

THOMAS W. NABORS III, DDS.

cosmetic + general dentistry

DENTAL NEWS

Produced for the Patients of Dr. Thomas Nabors

Summer 2010

fromthedentist



It's An Eventful Time

This has already been an exciting year for us:

■ Our Dental Assistant, Elizabeth has welcomed a beautiful baby girl! Brooklyn Lily was born on April 9th weighing 7lbs, 10 oz. Elizabeth and Brooklyn are adjusting well and can't wait to meet our office family.

■ When you come in for your appointment you will notice that there are a few new faces around our office. Please welcome and say hello to Andrea, our new Registered Dental Hygienist and Registered Dental Assistant, and Tanya, who has also joined us as a Registered Dental Assistant.

■ We're very excited to have Dana back, the office just has not been the same without her! Even though she still lives in Jonesboro, AR, she will be here Monday through Wednesday.

■ We are very excited to be able to offer you, our patients, a new patient system called *Sesame Communications*. This system allows you to be able to access your personal dental account, it can email alerts to you about appointment reminders, and even view your own digital x-rays.

■ Our entire team is excited to have the opportunity to be going on a medical mission trip to the Dominican Republic in November to perform dental treatment to children, benefitting the Smiles for Life Foundation.

■ Finally, we thank you for your support and friendship. We appreciate your feedback, referrals, and posts on www.doctoroogle.com.

*Have a great summer,
Dr. Nabors*

Make A Real Difference

Help children and brighten your smile!

We care a lot about this community and we are extremely proud of our reputation as providers of quality dental care. That's why we'd like to share some of our team's values with you and offer you a chance to do something wonderful for yourself and make a difference in somebody else's life simultaneously!

We're excited to be hosting our first ever Smiles For Life program, running from now until June 30th! Through Smiles For Life, Crown Council dentists donate their time and Discus Dental™ donates the whitening materials, in a combined

effort to provide you with a dazzling smile that is professionally whitened at a generously discounted fee. Seriously ill, disabled, and underprivileged children in our community, and around the world, will be receiving 100% of the proceeds.

Since its introduction in 1998, Crown Council dentists participating in the Smiles for Life program have raised more than 27 million dollars for children's charities. We are geared up and ready to make our contribution ... and we welcome you to join us!

We look forward to helping you achieve a brighter, whiter smile ...



while making a difference in the lives of underprivileged children everywhere. Together we can help change a child's life forever. Please call today and join us in helping children in need!

Thank you for all your referrals. We appreciate them!



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile

Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 Protect your damaged tooth by capping it with a crown.

2 Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

Veneers

Putting on a new smile!

Thanks to the many recent advances in cosmetic dentistry, new smiles can literally be created ... simply and effectively. Front teeth that are discolored, chipped or have gaps between them can look as good or better than new, using *porcelain veneers*. These ultra-thin, hand-crafted shells of ceramic material are bonded firmly to the front of your teeth and can be used to improve color, shape and alignment. They are natural looking and are highly resistant to permanent discoloration from drinking coffee or tea, red wine or from tobacco smoking.


The best part is that the entire veneering procedure usually takes just two or three appointments. During your first visit we assess your smile and plan your treatment. At your next appointment, we reshape your teeth slightly to accommodate the veneers, then create a model of your teeth for the laboratory.

On your final visit, the veneers are bonded to your teeth. You can view the esthetic results first, and we can adjust the color of the veneers by selecting the shade of adhesive. A light is applied to quickly seal the bond so securely that you can brush and floss daily. After about two weeks, we may ask you to return to our office for a follow-up appointment.

Veneers can simply and effectively restore the health and beauty of your teeth and give you that self-confident smile you've always wanted.



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Digital X-Rays

What are they?

The 100th anniversary of the use of dental radiographs, or x-rays, has already come and gone! And in this century, digital technology is quickly changing the way we use x-rays.

While digital x-rays still require a patient to “pose” for a picture, the process and result are dramatically different. Instead of film, a highly sensitive electronic receptor is inserted into your mouth. An electronic image is captured instantaneously and stored on a computer’s database. These digital x-rays give us a clear, high-resolution view of teeth, bone, root, and tissue; all while using up to 90% less radiation than traditional x-rays.

This new technology is just one more tool we can use to provide you with the best and most efficient dental care possible.

➤ Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or “personal testimonial,” all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing new patient referrals.

Spreading The Word