



Dr. Rushing & Dr. Coulter's  
**NASHVILLE SMILE TEAM**  
• NEWSLETTER •

Produced to improve your dental health and awareness

Fall 2009

## fromthedentists

### Optimize Oral Health

#### Maximize options

Achieving a more glamorous smile is a very reachable goal. But maximizing the benefits of cosmetic dentistry means more than being willing and able. To be ready, patients need optimal oral health. Patients who brush, floss, and rinse are rewarded by pink healthy gums, a strong, supporting bone structure ...and great cosmetic results.

Without consistent oral health care, patients are susceptible to more than dingy teeth and bad breath. Gum disease sneaks up silently when plaque, a sticky film that builds up on your tongue, isn't brushed and flossed away. Tooth and bone loss, the ultimate result of periodontal disease, can limit options.

Yes - we're willing and able to give you a more attractive smile with cosmetic procedures. With regular visits, we'll make sure your oral health is ready for it!

*Yours in good dental health,*

*Drs. Rushing & Coulter*

## turnthepage

Get your sizzle back!

Keep oral cancer at bay!

Healthy gums: facts & tips!

## Digital X-rays, Faster, Safer... & Environmentally friendly

We learn a lot about your oral health through a visual examination of your teeth and gums. But even with 20/20 vision, there are things that can't be seen with the naked eye. Technological tools are invaluable in helping us detect potential trouble, and by far the most effective of these is the dental radiograph, or x-ray.

We are now able to offer our patients a new type of x-ray, the digital radiograph, which offers benefits beyond the traditional x-ray, including up to 90% less radiation. We place a sensor that is about the size and shape of a domino on the inside of your cheek. It sends signals

to a computer which are translated into large, crisp, electronic pictures of your teeth, supporting bones, and gums. The pictures can be enlarged and colored for clarification and are stored in your file for future reference.

The digital radiograph makes it easier to detect, diagnose and plan treatment long before problems become visible to the naked eye. We'll recommend digital radiographs periodically, as you need them. It's the best and safest way to guard your smile against unexpected problems!



*Creating Beautiful Smiles!*

## 4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

*Floss each tooth thoroughly with a clean section of floss...*

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



## Are You Progressing?

Why the answer just might surprise you!

**Periodontal disease.** The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

### Periodontal disease is progressive...

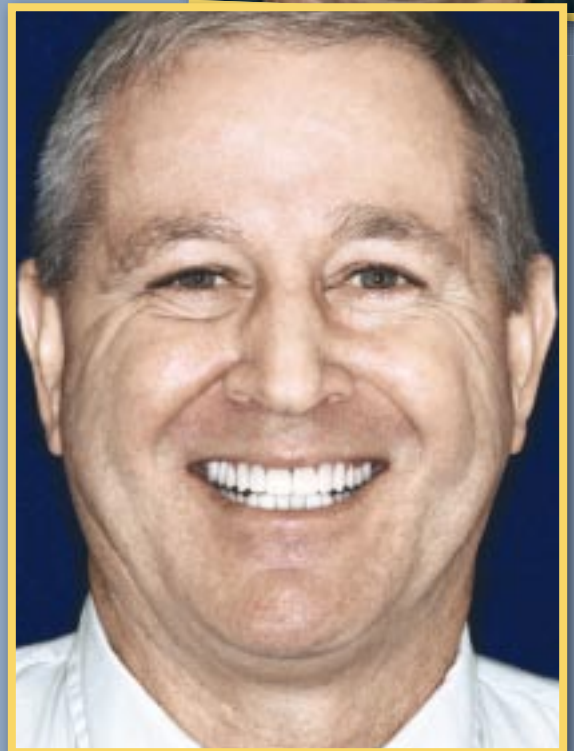
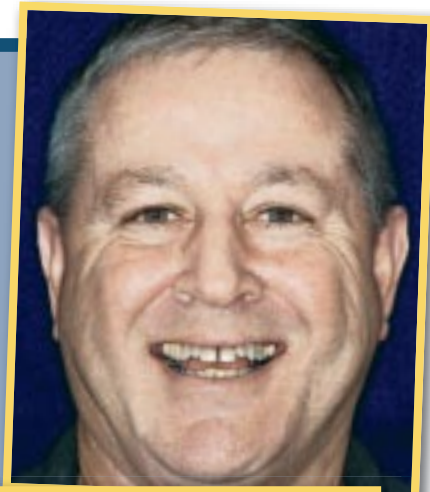
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

**Periodontitis:** This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

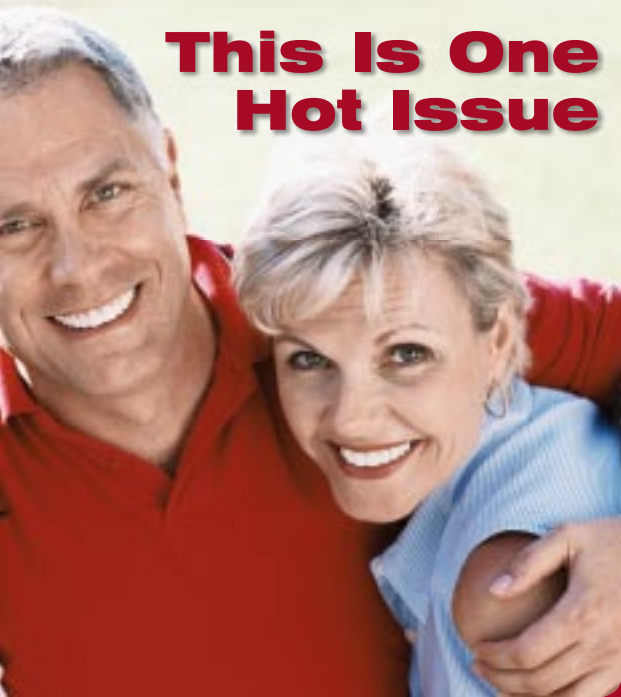
### There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

**Call us for an appointment – any time!**



# This Is One Hot Issue



## Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

*Gum disease has been associated with inflammatory diseases that include...*

**Osteoarthritis** and **rheumatoid arthritis**

**Diabetes**

**Cardiovascular diseases**

**Lung infections**

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

## Practice Makes Perfect

### Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

## Live Life Well

### Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



# Power Toothbrush

The most important part of home dental care is regular tooth brushing, combined with daily flossing. For years we have recommended the *Sonicare*® Brand. Here are a few reasons why!

The Sonicare high-speed bristle motion, combined with gentle sonic waves, has been proven in laboratory studies to attack plaque beyond the reach of bristles alone. Studies have shown that the Sonicare removes nearly twice as much plaque between teeth as a manual toothbrush, and can even reverse gingivitis and shrink periodontal pockets. Also the built-in timers let you know when you've done a thorough job!

We feel so strongly about the difference that a Sonicare can make for you that once again we are carrying Sonicare in our office. Along with replacement brushes for new and older models we are carrying the Flexcare, with an optional UV Sanitizer as well as the Health White family pack that comes with two separate handles for those that do not like to share!



# Our New Website

As part of our continued commitment to enhance communication with our patients, we are happy to announce new features with our Internet web site...

[www.NashvilleSmileTeam.com](http://www.NashvilleSmileTeam.com)

Some of you may have received an e-mail postcard to confirm your upcoming dental appointment. In addition to making confirming your appointment easier, we are also expanding the functions of our website. Our new features will include, looking up your next appointment date and time, as well as making online payments at any time! As always, you can view previous issues of our newsletter, as well as general information on dental procedures. Feel free to comment or ask questions about any of our services via email. You can access our email from the web site or mail us directly at [office@NashvilleSmileTeam.com](mailto:office@NashvilleSmileTeam.com). We'll get back to you as soon as we can.



## office information

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### Office Hours

Monday 7:30 am – 5:30 pm  
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### Office Staff

Christa..... Office Manager  
 Karla ..... Dental Hygienist  
 Cynthia..... Dental Hygienist  
 Rebecca..... Dental Assistant  
 Summer..... Dental Assistant



## Your Dental Insurance

### Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before your dental insurance expires. So give us a call!

# Oh Boy! It's A Boy!



Kristin Rushing and her husband Lewis Williams are expecting their first baby! John Douglas Williams is expected to make his debut around October 3rd. While Dr. Rushing is out of the office, Dr. Coulter will be here full time. For most of you Dr. Coulter is a familiar face. For those of you who have not met Dr. Coulter, he originally opened this office in '84 and has been working part-time for the past several years. Tentatively, Dr. Rushing plans on returning to the office with a light schedule in November before returning full time.