

Dr. Ellis Ramsey's Dental News

Produced to improve your dental health and awareness

Spring 2009

fromthedentist

Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or "personal testimonial," all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

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

Yours in good dental health,

Dr. Ellis Ramsey

turnthepage

Step into health!

Wake up your dream smile!

Tea for teeth!

You Deserve A Happy Smile!

Don't be embarrassed to share it



Think you're alone because you're embarrassed to smile? Embarrassed to visit a dentist? You are not alone, and we understand.

At our practice, we've been able to help other people who are dissatisfied with the appearance of their smile. But smile flaws don't have to negatively influence your business, social, or romantic relationships. No matter what they are, we know that your smile concerns are vital to you.

Dentistry has a solution that will suit your needs whether you are uncomfortable with your smile because you have:

- Stained teeth that require whitening;
- Avoided dental treatment;
- Unattractive decay and gum disease;
- Crooked or uneven teeth;
- Bridgework or dentures that are uncomfortable and conspicuous, or;
- Premature signs of ageing because of visible decay, gum disease, or recession, discoloration, or worn down teeth.

May Smile Month Special!

**\$50 off any
dental treatments
including
cleanings.**

**Valid May 1st
through May 31st**

Many people can relate to these imperfections. Whether you need a slight smile lift or a significant smile makeover, we can help you to improve your smile and your appearance ... and boost your self-esteem.

Please call our office for a FREE cosmetic dentistry consultation and let us help you! We'll be happy to answer all of your questions, and show you the simple, safe, and efficient treatment options you can consider. Then you can visualize your bright, smiling future!

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



Not For Women Only

6 perio facts

1 Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

2 Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

3 Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

4 Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

5 Tobacco and alcohol should be avoided, especially in combination.

6 Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

Healthy You

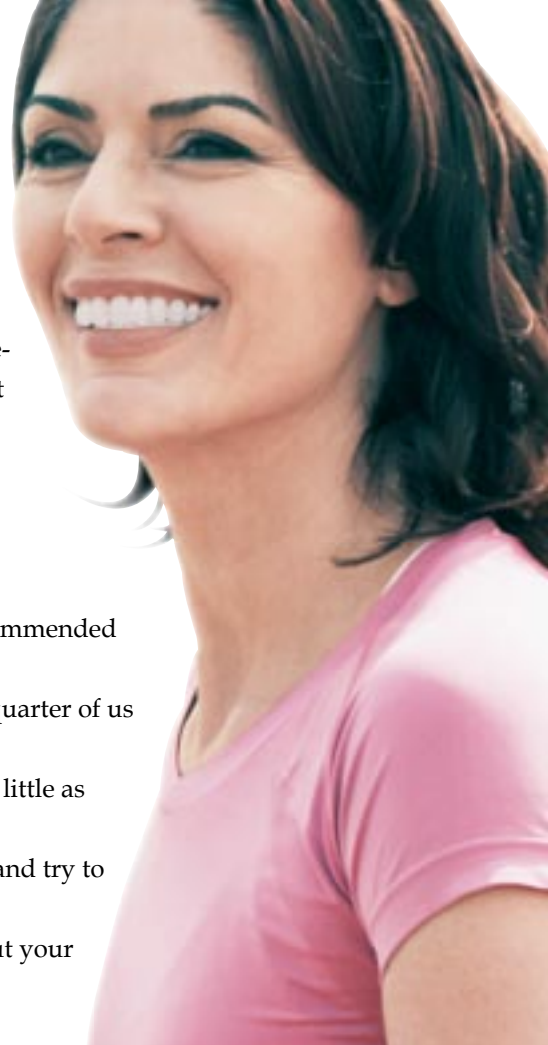
Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

Did you know...?

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



Wish No Longer

Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

Cosmetic veneers could give you your dream smile if...

You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

You are unhappy with the shape and proportion of your teeth.

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

A Little Or A Lot

You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCOLOR



IDEALIZE

TEMPT YOUR TASTEBUDS

TRY WHITE TEA



The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

Straight Talk

Invisalign® ... metal is just a memory

How does Invisalign® work?

Invisalign straightens crowded, protruding, or too far apart teeth without metal braces. First, we take an impression of your teeth, then with the impression, the Invisalign lab uses computer technology and your smile prescription to create a series of clear, biocompatible aligners. These will move your teeth in tiny, comfortable increments. You wear each invisible aligner for about two weeks before graduating to the next ... until you have the smile you want.

Is Invisalign technology really new?

Yes, and it is built upon reliable, sound, scientific principles.

Invisalign uses:

- Advanced laser technology to create an accurate 3D digital image of your teeth;
- Advanced computer software to simulate time-lapsed tooth correction;

- Advanced computerized fabrication of customized aligners.

Invisalign benefits you because you are:

- Sophisticated about and appreciative of technology;
- Computer-literate so you can understand treatment;
- Expectant and appreciative of: wearing invisible appliances; faster results; shorter and fewer appointments; an accurate projection of end results; normal home care routines; use of a biocompatible material to decrease allergic response; minimal discomfort because teeth move in small increments and muscle soreness is rare even with a history of myofascial pain.

Can any dentist prescribe Invisalign?

No. Many hours of special training are required. As your dentist, I am the interface between your clinical needs and Invisalign technology.

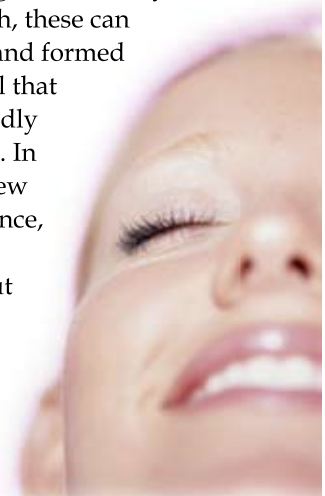


Not Just A Pretty Face

A beautiful smile

Today's tooth-colored invisible fillings can give you more than just a pretty face – they can strengthen your teeth, seal out bacteria, and decrease tooth sensitivity to hot and cold. After all, besides wanting to look great, there are many reasons for replacing older fillings. Chewing can eventually wear down restorations (allowing bacteria into the tooth) and can create cracks that may require further restoration.

Attractive, invisible fillings called inlays can be made from porcelain, cast glass or composite resin. Comparable to the strength and beauty of natural teeth, these can be colored and formed to fit so well that you can hardly detect them. In fact, with new self-confidence, you'll be laughing out loud again – and not showing those fillings off!



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*

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Leslie.....Dental Assistant
Julie.....Business Manager
Lou Ann.....Dental Hygienist



The Sporting Essential!

Your active smile

Each year literally millions of teeth are lost due to sporting activities. Athletes are 60% more likely to sustain tooth damage when not wearing a mouthguard. It's been estimated that properly fitted facemasks and mouthguards prevent thousands of injuries yearly in high school and collegiate football.

You can buy boil-and-bite types, but tests conducted by sports dentists and health professionals prove that these do not provide the protection or comfort that a properly diagnosed and fabricated custom-made mouthguard does. Don't take chances! Call us. We'd be happy to ensure your teeth and mouth are protected, because we can never impress too strongly how important it is to take care of your smile!