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cosmetic + general dentistry

DENTAL NEWS

Produced to improve your dental health and awareness

Fall 2007

fromthedentist

Fall Power!

For power lifestyles

Whether your power lifestyle centers around a boardroom, a home office, or a nursery, oral health care can be a real challenge during the summer months. Thankfully, fall has the power to jolt us back to re-energize ...reorganize ... and reschedule!

If you've let treatment appointments slide or if you've been delaying your next preventive care appointment, you've got plenty of company. Almost 80% of baby boomers *say* they consider dental care to be part of their preventive health care routine, yet fewer than half visit the dentist twice a year as recommended!

Everyone today is struggling with a busy schedule. But remember: benefits from dental plans that end on December 31st are not carried forward to the next year.

Schedule a fall appointment and take back the power!

Yours in good dental health,

Dr. Thomas Nabors

turnthepage

How to boost your smile wattage!

Crown your confidence!

What color do you smile?



New Technologies ... More Answers

Helping ensure accurate and complete treatment

As part of our commitment to provide you and your families with the very best in oral and dental care, we're proud to introduce a DNA diagnostic test, the first of its kind in Tennessee. This test allows us to show what really lurks in the bacteria hidden in our gums and surrounding tissue. This is important because many oral bacteria enter the blood stream and may cause serious health problems such as heart disease, strokes, diabetes, and pre-term births. This DNA diagnostic test can determine if certain bacteria are linked to these specific medical conditions.

Here's how it works. We draw a tiny amount of fluid from your gum tissue - but don't worry...

it doesn't hurt! We use small, sterile cotton points, and after about ten seconds, the cotton is removed and placed into a small vial. The sample is then mailed out and in about ten days, we receive the results showing exactly the types of bacteria present. This can be of great benefit not only to your oral health, but also to your overall long-term health. The test is available for just \$149.

If you have any questions about this new test, or any other aspect of our care, please call.



Award Announcement

Dr. Nabors was recently a multiple-award winner at the Smile Gallery Competition at the 2007 American Academy of Cosmetic Dentistry convention - the world's premier cosmetic dental continuing education event. Check out Dr. Nabors' membership in this prestigious association at www.aacd.com!

Thank you for all your referrals. We appreciate them!

Goodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

Fabulous Lips!

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

Glorious smile!



Crown Your Day!

Light up your beautiful smile – discretely!

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

1 A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

2 When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

3 A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!

Don't Pout!

Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!



Smile Talk

Color has a lot to say!

Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

Yellow? The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



Yellow

Gray? It's likely that you have experienced tetracycline damage – probably sometime during your youth.



Gray

Blue? Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



Blue

Beige? Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

White? You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.



White

Education Critical!

Dedicated to lifelong learning

The American Academy of Cosmetic Dentistry (AACD) is dedicated to advancing excellence in the art and science of cosmetic dentistry, and is the world's largest organization with over 7,600 members for cosmetic dental professionals. However, there are only 250 dentists worldwide, and only 5 in Tennessee, who have achieved accredited status in the academy. Dr. Nabors achieved his Accreditation in 2006 joining this elite group of practitioners. The AACD encourages the highest standards of ethical conduct and responsible patient care. With this global insight and perspective, AACD members are afforded a unique opportunity: to gather information from the international field of cosmetic dentistry.

The fundamental principle of the AACD is, first and foremost, *education*. With the formation of the Accreditation and Fellowship Programs, the AACD began offering the most stringent and respected postgraduate certification.

Local Affiliate seminars not only offer an opportunity for dental professionals to further their education, they allow for networking and socializing with other cosmetic dental professionals.

Members of the Academy are recognized as dedicated professionals consistently improving their skills and knowledge, and to making the benefits of cosmetic dentistry available to more people every year. We are proud that Dr. Nabors is not only a member of the AACD, but an accredited member. You can expect to benefit from the advanced training he receives as a member of this prestigious Academy!

When making lifetime changes to your smile through the many advanced techniques dentistry has to offer, it's crucial to receive treatment from a dentist with AACD accreditation. We're pleased that you need not look any further than your own dental home.



Fact: What can take months or years wearing braces can be corrected in as little as two or three visits!

officeinformation

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Team

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Featured Patient Smile Makeover

before

after



Veneers were placed on the patients upper and lower teeth to correct misalignment, bite and color in this smile design case.

Seasonal Tooth Tips

- Go for brushes with soft nylon bristles.
- Replace your brush about every three months.
- Never use your teeth to open things
- Use a mouthguard if you play contact sports.
- Use a fluoride toothpaste.
- Floss every day.
- See your dentist regularly!