

# Dr. Ellis Ramsey's Dental News

Produced to improve your dental health and awareness

Fall 2009

fromthedentist

## Forget About Braces...

### With Invisalign®

We're very excited to introduce you to *Invisalign*®, a revolutionary orthodontic technique that has improved the smiles of thousands of patients. Invisalign uses a series of clear, removable aligners to gradually straighten teeth. The aligners are comfortable, and because they're made with medical-grade plastic, they're virtually invisible. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because the aligners are removable, daily brushing and flossing are not affected in any way, and you can eat anything you fancy!

We welcome you to arrange a consultation to discover how Invisalign can give you the smile you've always wanted!

*Yours in good dental health,*

*Dr. Ellis Ramsey*

## turnthepage

Brush up on brushing!

Transform your smile!

Slow food for health!

## End Of Year Insurance

It's that time of year again! The end of the year is quickly approaching and we wanted to send you a friendly reminder to use your insurance benefits before they expire! Don't neglect to use what you have remaining because whatever is left at the end of the year, you will lose. So, "use it or lose it!!" If you are unsure of any needed treatment or have questions about your insurance, please do not hesitate to call and we will be more than happy to answer any questions you may have.

Just an added reminder, the next few months are the busiest time of the year for us. Appointments fill up quickly so please call and schedule any appointments you may need as soon as possible to guarantee availability before the end of the year. Please keep in mind also that we will be closed during the holidays. Our last day to be open this year will be Wednesday, December 23rd so make sure you get scheduled before then. We will reopen on Monday, January 4, 2010.



*We wish you all a safe  
and happy holidays!*

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

# PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

**Restore** gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

**Prevent** or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

**Sculpt** your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



## Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

# STEP UP TO THE WINNER'S CIRCLE!



## Winner Takes All!

### Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

**Brighten your teeth** by up to eight shades quickly, reliably, and safely.

**Camouflage** more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

**Say goodbye to old silver fillings** with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

## Set Your Sights On Health

### Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.



# Smiling With Implants

They won't know if you don't tell!

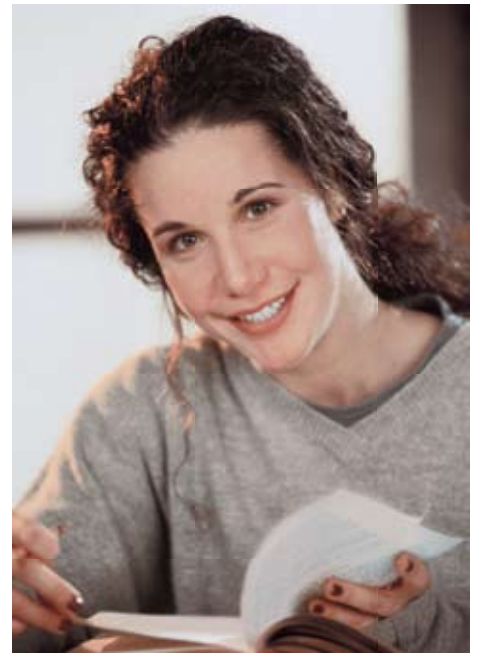
Who wouldn't want to look better, speak better, eat better ... and smile more? Dental implants are now the treatment of choice for many people who need to replace missing teeth.

Interestingly, implants are considered by many dentists to be a more conservative intervention than

traditional bridges or fixed partial dentures. They require only normal brushing and flossing to maintain oral health, unlike bridges that may make cleaning awkward. Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. There is no need to shape adjacent healthy teeth, and there are no plates to affect comfort and fit.

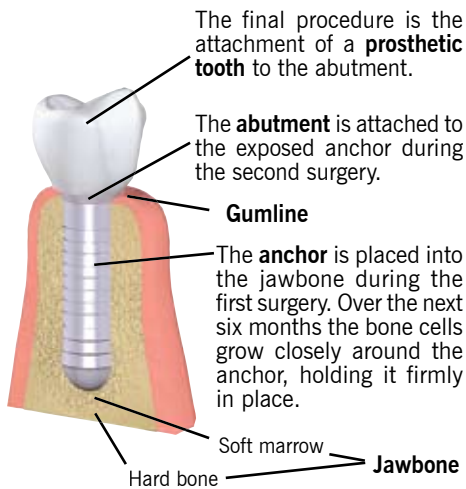
An implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it. Most implants are made of titanium, an inert metal proven effective at fusing with living bone.

In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten – second only to natural teeth, and far above the two out of ten for their prosthetics! If you're worrying



about your age ... *don't!* Our oldest implant patient is 99; he will be 100 this month.

Call us for a consultation. With implants, your friends won't know how you're looking so good – but you'll feel so great, you might just want to tell them!



## officeinformation

### Ellis L. Ramsey, DDS, Inc.

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### Office Hours

Mon – Wed 7:30 am – 4:30 pm  
Thursday 7:30 am – 2:30 pm  
Friday *By appt. only \**

*\*Friday morning appointments can be arranged if necessary*

### Contact Information

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### Office Staff

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



## Playing The Odds

### Mouthguards work

Did you know that your chance of sustaining a mouth injury while competing in a contact sport is 10% a season and 30-50% over your athletic career? The risk to your teeth is high, but only about 7% of young people wear mouth protection while playing sports like soccer, baseball, and basketball.

Properly fitted mouthguards made by dentists can put the odds back in your favor. Your teeth are the most-likely part of your face to be injured during sports and most of these injuries are preventable. Mouthguards can even reduce the rate of concussion and jaw injuries. Off-the-rack boil-and-bite models only provide low-level protection, and if you are unconscious, a poorly fitting mouthguard can obstruct your airway. Custom-made mouthguards fitted in our operatories are safer, more effective, and more comfortable.



## Relationships Inspire

### We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.