



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

Produced to improve your dental health and awareness

Spring 2008

## fromthedentists

Welcome to the first issue of our Nashville Smile Team Newsletter! We have published a newsletter for years, but certain aspects of dental care could not be conveyed accurately in our previous newsletter. Examples of this would be illustrating "smile transformations" with crisp, clear before-and-after photos, or including specific graphics to improve the articles readability and understanding.

As a result, we found a new format that provides important, timely dental information coupled with great visuals. We know you will enjoy and benefit from our newsletter makeover!

We are also happy to announce our new Internet web site, [www.NashvilleSmileTeam.com](http://www.NashvilleSmileTeam.com). At our web site you can view various articles on dental health and new technologies and send us email. Feel free to comment or ask questions about any of our services via email.

So ... read, enjoy, and let us know what you think. We're always happy to hear from you!

*Yours in good dental health,*

*Drs. Rushing & Coulter*

## turnthepage

Fight bacteria now!

Oral tips for life!

Whitening that works!

## Brace Yourself

### Invisalign® is the clear choice

Orthodontics is the branch of dentistry that corrects teeth that are crowded, protruding, or too far apart. Until recently, orthodontic treatment was focused mainly on teenagers, and the preferred method was metal train-track braces. Today, about 20% of orthodontic patients are between twenty and sixty years of age.

Dental researchers have produced a revolutionary new technique that has brightened the smiles of thousands of patients. The system is called *Invisalign*®, and it's the invisible way to straighten teeth using a series of custom-made, nearly undetectable aligners.

**Here's how it works.** During consultation, we decide if Invisalign is right for you. We create a treatment

plan, take an impression of your teeth, and submit it to Invisalign who translates our instructions into a series of medical-grade plastic aligners. Each one of your comfortable aligners is precisely calibrated and manufactured to fit snugly over your teeth and gently move them through every stage of your treatment plan. No more metal mouth means you'll smile more during treatment, and you'll spend less time in our office having adjustments! Because Invisalign aligners are removable, you can still enjoy your favorite foods and smile without holding back. With Invisalign, there's nothing to avoid and nothing to hide!

We welcome you to call our office to ask questions, or to arrange a consultation to discover how Invisalign can help give you the smile you've always wanted!



*Creating Beautiful Smiles!*



You'll like it!

### Look At That

Ugli fruits are named after their greenish-yellow appearance, odd shape, and lumpy, bumpy skin. Imagine a *really* ugly grapefruit.

### Tasty Treat

This mandarin hybrid has a very sweet citrus taste and is said to combine the best qualities of Seville oranges, tangerines, and grapefruit. Ugli fruits are sweetest from their native tropical West Indies and Asia, though they have been grown in the sub-tropical United States since the 1930s. Nearly seedless, uglis peel easily for quick snacks or as an unusual feature in salads, stir fries, or stews.

### For Your Oral And Overall Health

Ugli fruit is an excellent source of vitamin C, an antioxidant which promotes healthy gums and fights cardiovascular disease, plus it's a good source of fiber as well as folate which is an important B vitamin that promotes oral health.

## Prevention Is Better

### Two things you don't want to share!

We all host bacteria in our mouths so everyone is potentially vulnerable to decay and gum disease. Here are some facts you may not know...

#### ■ Bacterial Infections

In **caries** (decay), *Streptococcus mutans*, is the major bacterium that uses sugar to produce acids that dissolve dental enamel, creating cavities.

In **gum disease**, plaque – the soft thin film you feel on your teeth – is a *biofilm* which hosts many different bacteria.

#### ■ Transmissible

You can pass on **gum disease** and **caries** bacteria to the people you care about – even babies whose teeth have yet to erupt – by kissing, blowing on food, or sharing utensils.

#### ■ Preventable

You can minimize your risk for **caries** by avoiding sugary carbohydrates and keeping saliva flowing. Saliva is your natural buffer against acid. Daily removal of soft plaque by brushing and flossing keeps it from building up then turning into hard tartar or calculus, promoting **gum disease**.

#### ■ Reversible

In the earliest stages when **caries** are white patches, remineralization (assisted by our saliva) can reverse the process. As the caries progressively become darker in color, treatment becomes more complex and invasive.

**Gum disease** can appear silently and we can reverse it with prompt treatment before it progresses to produce swollen, tender, bleeding gums, and deep pockets of infection that can lead to tooth loss.

We have many effective strategies to prevent and treat these two diseases, so please – keep your regular appointments.



## The Flossing Question

### Ever too young?

As soon as two teeth touch, between six months and one year, kids need daily flossing to avoid gum disease. Only flossing can remove the biofilm and food particles that build up between their teeth and below the gumline where a toothbrush can't reach. Here's how to floss your child's teeth...

First, wrap an 18-inch strand of floss around your middle fingers just as you would for yourself, and hold a one-inch section tightly.

Then, gently ease floss between each of your child's teeth, unwinding clean floss as you proceed.

Too squirmy? Consider colorful, flavored, kid-friendly floss sticks that can change colors and come in favorite character shapes.

Between the ages of 5-10, most children can floss their own teeth. And thanks to your perseverance and great example, they'll want to!



# Evaluate Your Family Dental Values

At every stage of life, your oral health and attractive smile are invaluable assets

## LIFE STAGE

## FOCUS

## HOW WE CAN HELP

Infants & Children



- Healthy gums and teeth
- Proper spacing and bite alignment
- Protection against sports and play injuries

- Prevention and monitoring with regular dental visits starting when teeth erupt
- Early orthodontic assessment
- Oral hygiene instruction
- Custom-fitted mouthguard
- Emergency care

Teenagers



- Greater awareness of social value of nice smile and fresh breath
- Greater susceptibility to gum disease, enamel erosion

- Positively reinforce importance of nutrition, regular oral care routines, and professional oral care for an attractive smile
- Provide strategies for fresh breath and a whiter, brighter, straighter smile

Young Adults  
20s & 30s



- Greater maturity and awareness of mouth-body link
- Continued interest in appearance and lifestyle issues like teeth staining from coffee, wine, and tobacco

- Regular preventive and maintenance visits to maintain healthy teeth and gums
- Cosmetic consultations for teeth whitening and other procedures

Mid-life Adults  
40s & 50s



- Continued interest in appearance
- Increased risk of oral cancer
- Risk of receding gums, root caries, and loose teeth as hormonal levels decline, bone mass decreases, and teeth become worn and stained

- Regular oral health exams
- Natural-looking restorative treatments including crowns, bridges, implants, and veneers, plus cosmetic whitening

## 8 Is Great!

Boost your smile!

A jolt of morning java might boost your day, but over time it could take supervised teeth whitening to jumpstart your smile again! Red wine, tobacco, dark fruits and juices, and some medicines can also trigger staining.

### What can affect your whitening outcome?

#### Your Age

Whitening is the most in-demand cosmetic procedure and although we recommend teens wait 'til after age 14, there's no upper age limit. If thinning tooth enamel is a consideration, cosmetic bonding and veneers are excellent whitening alternatives.

#### Your Dental Team - That's Us!

We make absolutely certain that the whitening ingredients we prescribe for you are safe, reliable, and appropriate. Stains caused by illness or medications can only be removed by a dentist.

#### Your Foundation

Teeth may be whitened up to an average of eight shades lighter than the color you start with!

Where does your smile rate on our whiteness scale?



# Let DIAGNOdent™ Shine

Catch problems before they begin

While lasers were at one time just material for science fiction writers, they've become a common part of our everyday life. They zap through your groceries, they open garage doors ... and now they can detect wear and tear on your tooth's surface before it becomes a cavity.

DIAGNOdent™ is a revolutionary new dental laser tool that safely and effectively detects changes that might not be visible on a traditional x-ray, even below your tooth's surface. For example, Diagnodent can measure the natural fluorescence that is emitted by your teeth. Dental cavities actually present higher readings than healthy tooth tissue.

When this light source is directed at your tooth, anything unusual about the tooth's surface – such as the beginnings of a surface breakdown, or the start of a cavity – causes a different type of light to be bounced back to the

instrument. This light is transferred into an acoustic signal and the wavelength is then evaluated by the control unit. This lets us know what type of preventive treatment you might need. DIAGNOdent allows us to quickly catch what could later become a problem.

We want to ensure that every tooth remains yours for life, and that your visit to our office is comfortable and pleasant. DIAGNOdent is a unique development that will not only reduce your need for x-rays, it will catch problems before they even get started.



## office information

**Kristin Rushing, DDS**  
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### Office Hours

Monday 7:30 am – 5:30 pm  
Tuesday 7:30 am – 5:30 pm  
Wednesday 7:30 am – 5:30 pm  
Thursday 7:30 am – 5:30 pm  
Friday closed

### Contact Information

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

### Office Staff

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



## Spread Smiles!

If you are delighted with the excellent treatment you receive at our practice, then you might consider sharing the news with friends, family, and co-workers. You know they will experience the same commitment, compassion, and concern to which you have become accustomed. But you will earn more than the gratitude of those whom you refer.

## Share rewards

If you have referred three new patients from three different households in the span of one year, you will receive FREE Take Home Whitening.

Making three friends happy is reward enough, but this is our special way to thank you for sharing... and we really look forward to seeing you smile!

## Invisalign® Special!

**\$150 off**

Call us for a  
consultation.

*Straighten Up!*