

THOMAS W. NABORS III, DDS.

cosmetic + general dentistry

DENTAL NEWS

Produced to improve your dental health and awareness

Summer 2005

fromthedentist

Please Join Us & say welcome!

Our team thought that things couldn't get any better after our move to these terrific new offices. Well ... have I got more great news for you! It is my honor to introduce my dad - Dr. Thomas Nabors II - to our practice family.

It is our extreme good fortune that he has chosen to adopt Nashville as his new home. Dr. Nabors is semi-retiring from over thirty years in clinical practice in Mississippi, and will join our team on a part-time basis. He will help cover the practice whenever I have an unavoidable absence.

In this way, our team can provide continuity of service along with the kind of flexible, patient-centered scheduling we have always made available to our patients.

Please join us in welcoming Dr. Thomas Nabors II as well as our two new team members, Cherilyn and Kim.

Yours in good dental health,

Thomas Nabors III, DDS

turnthepage

The grind of bruxism

The secret? Strength, of course!

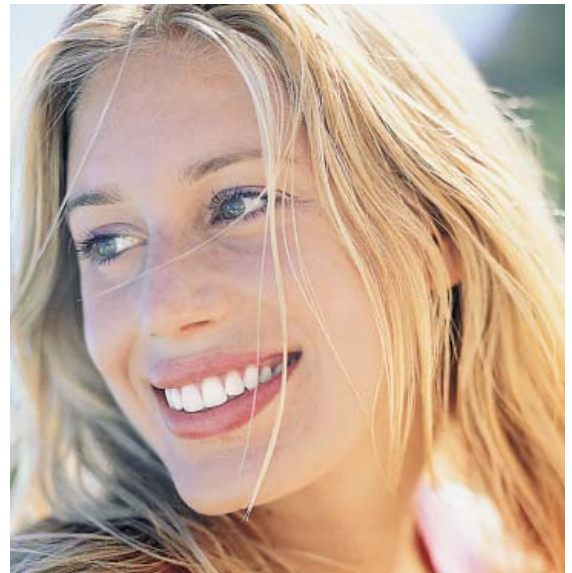
Absolute discretion: dental implants

The #1 Whitening System

Zoom2® your smile!

We are very pleased and proud to offer our patients the newest generation of the world's leading whitening system! Zoom2® is the fastest, most comfortable, and most effective in-office whitening system ever. It is 33% faster than its predecessor, with 67% less sensitivity. In just 45 minutes, your teeth will be dramatically whiter. This whitening procedure is ideal for anyone looking for immediate results, and its convenience makes it the perfect choice for the busy individual.

The Zoom2 procedure is simple. It begins with a preparation to isolate your lips and gums. We then apply the special Zoom2 gel with amorphous calcium phosphate (ACP) technology which is activated by the Precision Light Guide System. Teeth typically become at least six to ten shades whiter, and sometimes even more. A five-minute fluoride treatment completes the procedure. You will be



amazed with the results! In fact, in most cases, teeth continue to get even whiter the first few days after the procedure.

The Zoom2 whitening procedure includes a take-home touch-up kit that can be used whenever discoloration is noticed. Most often, a touch-up once a year will maintain a whiter smile that sparkles for years. Please call for an appointment to make sure your dream smile becomes reality.



Zoom2 Facts

- Safe and effective
- Completed in just 45 minutes
- Perfect choice for the busy individual
- Simple and painless
- Whitens an average of 8 shades
- Lasts for years
- Includes a take-home touch-up kit

Thank you for all your referrals. We appreciate them!



Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
<p>Veneers & Bonding</p> <p>Flossing and brushing with soft or ultra-soft brush</p> <p>Mild, non-abrasive toothpaste</p> <p>Electric toothbrush</p>	<p>Crowns, Bridges, Implants</p> <p>Interdental brush</p> <p>Sulcus brush</p> <p>Oral irrigator</p> <p>Floss & floss threader</p>	<p>Fixed Orthodontics</p> <p>Interdental brush</p> <p>Orthodontic toothbrush</p> <p>Multipurpose floss</p> <p>Oral irrigator</p> <p>Sulcus brush</p>

Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

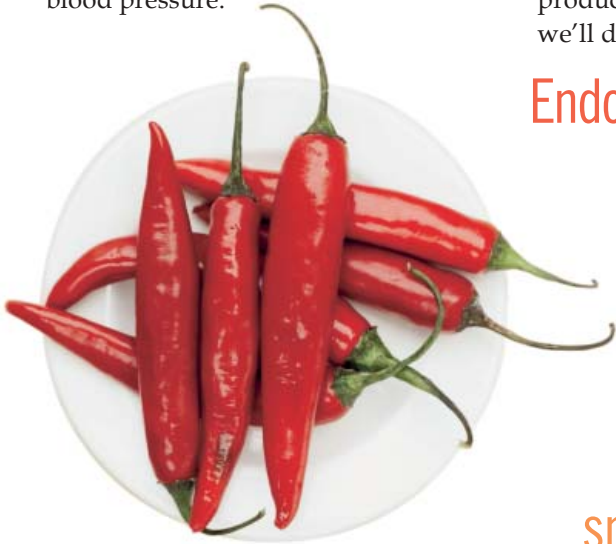
We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released
in your brain by:
sunshine
exercise
meditation
massage
smiling and laughing!



Discreet Dental Implants

Anyone
You
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

The Secret Is Strength

Crown & bridge can
restore your smile

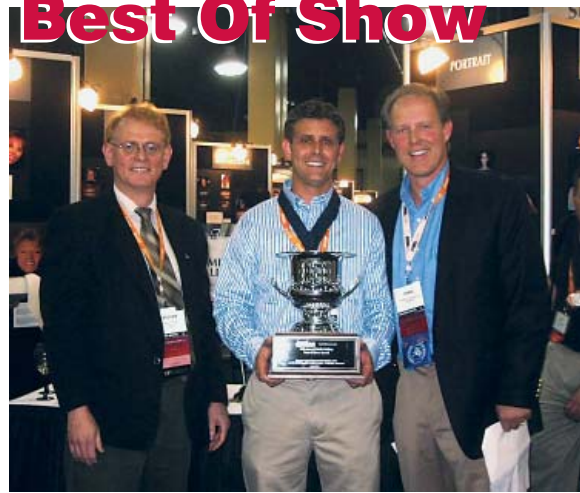
A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



Dr. Thomas Nabors Wins Best Of Show In The 11th Annual AACD National Smile Gallery Competition



July 11, 2005 Madison, WI – Thomas Nabors, DDS, of Nashville, TN, has won Best of Show in the 11th Annual American Academy of Cosmetic Dentistry (AACD) National Smile Gallery competition, sponsored by Americus Dental Labs, Inc., for exhibiting outstanding skill in cosmetic dental procedures. Dr. Nabors' work was selected at the organization's 21st Annual Scientific Session in Nashville, Tennessee.

"I am delighted to carry on the AACD's tradition of superior smile design and changing people's lives through cosmetic dentistry," commented Dr. Nabors.

The Annual AACD Smile Gallery Competition awards winners in six categories based upon technical skill in cosmetic dentistry, including: Missing Anterior Tooth Restorations, Indirect Restorations, Direct Restorations, Single

Unit Anterior or Posterior Esthetics, Portrait, and Special Effects. Additionally, awards of "Best of Show" and the People's Choice Award are given to those cases that particularly stand out as premier casework in cosmetic dentistry. All entries are submitted anonymously by members of the AACD.

The American Academy of Cosmetic Dentistry is the largest international dental organization dedicated specifically to the art and science of cosmetic dentistry. Founded in 1984, the AACD has nearly 7000 members in the United States and more than 50 countries around the globe. Members of the Academy include cosmetic and reconstructive dentists, dental laboratory technicians, dental hygienists, dental assistants,

educators, researchers, and students.

The AACD congratulates Dr. Nabors and all of the winners of the 2005 AACD Smile Gallery. These cosmetic dental professionals represent the essence of fine smile design and the upper echelon of the skilled members of the organization. For more information regarding the AACD, visit the organization on the Web at www.aacd.com, send an e-mail to info@aacd.com, or call toll-free at (800) 543-9220.

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Office Staff

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

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



In The Spotlight Cherilyn & Kim

Our group routinely goes *above and beyond* in providing you with the very best in dental care! We're proud to profile two of our team's important members. They will be joining Dana and Victoria as our dental team continues to grow.

Cherilyn is one of two new faces that will be greeting you here at the practice. She is our new Registered Dental Assistant, and has been assisting since 2001. Cherilyn is originally from Texas but likes it here so much that she moved to College Grove.

Kim, our new Registered Dental Hygienist, has been a hygienist for four years and was a Registered Dental Assistant for five years prior to that. She is currently enrolled in East Tennessee State University's BS Completion program. Kim has recently married, and she also lives in Spring Hill.

Please say hello to our *new* team members next time you're here!

Featured Patient Smile Makeover



This case was a smile design involving the front four teeth. There was a failing and unattractive old crown, poor tissue health as a result of the old crown.

We did a gum lift, a new all ceramic crown, and three porcelain veneers as well as professional bleaching.

