

# Dr. Ellis Ramsey's Dental News

Produced to improve your dental health and awareness

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## fromthedentist

### The Best Investment? Prevention!

Our goal is to help you have the best possible oral health for a lifetime. For some people, only the high cost of repair is a motivator to adopt preventive habits. They know that the longer they wait, the more dental repairs will cost.

Decay in one tooth, if left untreated, will spread. Instead of one filling, you'll likely need a crown, increasing the cost by more than six times. Further delays could result in root canal treatment – even more expense!

The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, it can result in tooth loss.

It is never too late to start a preventive oral health program. Remember ... prevention is the best investment!

*Yours in good dental health,*

*Dr. Ellis Ramsey*

## turnthepage

Live 14 years longer!

Gum disease ... me?

Let's talk *toothpaste!*

## Mercury Controversy

### Possible health risks of metal fillings

Many patients have concerns about bad metals in their mouth, such as mercury, nickel, and silver and want to have them removed. One such patient of ours wrote a book on cancer and we would like to share a quote from it:

"My dentist, Dr. Ellis Ramsey, DDS, has been aware of the dangers of mercury for almost *three* decades. He recently removed all but one of my mercury fillings, and I am scheduled to get the last filling removed in March 2007. He is an **expert** at safe, mercury removal. I highly recommend him if you are in the North Texas (DFW) area." From the book: *Cancer, Step Outside the Box*, by Ty M. Bollinger, second edition, 2007, page 384. Infinity 510-2 Partners, McKinney, TX., ISBN 0-9788065-0-6.

For over a century, dentists have been using mercury amalgams as fillings for cavities. As a result of the ongoing health controversy surrounding the use of mercury, our office policy is to use white fillings. This debate is going strong, is sometimes bitter, and confusing to many. So, we'd like to take this opportunity to clarify the issue.

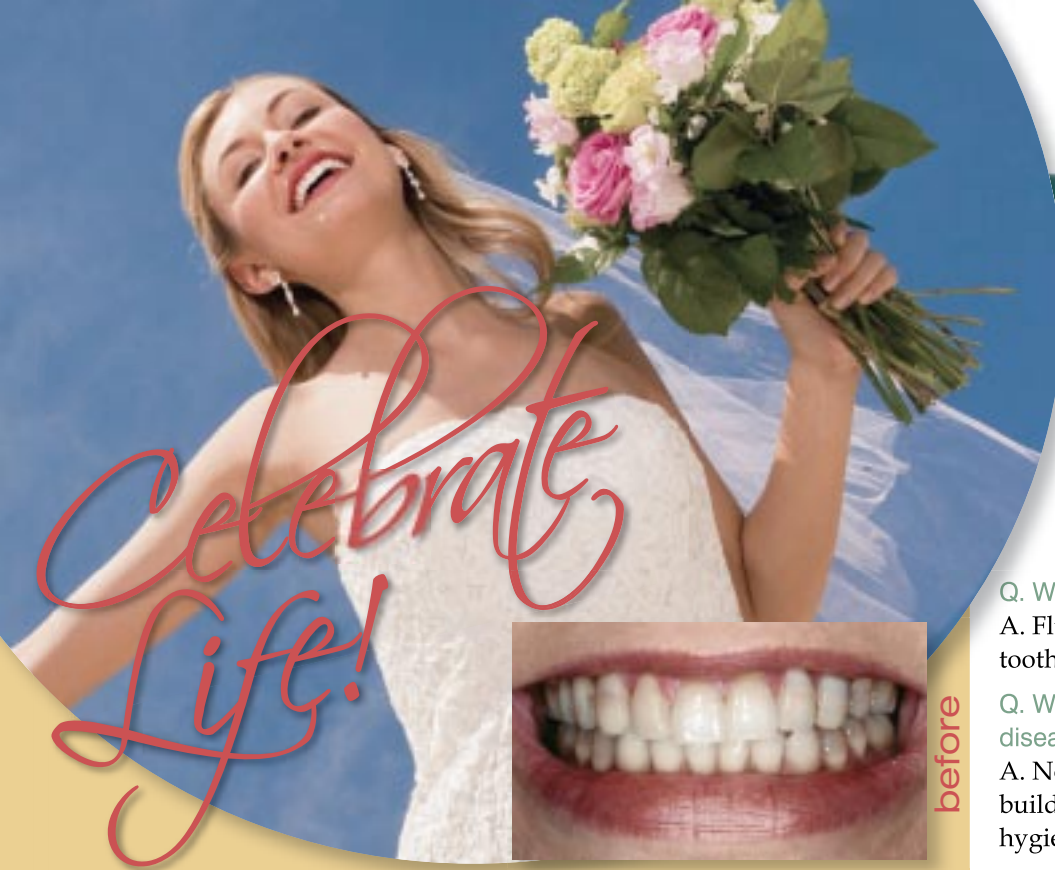
It was once believed that if a tooth was filled with amalgam the mercury in the amalgam would harden and become inert. Now we know that's not true, and that low levels of mercury vapor are released over time. For most of us, that mercury released from fillings combined with mercury in the atmosphere, from pollution, is our major source of exposure. Mercury is a poison that in large doses can cause brain damage, kidney malfunction, memory loss, and depression. What we don't know is the cumulative effect of very low doses on the body over a long period of time.

The alternative white composite fillings offer many benefits, other than the absence of mercury. They are much more natural looking, and never discolor neighboring teeth or tissues as mercury fillings are prone to do. Their durability has greatly improved in recent years.



Your comfort and safety is always our priority. Becoming a mercury-free practice is just one more step in meeting this goal. If you have any questions about this book or the safe removal of metal fillings, please do not hesitate to give us a call.

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



*Celebrate Life!*



before



after

**Share your smile with the one you love!**

Everybody wants to put their best smile forward. According to a national study, teeth are the number-one facial feature that people would change... three out of four adults think that a nice smile is important to landing their dream job ... 84% think that an attractive smile is important for meeting Mr. or Ms. Right. It seems that we associate a pleasing smile with many of life's passages. Celebrating these milestones means family, friends, and ... photographs. Are you ready to get ready?

*Sometimes even subtle changes can turn a nice smile into a sensational smile - often in only one or two visits...*

## FAQtually Speaking

### About toothpaste

- Q. What does fluoride toothpaste do?  
A. Fluoride fights tooth decay and strengthens tooth enamel.
- Q. Will tartar-fighting toothpastes prevent gum disease?  
A. No. They only help reduce *additional* tartar buildup *above* the gumline, so regular flossing and hygiene visits are essential.
- Q. Are whitening toothpastes okay for sensitive teeth?  
A. No. Most contain a higher level of abrasives. Use a toothpaste for sensitive teeth instead.
- Q. Does *The American Dental Association* test toothpastes?  
A. Yes. The *ADA Seal of Acceptance* means they meet specific criteria for safety and effectiveness.
- Q. Do children's toothpastes need to taste good?  
A. Yes. This encourages brushing, but use a pea-sized amount and don't let them swallow.
- Q. How often should I use toothpaste?  
A. You should brush *at least* twice daily with toothpaste for 2-3 minutes and floss daily.



*Whitening Bonding  
Tooth-colored inlays/onlays*

*Create an even more dramatic impact. We can match your natural tooth enamel, tooth size, and shape, while cosmetically enhancing your smile...*

*Dental implants  
Veneers Crowns*

Whether you want your best milestone smile for a graduation, wedding, or The Big 4-0 - give us a call as soon as you can. You'll have your great new look in no time!

# Are You Symptom Free?

Are you ready for biology's next revolution? *The Human Oral Microbiome Database* has been created to provide scientists with comprehensive information on oral microbes. That's good news for you because gum disease is no minor infection. It can change your appearance, your ability to eat, your social life, and your general health. It has been called the *silent disease* because you can have it and be symptom-free. Being young is no protection.

Learn how to avoid the Silent Disease

## Here are some more facts you need to know...

- Up to 30% of people may be genetically susceptible to gum disease and six times more likely to develop periodontitis, its most serious form.
- Periodontitis is the leading cause of tooth loss among adults. It can destroy jawbone and supporting tissues as well as your appearance.
- Unnatural-looking indentations left by missing teeth and bone loss can compromise the esthetics of replacement teeth.
- Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.
- Surveyed U.S. dentists say gum disease is a more pressing oral health concern than tooth decay by a 2-to-1 margin.

Millions of people don't know they have gum disease.

**Could you be one of them?** Stay as healthy as you feel by keeping up with your home care routines and maintaining your regular appointments. It could give you a revolutionary advantage.

## De-Escalate!

### Reclaim your world

It's a wonderful world we live in. Yet the excitement and challenges of even the best things in life can create tension. Teeth clenching and grinding are common symptoms of stress which over time can escalate into Temporomandibular Disorder (TMD), a painful problem of the jaw joints. Of course, dentistry can provide relief with oral appliance therapy, but a strategy for self-care will help keep you at ease for the long term.

Martial arts for relaxation? Absolutely. **Aikido**, **Tai Chi**, and **Qi Gong** combine meditation and movement to improve posture, balance, coordination, endurance, and flexibility.

**Yoga** is popular, very do-able, and doesn't require special equipment.

Proper breathing, exercise, relaxation, diet, positive thinking, and meditation are tried and true. TMD is *all* about taking the pressure off.

## 4 Your Health

Too much information! Hardly a day goes by without yet another announcement about lifestyle, health, and longevity. Sifting through the pieces may make it seem complicated, but apparently it's simpler than we think. Researchers say that by combining the following four modest and achievable lifestyle changes, you could prolong your life by 14 years.

- 1** Give up smoking. You could gain an 80% improvement in health. Smoking has been linked to gum disease as well as oral and other cancers.
- 2** Eat five fruits and vegetables daily for a healthy mouth and body.
- 3** Keep active for cardiovascular health, strong bones, and stress relief.
- 4** Drink moderately. Alcohol has been linked to oral cancer, especially when combined with tobacco.

Fourteen extra years of oral and overall health. That should keep you smiling!





# Be Confident!

Choose instant “orthodontic veneers”!

Porcelain veneers are ultra-modern porcelain shells that are bonded directly to your own teeth to camouflage smile flaws. They can be thinner than a contact lens, yet so strong and so transformative that they have been called “Instant Orthodontics.”

Cosmetic porcelain veneers can remake a crooked and uneven smile into a glamorous one – that’s completely natural looking! Veneers can also:

- Shorten teeth that are too long;
- Lengthen teeth that are too short;
- Re-proportion your smile;
- Whiten;
- and *much more*.

There’s more? Absolutely. Veneers can actually plump out wrinkles around the mouth – taking years off your appearance – without surgery!

A veneer smile makeover is **convenient**. Compare two office visits with 2-4 years and numerous orthodontic sessions. And braces won’t

whiten your teeth!

Are veneers different from bonding? Definitely. Porcelain veneers are...

- **custom-made** by lab technicians;
- **one solid piece**, instead of applied in layers – they won’t peel;
- **longer lasting** and **stronger** – less likely to discolor;
- completely **natural looking**.

Unnatural Chiclety-looking materials really are a thing of the past. Porcelain veneers allow light to shine through – just like natural teeth enamel.

So **be confident** – close gaps, brighten your smile, and cover up flaws. Veneers could be your best cosmetic choice ever!

**Call Brandy to set up your complimentary cosmetic consultation appointment!** We’ll be pleased to show you our *before & after* library and to answer any questions you may have. **Call today!**

## Stressed Out?

Call us!

Did you ever think that a dental visit could help you to deal with symptoms of stress? People who are under a lot of pressure grind their teeth, bite their cheeks, and neglect their usual oral health routines like home care and dental visits. Research shows that stress weakens your body’s immune system, creating a gateway for an oral bacterial infection that can lead to inflammation of the gums, bleeding gums, and eventually, even to loss of teeth and supporting bone.

There is no single, all-purpose solution to handling tension, but besides booking a dental appointment, here are a few suggestions that could help...

- Don’t rely on your memory ... write it down.
- Break large tasks into bite size portions.
- Set priorities in your life.
- Get enough sleep.
- SMILE!

## officeinformation

**Ellis L. Ramsey, DDS, Inc.**  
9090 Skillman, Suite 267-A  
Dallas, TX 75243-9273

### Office Hours

Mon – Thu 7:30 am – 4:30 pm  
Friday By appt. only \*

\*Friday morning appointments can be arranged if necessary

### Contact Information

Office (214) 348-7090  
Fax (214) 340-5259  
Emergency (214) 348-7090  
Email ellisramseydds@yahoo.com  
Web site ellisramseydds.com

### Office Staff

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



## Razzle Dazzle

Whiter teeth win

Let’s be honest: even the healthy, young, and attractive want to look MORE healthy, young, and attractive. According to a study by *Procter and Gamble*, it may be as simple as flashing a healthy, dazzling smile. The study asked people to rate two photos of the same subject. Respondents were not informed that a slightly whiter tooth color had been added digitally to the teeth in one of the photos. The results? An overwhelming majority – 90% – thought the enhanced photos showed healthier, more attractive people than the photos of the same people with duller, less white teeth, regardless of age, gender, or ethnic background. The whiteness of your teeth *does* affect how other people see you.

If you want a razzle-dazzle smile, come in and ask us about your options.