

THOMAS W. NABORS III, DDS.

cosmetic and general

DENTAL NEWS

Produced to improve your dental health and awareness

Spring 2005

fromthedentist

Welcome!

Our new newsletter

Welcome to the very first issue of *Dental News*, a newsletter designed to keep you informed of new ideas and concepts in the field of dentistry. Over the next few issues we will bring you information on areas such as cosmetics, whitening, implants, and many other topics where dentistry has made terrific advances over the last few years. We also hope to bring you information that is particular to our office, of which you are the most important part.

This newsletter relies on your input to be successful, so please mention any topics that you would like to see included in a future issue. If you happen to receive two issues, please share one with a friend who you feel might benefit from the services and care that we provide.

Yours in good dental health,

Thomas Nabors III, DDS

turnthepage

Making a statement ... with veneers!

7 smile solutions ... 7 reasons to smile!

Natural radiance? Rely on us!

What We Have ... You Have!

Read what we have in our new dental suite!

We are thrilled to announce that on May 1st we'll be moving our practice to terrific brand-new custom-designed offices at 162 4th Avenue, Suite 100 in Nashville. These offices will provide our patients with the absolute best environment for excellence in dental and oral health care.

In our practice we do our best to provide the most up-to-date dental techniques and technologies available. These include *Cerec 3D™* – the world's most advanced dental restoration system. With it we can manufacture lifelike porcelain crowns, veneers, inlays, and fillings right here in our office. Previously, these types of tooth reconstruction required at least two or three appointments. Now, entire procedures take place in only one visit.

We also offer the *Invisalign®* system

to straighten crowded, protruding, or too-far-apart teeth *without* metal braces. First, we take an impression of your teeth, and then the Invisalign lab uses computer technology and your personal smile prescription to create a series of *invisible*, biocompatible aligners. These move your teeth in tiny, comfortable increments. You wear each invisible aligner for about two weeks before graduating to the next ... until you have the smile you want.

And for the whitest teeth possible, we now offer *Zoom2®*, the fastest, most effective in-office whitening system available. In just 45 minutes, your teeth will be dramatically whiter!

We would like to invite you to visit us in our new offices to discuss the many ways we can improve your dental health.



*May 1st we'll be
moving our
practice to terrific
brand-new
custom-designed
offices at 162 4th
Avenue, Suite 100
in Nashville.*

Thank you for all your referrals. We appreciate them!



Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

1 Whitening Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	2 Crowns Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	3 Veneers Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	4 Bridges Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	5 Braces Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	6 Composite/Inlays/Onlays Restore and strengthen decayed areas while looking extremely similar to original tooth color.	7 Bonding Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
---	---	--	--	---	---	--

Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

Moisten. Drink plenty of fluids and condition lips with balm.

Stop. Do not lick or chew your lips. The skin is very thin and is easily damaged.

Exfoliate. To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

Switch. Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

Prevent. Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

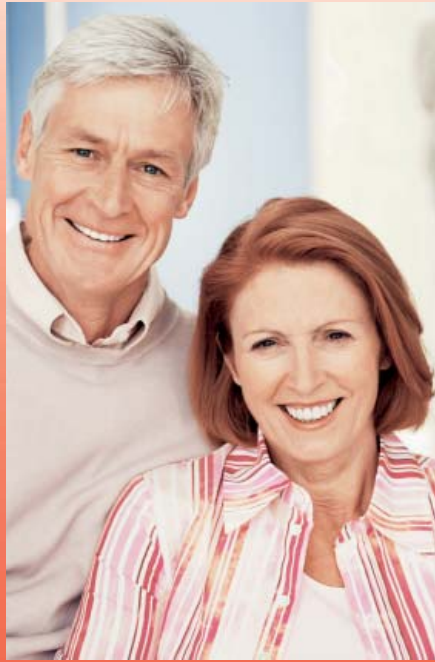
Sarcopenia

You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

How Radiant?

Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

Glitz or glamor?

Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve
teeth size & gumline



Transform
discolored & crowded teeth



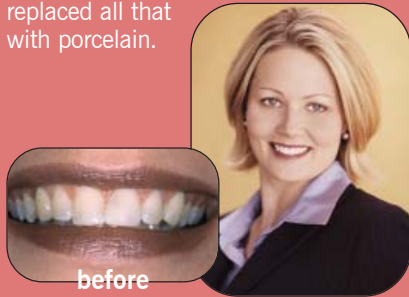
Correct
spaces between teeth



Patient Photo Gallery

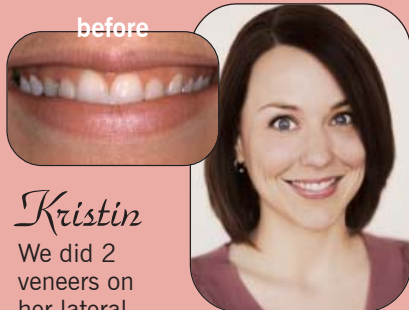
Amy

We did 8 porcelain veneers on her upper teeth. She had lots of old bonding correcting spacing between her teeth. We replaced all that with porcelain.



before

before



Kristin

We did 2 veneers on her lateral incisors and a gum lift using a soft tissue laser.

Mai-Lai

We replaced 2 old composite veneers on her upper lateral incisors.



before

before



Ginger

We did one crown and 3 veneers involving her upper 4 incisors and a gum lift as well.

New Patients Welcome

Our doors are always open



We pride ourselves on the high quality of service and care we provide. There's no better sign that we are serving you well than the number of new patients who walk through the door. Referrals and word of mouth are our number-one source of new patients. When you give us a good reference, we won't let you down! A vibrant patient base helps our practice grow and expand so that we can continue to offer the very best in dental treatment.

So, if you're wondering whether or not we accept new patients - the answer is YES. Not only do we accept them, we encourage them. There's no higher compliment for us than to be given the privilege of meeting and serving the needs of a new patient.

office information

Thomas W. Nabors III, DDS
401 Church Street, Suite 910
Nashville, TN 37219-2230

Office Hours

Mon-Thu 7:30 am - 4:30 pm
Friday 7:30 am - 11:30 am

Contact Information

Office (615) 256-1600
Fax (615) 256-1817
Email drnabors@bellsouth.net
Web site www.thomasnabors.com

Office Staff

Dana Front Office Manager
Serena Client Coordinator
Victoria Registered Dental Hygienist

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



Cerec 3D Smiles

Natural, strong, and fast!

We're very proud to offer *Cerec 3D™*, the world's most advanced dental restoration system. With it we can manufacture lifelike porcelain crowns, veneers, inlays, and fillings right here in our office *during only one visit* ... instead of 2-3 appointments.

Cerec 3D technology allows us to take a three-dimensional picture of the damaged tooth. Our ability to design your restoration is optimized by the realistic 3D CAD program images. We then transfer it to the CAM program which accurately and precisely mills the restoration while we monitor its process. Our final step? Bonding your finished restoration in place.

The strong ceramic material matches your tooth color, looks like natural enamel, and is biocompatible.

Cerec 3D could transform your smile! Please call for a consultation.

Overdue?

Time for a call!

We schedule your checkups based on what keeps your smile at its best. We need to see you often enough to diagnose and treat any problems, and to take preventive action - usually once every three to six months. If you brush and floss regularly and don't have any tooth troubles, you may be tempted to bypass your appointments. Please don't! Only a dentist is trained to spot potential problems and provide treatment.

A regular checkup includes a screening for small problems that might become big ones, including signs of gum disease, infections, faulty restorations, and oral cancer. We'll do a thorough cleaning, remove tartar, and answer questions.

If you need a checkup, please call us ... Regular appointments are a good long-term investment in your health!

