

Something To Smile About with Dr. Brit Phillips

Fall 2007

Dental Implants

Serendipity and your smile

This could be one of the most serendipitous articles you've ever read. That is, you are about to discover something delightful where you least expected to find it. What is it? Dental implants are more than restorative... They can help you to look great!

Teeth that are lost to gum disease, cavities, or trauma from an accident can be permanently replaced by dental implants – artificial teeth permanently anchored in the jawbone. This is important. Bone loss will *always* follow the loss of a tooth. And if bone is lost even from only one tooth, the surrounding teeth will shift. This can affect your appearance, speech, ability to enjoy food, and your self-esteem.

Let us help you decide whether dental implants are for you. Like any other cosmetic restoration, we'll take into account your health, where the implant is

needed, the best implant design, and its suitability for your lifestyle.

How can implants help?

■ Placing dental implants soon after tooth loss can save bone, teeth, and the look of your smile.

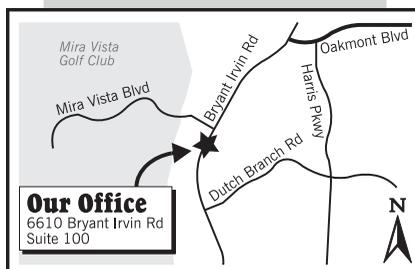
■ For people with good overall health and healthy gums and bone, implants can be an attractive alternative to a denture or bridge.

■ Implants really do look and feel just like real teeth.

■ Implants help to keep gums looking healthy and young.



Come see us



Call Today!
(817) 361-1999

Visit us at
www.britphillipsdds.com

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Office Hours

Monday 8:00 am – 4:00 pm
Tuesday 8:00 am – 4:00 pm
Wednesday 8:00 am – 4:00 pm
Thursday 8:00 am – 4:00 pm

Email docbp@aol.com

**Call today for a
complimentary
implant
consultation.**

Our Services Include:

- ❖ Restorative & cosmetic dentistry
- ❖ Tooth whitening
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- ❖ Relaxing & friendly environment
- ❖ Visa, MasterCard, American Express, Discover, CareCredit, and Capital One Healthcare Finance welcome



A close-up photograph of a man and a woman smiling broadly, showing their teeth. The man is on the left, and the woman is on the right. The word "prevention" is written in a large, stylized, grey font across the top of the image.

prevention

Smile Sabotage?

Preserve your smile through prevention!

You know what they say – *use it or lose it!* If you're not using your toothbrush and dental floss as often as you should, then you're sabotaging your smile – and could lose it. To keep it looking great through mid-life and beyond, you have to keep it healthy and we can tell you why.

Retaining teeth is no more natural and inevitable than losing them. Tooth loss happens over time, and *gum disease* is the number-one reason why. Dentists encourage regular visits because...

- At first, there are no symptoms;
- Even in the very early stages, gum disease can cause soreness, bleeding, puffy gums, and bad breath;
- Over time your gums can recede, exposing tooth roots to decay-causing

bacteria and making teeth sensitive to heat and cold;

- Eventually, the bone that supports your tooth is destroyed, leading to tooth loss and limiting your restorative options;
- Gum disease has been linked to cardiovascular disease and other systemic diseases like diabetes.

What else can happen if you neglect your oral health? Adults can lose teeth to those root cavities we mentioned, as well as to root canal infections and bacteria that has seeped beneath worn out fillings. Oral cancer is another problem associated with mid-life.

Prevention is the key to preserving your smile. Contact us for an appointment and assessment of your dental health.

Keep On Smiling: It's only natural

Human beings love faces – especially smiling faces – and it's only natural that we look for them everywhere. We've all reclined in the grass and have seen faces in the clouds... We also see them in car grills, on house fronts, and of course, there's the man in the moon. Everyone's brain compares what they see to what they know. And everyone's brain *knows* about smiles!

Smiles calm other people and attract them to us, and because we release endorphins, the body's naturally produced opiate, we too feel happier and calmer when we smile. So the next time you see an approaching car with a smiley-faced grill, feel free to wave and smile back. Sure, it's an inanimate object, but it's still the natural thing to do ... and you'll feel better for it!

Second-Hand SCARES

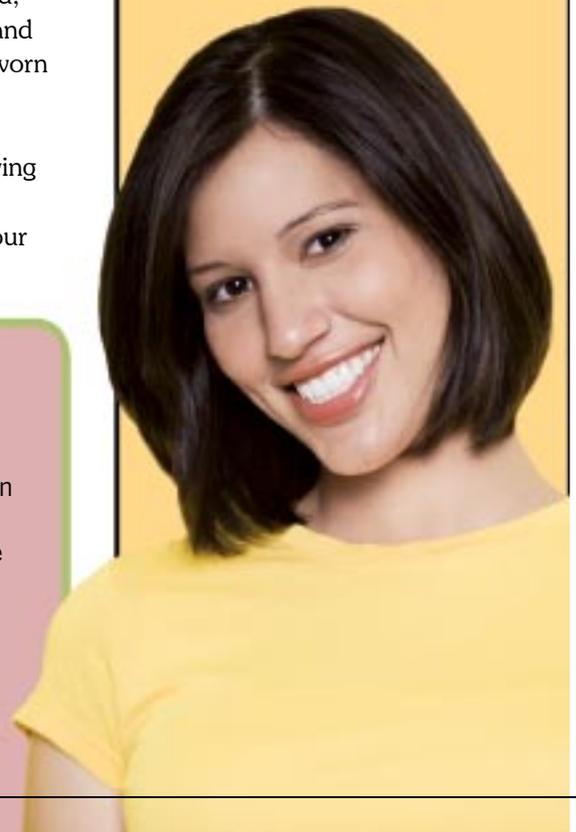
Vicarious learning

Vicarious learning is learning by association. Some people are fearful of dentists even though they've never had a bad experience. Through parental messages, jokes, and other people's exaggerated stories, they've learned to associate dentistry with discomfort. Second-hand fear turns into cancelled appointments.

Does that sound like you? Understanding that you are avoiding the dentist is very important. When you dodge routine appointments, little problems become bigger... more intimidating ... and more expensive!

Your important first step to overcoming anxiety is to make an appointment and voice your fears.

- Ask for a pre-appointment visit and tour of the practice.
 - Communicate your apprehension as it arises.
 - Ask for strategies to help.
- Dentistry can offer a helping hand.



Prime Time Style

Smile confidently into your future!

People in middle adulthood are always on the move. It's a dynamic, productive stage of life filled with commitment and giving – to work, family, and community. It requires stamina, health, and self-confidence. Nothing communicates confidence and vigor like a youthful smile, and non-surgical cosmetic dentistry can create a smile makeover that is completely natural-looking and customized for your lifestyle.

Do you want a brighter, more youthful-looking smile? Professional whitening lightens and whitens stains. Beautiful enamel-colored fillings can replace conspicuous silver-colored ones.

Are you self-conscious about chips or cracks that others can see? Natural-looking materials can be custom-matched to your enamel and bonded to fill and cover smile flaws.

Do you want to camouflage gaps between your teeth? You may not need to commit to braces – choose bonding materials or porcelain veneers that reflect light like natural enamel to reduce spaces – instantly.

Are you embarrassed by teeth that are crowded together or by teeth that protrude? Orthodontic treatment (braces) could be the answer to help you smile more.

Are you hiding your grin because of too much teeth grinding? Regenerate worn-down tooth edges with bonding or cosmetic veneers. A crown can restore strength and appearance.



veneers & crowns



veneers



In the prime of your life, you're savvy enough to know that improving your smile's appearance will also improve the function of your teeth. That's a very worthwhile investment in your future!



The sunrise colors of the persimmon conjure up the romance of the far east where it originated in China before traveling on to Japan and eventually to North America and the world. The acorn-shaped Hachiya persimmon is soft with a flavor that is tangy and sweet. The Fuyu is firm and crisp, smaller, rounder, and also sweet.

You can enjoy persimmon cuisine at the trendiest restaurants or at home. You can get dried persimmons year-round and fresh are available from September until the new year.

Exotic persimmons are good for your oral and overall health. They have no fat, salt, or cholesterol, and are high in vitamins A and C. They are also potent in antioxidants which are known to lower the risk for diseases like cancer, heart disease, stroke, and arthritis – all of which have been linked to gum disease.

Glitz Or Glamor Make a veneer statement!

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all about you. These before & after photos prove that a picture is worth a thousand words. Please call for your consultation!

Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.
- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.

**Invisalign® Special
Reserved For You!**

\$500 OFF

**first 25 callers.*

(817) 361-1999



Straight Talk

**Invisalign® ... because 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 myofacial 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.

- Brit Phillips, DDS



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