Office News

Say “Hi” To Karen Next Time You’re In!

Karen our new hygienist grew up in Flint, Michigan and brings an interesting background to the practice. She spent five years of active duty in the United States Navy providing dental support for military members! Karen graduated from Tennessee State University, Summa Cum Laude, with an Associate of Applied Science degree in Dental Hygiene.

We are delighted to have Karen on board – her philosophy, values, and skills are a perfect fit with our team. She is committed to detailed, accurate assessments, designing a program specially tailored for you, and teaching you about home care, including brushing and flossing techniques, and nutritional advice to help you maintain your oral health.

Outside of the office, Karen is an avid hockey fan and loves spending time with her husband and two teenage daughters.

From The Dentist

Each year there are many new advances in dentistry. Since this is the first newsletter of the year, let’s focus on some newsworthy items:

On April 25, 2009 the Smiles in the Neighborhood team completed our 2nd annual Country Music Half Marathon. To date we have raised over $10,000 on behalf of Interfaith Dental Clinic. Thanks to all who have donated time and money for this cause.

Periodontal Medicine: most of you know that the days of oral health are upon us. We know that periodontal (gum) disease is a risk factor in many diseases such as heart disease, diabetes, pre-term birth, and others. The ability to bring medical based tests to our practice over the last few years has been great. Bacterial DNA tests allow us to diagnose gum disease at a much earlier state than ever before. Thus, making it easier to treat, less expensive, and have better treatment outcomes.

Stem cells from baby teeth. This concept is very new, but it is now known that stem cells can be harvested from baby teeth. While there is much study and debate over stem cell research, the fact that baby teeth contain these valuable cells is truly amazing. Simply sending in your child’s baby tooth to a lab could provide a valuable resource for them later in life. I have just done this for all three of my kids. You can check it out at www.bioeden.com.

Lastly, we have had a great year so far and appreciate all of our patients and their support of our practice. We have grown and have now added a third hygienist, Karen Duke. She will be with us one day per week and hopefully more in the future. We certainly want to welcome her to our team.

Yours in good dental health,

Dr. Thomas Nabors

Happy Spring!

Thank you for all your referrals. We appreciate them!
Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life’s passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

Sometimes even subtle changes can turn a nice smile into a sensational smile – often in only one or two visits...

Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 – give us a call as soon as you can. You’ll have your great new look in no time!
De-Escalate!

It’s a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation?

Absolutely. Aikido, Tai Chi, and Qi Gong combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

Yoga is popular, very doable, and doesn’t require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is all about taking the pressure off.

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it’s simpler than we think.

Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

1. Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
2. Eat five fruits and vegetables daily for a healthy mouth and body.
4. Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!

Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don’t know they have gum disease.

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

Are you ready for biology’s next revolution? The Human Oral Microbiome Database has been created to provide scientists with comprehensive information on oral microbes. That’s good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the silent disease because you can have it and be symptom-free. Being young is no protection.

Are You Symptom Free?

Could you be one of them? Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.
You Deserve To Be Happy

Have you already done the groundwork?

The pursuit of health and happiness is a multi billion dollar business ... just ask the experts! Yet taking care of yourself, especially during stressful times, might be simpler than you think. How’s this for a strategy? Stay positive and have faith in your own judgment and ability to act.

We think you’ve likely given some thought to self-improvement and you understand how to go about it. For example, any one of these five positive steps could start you on the path to boost your health and self-confidence...

- **Get more active.** Control your weight, fight diabetes, improve cardiovascular health, build strong bones, and provide stress relief.
- **Vary your diet more.** Include five fruits and vegetables a day to maintain oral health, a healthy weight, and promote vigorous cardiovascular, immune, and nervous systems.
- **Stop smoking.** It wreaks havoc with your health and has been linked to gum disease as well as some cancers.
- **Keep your regular medical and dental checkups.** Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- **Re-sculpt your mind.** Through relaxing meditation, you can actually rewire your brain to think more positively throughout your life.

A positive attitude and good health can’t solve all the world’s problems... or yours. But they can provide a strong foundation for building the happiness you deserve.

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**Featured Patient Makeover**

Featured here is a case with 8 porcelain veneers by Dr. Nabors. The veneers corrected spacing and alignment. This patient wanted a natural look, nice color, but did not want the teeth to be too white.

Since 2007 our dental practice has been No. 1 on the doctor-ranked website: [www.doctoroogle.com](http://www.doctoroogle.com).

We appreciate all the positive feedback from our patients.

To keep Nashville and the surrounding areas aware of our practice and services, we encourage everyone to visit Dr. Oogle and leave an encouraging post.