

# THOMAS W. NABORS III, DDS.

cosmetic + general dentistry

## DENTAL NEWS

Produced to improve your dental health and awareness

Spring 2008

### fromthedentist

#### Your Referrals Matter

##### Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we’re doing a great job – is referring friends,



family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don’t ask for your referrals very often, it certainly doesn’t mean that we don’t care. It simply means that our team doesn’t want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

*Yours in good dental health,*

*Dr. Thomas Nabors*



### Office News & Notes

■ We added 2 new team members in 2007, Kimber Reichard, a registered dental assistant and Tosha Schatz a registered dental hygienist.

■ We now have three hygienists to help accommodate our patients needs and schedules.

■ Congratulations to Victoria, one of our hygienists; will be out on Thursdays now pursuing her goal of educating the next generation of dental hygienists. Victoria is a great teacher and educator and has positioned herself in such a way that she will begin teaching on the relationship between oral health and systemic health, and how important that link is. See article *Choose Perio Health* on page four.

■ Due to our growth in 2007, we added another treatment suite. This suite is private and is designed for our



Kimber Reichard, RDA



Tosha Schatz, RDH

cosmetic clients. It is equipped with the latest technology and is designed to enhance our cosmetic services.

■ Parking- due to the repeated changes in ownership and parking arrangements with the local garages, we are now validating parking with the *Marriott Courtyard*<sup>®</sup>, right next door for valet parking. That is the only parking validation we are doing at this time. Patients can still park at the garage beside the office and across the street, but we will not be validating for those garages - only the Marriott valet.



At the request of our car enthusiast patients... we bring you the

#### 1966 Fairlane GT Update

Thank you to friend and patient, Jerry Frady of Maryville, TN for the amazing work!

*Thank you for all your referrals. We appreciate them!*



You'll like it!

### Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

### Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

### For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

## Prevention Is Better

### Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

#### ■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

#### ■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

#### ■ Preventable

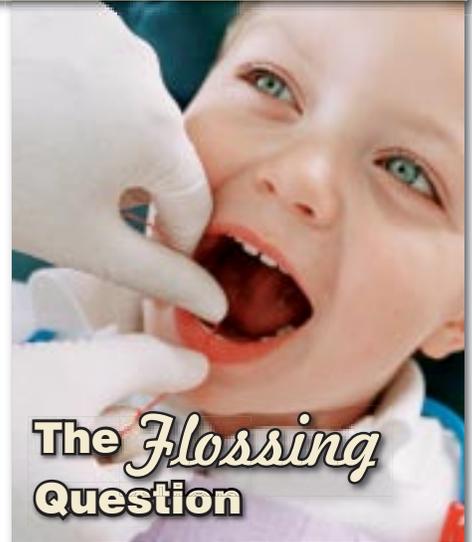
You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

#### ■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

**Gum disease** can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



## The Flossing Question

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



# Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

## LIFE STAGE

## FOCUS

## HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults  
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults  
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

## 8 Is Great!

### Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

### What can affect your whitening outcome?

#### Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

#### Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

#### Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



# Run For A Cause

Our team, *Smiles in the Naborhood*, will run/walk in the 9th annual, world class, *Country Music Marathon & 1/2 Marathon* in Nashville. We will be running 13.1 miles on *Saturday, April 26th* in honor of *Interfaith Dental Clinic*.

The mission of Interfaith Dental Clinic is to restore, protect, and improve the oral health of uninsured, low-income, working people and their children in the greater Nashville area. Interfaith depends on generous individuals, foundations, companies, and congregations to subsidize its services through regular contributions.

We already have over 50 runners participating and 14 sponsors. The race will start in *Centennial Park* and run through Nashville's most scenic sights. Fifty bands on 28 entertainment stages and hundreds of high school cheerleaders will entertain runners,



walkers and spectators alike. Country, rock, jazz, blues, swing and more will pulsate every mile along the course of the race.

If you are interested in getting fit and having fun with *Dr. Nabors* and his staff or have any questions please contact us at [jennifer@thomasnabors.com](mailto:jennifer@thomasnabors.com). Or, if you are interested in being a sponsor please contact us!

We welcome your support of the Interfaith Dental Clinic and of our participation in this worthy event. We hope you can make it out to cheer us on along race route!

## Thank You To Our Generous Sponsors

Dixon Center Chiropractor

Dr. Spencer Haley

Endodontic Associates

Dr. Ben Locke

Jamsync

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Dr. Thomas Nabors

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### Team

Dana ..... Front Office Manager  
Victoria ..... Registered Dental Hygienist  
Jennifer ..... Registered Dental Hygienist  
Tosha ..... Registered Dental Hygienist  
Cherilyn ..... Registered Dental Assistant  
Kimber ..... Registered Dental Assistant  
Elizabeth ..... Registered Dental Assistant



## Choose Perio Health

**An informed decision is a power decision**

Today's consumers are sophisticated and informed, and know that a healthy, attractive mouth is more than vanity. You are aware that oral health is an important part of overall health.

**Did you know that science has linked these disorders with gum disease?**  
Heart disease ... Alzheimer's ... Stroke ... Respiratory diseases... Hypertension... Cancer ... Diabetes... and Arthritis.

### How are they linked?

There are two favored theories:

(a) Bacteria enter the bloodstream from the mouth and release toxins. Periodontal plaque has been found on artery walls.

(b) Bacteria-fighting blood cells give off proteins that could have harmful effects on the body, and may trigger an inflammatory autoimmune response.

### How can you protect yourself?

*Brush and floss at home.* An invisible bacterial film called plaque builds up on your teeth every day. Without management, it will alter the bacterial balance in your mouth and allow harmful bacteria to proliferate.

*Visit a dentist regularly.* Professional cleaning in the dental office is the only way to remove hard deposits of tartar from your teeth. Tartar is formed when plaque builds up and hardens. If it stays put, chances are it will lead to gum disease.

We're committed to sharing information regarding medication, diet, and cosmetic restorative options. Let us help you to make choices that will keep you healthy and happy.