off!**

Offer expires March 15, 2006

**whitening**

before © Ivoclar North America Inc. after



Thank you for all your referrals. We appreciate them!

# The Forgotten Feature

Don't let your lower teeth spoil your smile

Your lower teeth are special. They are the first to come in – and the first to be forgotten. Have you ever seen a dazzling smile dim when stained, worn, uneven lower teeth come into view? That doesn't have to happen to you. Here are some popular cosmetic techniques to get your bottom teeth – and your entire smile – in tip-top shape.

**If...** stained or metal fillings are ageing your smile, consider white composite fillings and tooth-colored porcelain inlays that are so natural looking, they are virtually invisible.

**If...** your teeth are stained and discolored, consider teeth whitening. It is the number-one cosmetic dental procedure because it is so easy and so effective! Say goodbye to stains from food, beverages, nicotine, root canal treatments ... and age!

**If...** your teeth are chipped, cracked, or spaced, consider bonding materials that cover these flaws. They're tooth-colored, and look and feel just like your own enamel. Also consider porcelain veneers which are ultra-thin, hand-sculpted shells which cover the front surface of teeth.

**If...** your teeth have been weakened by root canal therapy, clenching, grinding, or an impact injury, consider metal-free crowns which entirely cover the affected tooth to restore appearance and function. They're strong restorations, with a very natural look.

Each of these esthetically pleasing techniques whitens or protects or strengthens your smile. The restorations even resist the bacteria that cause gum disease. You can double the wattage of your smile with a cosmetic dental makeover – from the bottom up!

# Dry Brushing Works

## Brush without toothpaste first

According to the *American Dental Association*, adults are flossing and brushing more. Other research reports that brushing *first* without toothpaste or water can reduce plaque deposits by 67% and gum bleeding by 50%! Dry brushing your teeth first adds only 90 seconds to your home care routine. Here's how it works.

- Starting with the inside surfaces of your teeth, place your dry brush at a 45° angle so it's half on the gum and half on the tooth.
- Gently vibrate the toothbrush bristles in a forward and backward motion, working some of the bristles under the gum.
- Brush the inside surfaces of your teeth, the outside, and the biting surfaces.
- **Repeat the process – this time, using toothpaste and water.**

Always floss daily and clean your tongue. If you can't brush, rinsing with water after eating can reduce bacteria by 30%.

Art conservators have restored stained, darkened masterpieces using information from the library of the *American Dental Association*. Modern teeth whitening techniques are considered both gentle enough and powerful enough to restore some drawings that were formerly considered "lost causes."

Did you know?

# Breaching The Barrier

Hospitable microbes encourage gum disease



## Archaea. är'kè-ə

Now you know a word that hasn't even made it into many mainstream biology textbooks. You might want to remember it though. It may have important implications for the future of your oral health.

Archaea is a class of microbes that look like bacteria but are actually completely different. Commonly found in nature, they have never been associated with disease. But now, for the first time, these microbes have been

linked with periodontal (gum) disease. The more abundant the archaea in the mouth, the more severe the gum disease. Scientists suspect that the archaea microbes do not directly cause gum disease but contribute to it by creating a friendly environment for the bacteria that do cause it.

When bacteria are allowed to build up on your teeth, they create plaque, an invisible sticky film that can harden into tartar. Over time, tartar damages your gums which are a natural barrier that protects the inner tissues of your mouth. When this barrier is breached, harmful germs can cause bone loss, tooth loss, and may even enter your bloodstream.

How can you prevent progressive periodontal disease? Don't let your home care routine lapse. Brushing morning and night, flossing once a day, getting enough rest, and eating nutritiously are important steps for good dental care. Be sure to maintain your regularly scheduled visits with us to help control the bacteria-producing plaque and tartar buildup on your teeth and below your gumline.

# Dispelling The Myths

Don't let anxiety interfere with your life

Avoiding dental visits can actually interfere with your life because poor oral health can negatively affect your overall health. Here are some misconceptions people have about their dental anxiety.

**Myth:** Dentists don't like to treat fearful patients.

**Fact:** Our team will welcome you. We understand your need for trust, and we are committed to building a relationship with you.

**Myth:** In today's world, avoiding the dentist is rare.

**Fact:** Studies suggest that about 20% of people worldwide are afraid of the dentist. That is more than a billion people!

**Myth:** There's something wrong with me if I'm afraid of the dentist.

**Fact:** Fear is an emotion. People who are anxious about dental visits are as normal as anyone else.

Together we will create the care strategy that works for you.

# Gain Your Health

## Quit smoking

Since tobacco use is the leading cause of oral cancer, it's definitely worth it to rise to the challenge. Weight gain has been cited by many smokers as the primary reason they won't quit.

First, it's been estimated that you would have to gain about 125 pounds to put your health at a comparable risk to smoking. The average weight gain after quitting is only 5-10 pounds.

As your energy levels increase, you will begin to feel better and more interested in physical activity...

- A moderate increase in physical activity can help keep weight off.
- Eliminating 200 calories of food intake per day may negate the extra calories acquired from not smoking.

Strive for success by planning a diet and fitness program *before* you quit. And never take a "pass" on your regular oral health exams.



# The Smile Makeover

Get a new smile and a new outlook

Cosmetic dentistry, or the *smile makeover*, has gained increasing popularity in the last fifteen years. People do not notice the best smile makeovers because the new smile looks so naturally beautiful.

What can a smile makeover accomplish? Unsightly stains can be removed, teeth can be whitened, and gaps, chips, crowding, and the shape of teeth can all be corrected. Sometimes the subtlest changes can dramatically improve a smile.

Your dental and general health can also be improved by cosmetic dentistry! By ensuring your smile is balanced and healthy, your front and back teeth are protected from damage. Jaw related ailments including headaches and tiredness can be dramatically reduced.

Simply *smiling* more can improve your health! If you feel that a smile makeover may help *you* smile more, give us a call to arrange a consultation.

These photographs are of one of our patients. She felt that her smile was showing too much age. She had several old restorations on her front teeth that were staining and wearing away. In the past she had orthodontics, but her teeth were beginning to relapse and become more uneven. We did a comprehensive smile analysis and afterwards, placed six porcelain veneers on her upper six front teeth and replaced failing restorations ... both which gave her a more youthful appearance.

## Actual Patients Photos

Before



After



"When I was very young, I fell and chipped both my 2 front teeth. The dentist repaired them with bonding, but never liked my smile; it has always been uncomfortable for me to smile. At 40, I decided it was time to have the smile I'd dreamed of. Dr. Nabors made that possible. He made my smile beautiful with 8 veneers. When he put the temporary veneers on, I broke down & cried in his office; it was truly a dream come true. The permanent veneers are gorgeous! I've had people tell me for the first time in my life. "Your teeth are beautiful!" That was never a possibility before Dr. Nabors gave me a beautiful smile."

## office information

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### Office Staff

Dana ..... Front Office Manager  
Victoria ..... Registered Dental Hygienist  
Jennifer ..... Registered Dental Hygienist  
Cherilyn ..... Registered Dental Assistant  
Lydia ..... Receptionist

**Communication is important  
to us – don't be  
afraid to ask questions!**

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## News You Can Use

### Office Updates

#### In The Spotlight

We're sad that Kim, one of our hygienists, has moved away, and we wish her all the best. Our new hygienist is Jennifer who has relocated from Ohio. We're both thrilled that she is a member of our team.

#### Dental Insurance

An ally in maintaining good oral health is dental insurance. Here are some facts about dental insurance that you should know:

- Dental insurance is a contract between you, your insurance company and your employer.

- Your employer may have selected a plan based on an old fee schedule. Our fees may be based on a current schedule.

We are happy to assist you with your dental insurance, but please realize it is your insurance. We will assist as much as we can, as a courtesy, but it is your responsibility to understand your plan.

## Our Sincere Thanks...

### For your trust & loyalty

We'd like to take this opportunity to thank you for your continued support for our dental practice. It's been a privilege and a great pleasure for us to be able to provide you and your family with the highest standard of dental and oral health care.

We try to treat our patients with the utmost dignity, respect, and compassion. And it's very satisfying to see just how many patients pay us the ultimate compliment by referring their friends and family to our practice. We are truly grateful for your trust.

Please continue to refer any friends or colleagues to us, and accept our genuine "thank you" for your future referrals.

