

THOMAS W. NABORS III, DDS.

cosmetic + general dentistry

DENTAL NEWS

Produced to improve your dental health and awareness

Spring 2007

fromthedentist

Springing Forward!



Right now is a very exciting time. Not only is the weather getting better, but this

issue contains some of the most groundbreaking advancements in dental science ... and the best part is that they're happening right here at our office!

You've probably heard a lot about how DNA analysis has revolutionized fields such as law enforcement. What you probably haven't heard, though, is that it has also revolutionized dentistry. DNA analysis can now be used to diagnose and treat gum disease... with absolutely amazing results.

Right now, we're one of the first practices in the nation to incorporate this technology into our practice... and the first one to bring it to Tennessee.

I encourage you to read more about it in this issue. We want to help you achieve a beautiful, healthy smile.

Yours in good dental health,

Dr. Thomas Nabors

turnthepage

Little link ... BIG connection!

TMD? Take the bite out of reality!

When is age *not* the issue?

Catching Criminals & Fighting Gum Disease

Using DNA for better oral health

Believe it or not, the same technology used to catch criminals on the hit show CSI is now available to diagnose and treat gum disease!

One of the most significant advances in dental medicine, a simple DNA test can now determine your susceptibility to periodontal infection. It can also isolate the specific causes of gum disease (which vary from patient to patient), allowing for more accurate and effective treatment plans than ever before.

This is good news ... whether you suffer from gum disease or not.

As genetic science grows by leaps and bounds, scientists continue to uncover an alarming link between good oral health and good overall health. This is especially true when it

comes to gum disease. Like any chronic infection, periodontal disease is caused by the body's reaction to bacteria... and the more the bacteria persists, the greater the risk to your overall health.

The ability to look at gum disease on a genetic level is extremely exciting for a number of reasons. First, by knowing your susceptibility, we can take preventive measures before any serious damage occurs. Second, for those who live with gum disease, DNA diagnostics can isolate its specific cause. This is absolutely groundbreaking. Never before have we been able to treat these infections on such an individual level. By knowing the specific, genetic-based cause of gum disease, we can develop far more powerful and effective treatment plans.

Stroke
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

Pre-Term Births
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

Actual Periodontal Patient Treatment

Before

After

Thank you for all your referrals. We appreciate them!



Unhinged By Pain? Could be TMD!

Your *temporomandibular joints* – the two joints that are located in front of your ears and that hinge your jaws – are quite impressive. They can move side-to-side, back-and-forth, and up and down ... all at the same time! They get a lot of use every time you bite, chew, speak, swallow ... or grind your teeth.

Jaw clenching, teeth grinding, or an improper bite can contribute to teeth and gum pain as well as discomfort like popping, clicking, jaw tenderness, and headaches. *Temporomandibular Joint Disorder (TMD)* is the official name for a host of symptoms that arise in part because of the proximity of these joints to many nerves, muscles, connective tissues, and ligaments.

Experiencing signs of TMD? Dentistry may have a solution.

Uncommonly Adaptable

Incredible implants offer flexible smile solutions

Dental implants have proven themselves time and time again since they were invented in 1952. In the beginning, many people associated them with space-age technology and considered them out of reach for ordinary people. Today, an implant can be used to immediately replace a tooth lost by a young athlete, for example. This is without a doubt the best way to minimize bone loss, the shifting of teeth, and the emotional trauma associated with an altered appearance. Dental implants look natural, can help maintain a more youthful appearance, and they are so versatile that they can be used in combination with other restorative techniques – at any age!

Here are some of the ways that dentistry can improve your smile using dental implants.

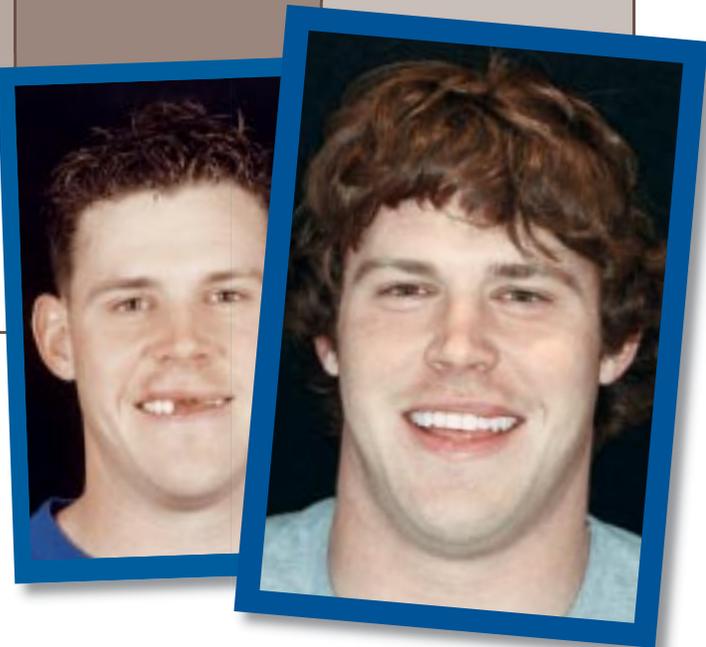
Individual implants can replace one or more missing teeth. Because it's created just for you, we can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile.

If you have a number of adjacent teeth missing, implants can be used in combination with a bridge. Both restorations are so natural looking, they're virtually undetectable.

Implants can be used to secure specially modified dentures to improve your appearance and your ability to eat and speak with comfort.

One of today's many dental implant options could provide the dental solution you're looking for!

Set A Great Example



Quit today!

Did you know that exposing your child to cigarette smoke could cause cavities or delay development of their permanent teeth? Or that chewing tobacco can cause oral cancer? If you quit smoking or using tobacco, you will also reduce your risk for cavities, gum diseases, tooth loss, emphysema, all cancers, and heart attack and stroke.

Tobacco users actually cost others, as well. Second-hand smoke is harmful and health care costs families and governments. Every cigar or cigarette represents hard-earned money going up in smoke ... and along with it, opportunities for other pleasures and experiences.

Nicotine is very addictive but you can kick it ... and you'll smell great, look younger, and smile more too! And you won't be the only one to benefit: most smokers start very young, so you can set a great example.

MAKE THE Connection

PARTICIPATE IN YOUR ORAL & GENERAL HEALTH!

► **No one knows everything about gum disease and the way in which it affects your general health.** Debate and research about the precise dynamics of this interrelationship will likely continue for a long time to come. It's not clear whether there is a cause-and-effect relationship or even whether the true culprit is bacteria or inflammation or a mechanism we don't yet understand. Fortunately, you don't have to know *everything* to know a good thing when you hear it.

► **For instance, it's good to know that when you take care of your oral health, you are making a positive contribution to your overall health and well-being.** How can this be? Researchers have established links between gum disease and other ailments, and because periodontal disease can be prevented, treated, and in some cases, even reversed, you can participate actively in managing your oral health and therefore your general health.

► **Prevention (a good home care routine and regular dental visits) is your best strategy because gum disease has no symptoms in the earliest stages.** It occurs when plaque (bacterial film) builds up. By the time you experience symptoms like discomfort, bleeding, and bad breath, you will already have damaged your gums and possibly even supporting ligaments and bone. Without intervention, you could experience bone and tooth loss.



Untreated periodontal disease



Regained perio health plus veneers

Here are some links that have been demonstrated between oral health and overall health.

Pulmonary Infection: Harmful bacteria from gum infections has been linked with pneumonia, bronchitis, emphysema, & chronic obstructive pulmonary disease.

Osteoporosis: Women with osteoporosis may be at higher risk for gum disease & people with gum disease may be at a higher risk of underlying osteoporosis.

Diabetes: People with diabetes are more susceptible to gum disease which in turn can make it more difficult to control blood sugar.

Heart Disease & Stroke: People with gum disease are almost twice as likely to suffer coronary artery disease as those without gum disease.

Oral Cancer: An association has been found between serious periodontal disease & pre-cancerous lesions & oral tumors.

Pregnancy: Periodontal disease during pregnancy has been linked with toxemia, pre-term delivery, & babies with lower birth weights.

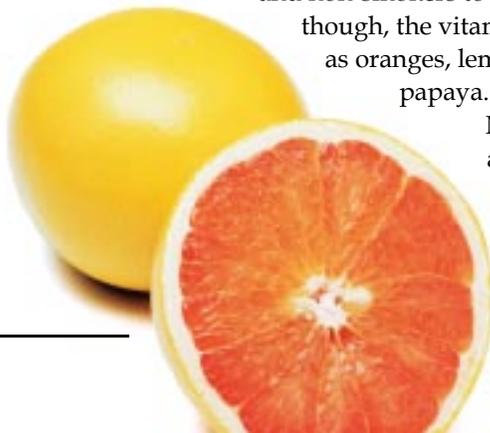
Diverse & Abundant!

Put the "C" in cuisine!

Do you enjoy the idea of belonging to an elite group? Well, along with a fruit-eating bat, a species of trout, apes, guinea pigs, and the red-vented bulbul bird, humans are among the few species that cannot synthesize their own vitamin C! Your gums need vitamin C to stay pink and healthy and to give you nice-smelling breath and a youthful appearance.

How do you get enough vitamin C? Well, you could eat two grapefruits a day like the participants in one study. The increased vitamin C helped both smokers and non-smokers to improve their periodontal health. Thankfully, though, the vitamin is abundantly available in foods as diverse as oranges, lemons, spinach, potatoes, kohlrabi, guava, and papaya.

Now, get ready to smile – because humans are special in another way! Only we humans cook. So you can get vitamin C whether you're dining vegetarian or nouvelle cuisine, Chinese, Kosher, Italian-American-Mexican, or Indian curry takeout!



Your Hygienist

Your ally for more than just a cleaning

If you take good care of your teeth, you'll probably spend less time in our office getting fillings and more time with our hygienist. And even though most patients usually refer to this time as a *cleaning*, it's important you realize that oral hygiene appointments routinely include the following services.

Diagnostic: This means examination of your teeth to find decay, cavity-detecting radiographs, and an assessment of your gum tissue. Our hygienist also looks at your biting, chewing and swallowing patterns, reviews your medical history and reassesses your overall treatment, evaluating areas such as cosmetic enhancements for your smile.

Preventive: This could mean screening for oral cancer, checking blood pressure, and applying fluoride and pit and fissure sealants. The hygienist also cleans and scales teeth to remove plaque, tartar and surface stains, and polishes fillings and crowns.

Educational: This could include brushing and flossing instruction, nutrition counseling, explanations of dental treatments, and answers to questions about future treatment such as orthodontics and periodontal therapy.

So there's no such thing as *just* a cleaning. And remember: no matter how much we can do for your teeth, the most important part is what you do for your teeth at home. Hygiene services begin in our office, but they must always be followed by proper brushing, flossing, and healthy eating at home. If you're not sure how, ask your hygienist at your next appointment.

Featured Patient Smile Makeover



This smile design case was a bridge replacing a missing front tooth and included six veneers and whitening on a 26 year old female.

officeinformation

Thomas W. Nabors III, DDS
162 4th Avenue North, Suite 100
Nashville, TN 37219-2407

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
Victoria Registered Dental Hygienist
Jennifer Registered Dental Hygienist
Cherilyn Registered Dental Assistant
Kimber Registered Dental Assistant
Elizabeth.... Dental Assistant/Coordinator



Spotlight On Art

Rusty Bright, Photographer

Our featured artist this quarter is Rusty Bright, photographer. Rusty tries to "find art in the random arrangements of objects" and his subject matter is "the everyday world as seen by us all." Rusty says, "I always have my camera with me and I shoot with available light only. All my photos are made with film, cropped in camera and hand-printed in a darkroom. No matter where I am, I continuously see things that become subjects for my art."

Rusty's world is filled with all kinds of lines, texture and contrasts. He also is visually impaired, and uses zoom lenses to get close to his subjects. Rusty's art is for sale. Please ask our office for more details.

