

Dr. Ellis Ramsey's Dental News

Produced to improve your dental health and awareness

Winter 2009

fromthedentist

HAPPY NEW
YEAR!

Thanks to you all

It was a great holiday and we've returned renewed, rejuvenated, and ready to get going for another year. We hope you had a terrific holiday season with friends and family helping to make it special.

As this New Year dawns, we'd like to take the opportunity to thank all of you for your business in the past year. Your loyalty and patronage mean a lot to us, and we'd like you to know we appreciate it.

The New Year is always full of promises to improve ourselves and to live healthier lifestyles. Make a resolution to yourself to brush, floss, and rinse, and it'll go a long way in making good home care happen.

Here's to a Happy New Year, and once again, thank you for your business and your friendship.

Yours in good dental health,

Dr. Ellis Ramsey

turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great imposter – implants!

February's For Kids

National Children's Dental Health Month

In February, for over sixty years, dentists, parents, and children all across America observe National Children's Dental Health Month. This all began as a one-day event in Cleveland, Ohio on February 3rd, 1941, and the first national observance of Children's Dental Health Day was held on February 8th, 1949. It has since grown into a month-long celebration. Our message of the importance of oral health goes out to millions of children and adults in communities across the country, and includes such events as health fairs, dental office tours, and visits to the classroom by dentists and hygienists.

One of the reasons for this special annual event is that many people are still unaware of the important role early dental care plays in our children's overall health. We strongly recommend that parents take action early to ensure the health of their children's teeth because attitudes and habits established at an early age are



critical in maintaining good oral health throughout life.

Please make sure we see your child within six months of the eruption of the first tooth, and certainly no later than the child's first birthday. Preventive care such as cleanings and fluoride treatments provide your child with "smile insurance" for a lifetime!

If you wish any further information on any aspect of your child's dental and oral health, please call us. We'd be happy to help in any way we can!

New Years Special!
\$50 off any dental procedure

The greatest compliment you can give us is the referral of your family and friends. For sending us a new referral we will honor you with \$50 off any dental procedure. As a thank you to the referee, they will also receive \$50 off any dental procedures.

Offer expires March 31, 2009

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

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

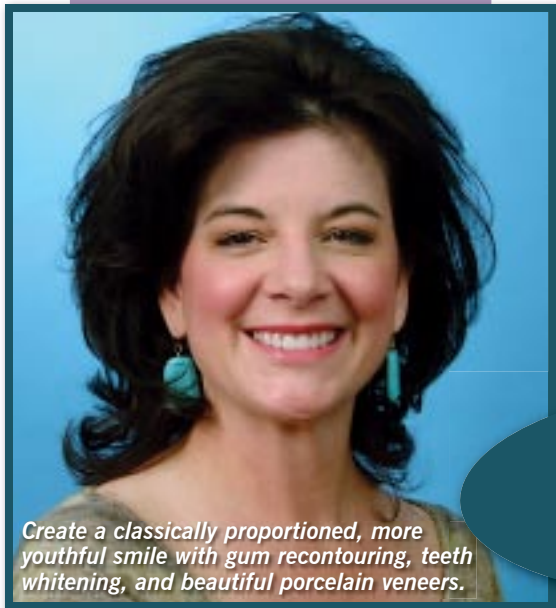
Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Sculpting A New Smile

Are you satisfied with your smile?

When you peer into the bathroom mirror, are you satisfied with what you see? If you're like most people, there's probably something about the look of your teeth that's keeping you from feeling your best. It may be a slight stain, some crooked or overlapping teeth, swollen gums, a gap, maybe a couple of chips or rough edges, or perhaps a feeling that some of your teeth are out of proportion with the rest of your mouth. Even a small imperfection can detract from an otherwise radiant smile.

What would you most like to change about the way your teeth look? What change in your teeth would most improve your smile power? Take a couple of minutes to check out this smile questionnaire. If you answer "yes" to any of these questions, it's likely you can benefit from cosmetic dentistry.

There are many types of cosmetic procedures and they may differ in

cost, care and durability. A thorough evaluation in our office can help you decide which type of esthetic treatment is best for you. The assessment usually includes radiographs, dental history, an oral examination and consultation. Whatever course of treatment you choose, the results will give you something to smile about every time you look in the mirror!



Imagine...

What change would most improve your smile power? Be sure to ask us... We can help!

office information

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Office Hours

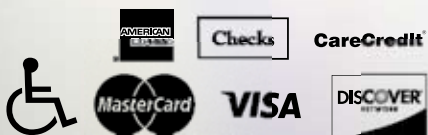
Mon – Thu 7:30 am – 4:30 pm
Friday By appt. only *
*Friday morning appointments can be arranged if necessary

Contact Information

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Office Staff

Brandy..... Office Administration
Leslie..... Dental Assistant
Julie..... Business Manager
Lou Ann..... Dental Hygienist



You Do The Math!

3 minutes/day = 7 years

A lifetime of oral health and great-looking smiles is a substantial return for investing three minutes a day. Only flossing can reach between your teeth where your toothbrush can't. Experiment with different types of floss until you find one that works best.

It's This Easy!

- Take about eighteen inches of floss and wrap securely around your middle fingers.
- Hold about a half-inch length between index fingers and thumbs.
- Gently ease the floss between teeth. Press tightly against each side of each tooth, forming a C shape.
- Ease floss up and down several times. Be sure to go below the gumline.

Research shows this could add almost seven years to your life!

Exceeding Expectations

Our daily pledge

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services you want ... and to keep them up to the superior standards you expect. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

Thank you, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.