



# Dr. Rushing & Dr. Coulter's NASHVILLE SMILE TEAM

• NEWSLETTER •

Produced to improve your dental health and awareness

Spring 2011

from the dentists

## Easy Livin' It's summertime!

For many of us, summertime is vacation time: a chance to spend real time with our spouse and children. Family reunions, summer weddings, even a summer romance (or the memory of one!) are all a part of this great time of year.

Summer is also a time when we all relax our daily rules and routines. Children can't wait to get on that skateboard or bike, and often forget proper safety precautions. We can help you avoid chipped or broken teeth with a custom-fitted mouthguard, the best protection for active sports enthusiasts! Kids off to summer camp? Make sure you impress on them the importance of daily oral care. Just a few weeks of lazy care can really affect your child's oral health.

Have a happy, safe, and healthy summer!

*Yours in good dental health,  
Drs. Rushing & Coulter*

## turnthepage

Tips to tread lighter!

Sugar isn't so sweet after all...

Is your child sleeping with ease?

## Return Confidence To Your Smile

Eating, talking, and smiling are daily activities that naturally reveal your teeth. If you've been trying to cover your mouth with your hand, or keeping your mouth tight-lipped due to a decayed or damaged tooth, we can help.

A crown is an artificial cover for a tooth and is used to restore a decayed or damaged tooth to its normal shape and size. Previous crowns were made entirely of gold, or were metal with just a layer of porcelain. Zirconia, a tooth colored material, is a durable and natural material used to create the strongest and most reliable ceramic crown restorations yet! In fact, its strength provides two to three times more resistance for any future tooth fractures.

Creating crowns with the help of an advanced material such as zirconia can protect the structure of a tooth that is cracked, broken, or severely stained, like no other! We can also use crowns to stabilize teeth loosened by gum disease by connecting them to the neighboring teeth. As well, biting pressure can make tiny cracks in tooth surfaces that undermine the tooth over time if it is not supported by a crown. A protective crown can strengthen the tooth and keep it healthy.

If you feel you may benefit from a zirconia crown, please feel free to ask us during your next appointment or call to schedule a consultation. A zirconia crown may be just what you need to return the confidence to your smile!



*Creating Beautiful Smiles!*

# 5 TOP TIPS

## 4 Prevention

### Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

#### Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



## INSIDIOUS INFILTRATORS

**Fact:** Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

#### WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!

# A GREAT GRIN IS *Ageless*

## Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us  
today for  
solutions  
to your  
ageless  
smile!*



## “Ascared” Of The Dentist?

### Not your kid!

Kids' fear of “going to the dentist” is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

**Show no fear.** Even if you experience anxiety, do not communicate this to your child.

#### **Set the bar high.**

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

**Start early.** Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

**Instill pride.** Praise your child for taking good care of their smile ...not for their bravery.

## Ice Cream Owww!

### Icy incidents

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for “brain freeze.” It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

**Ask us. We'll inform your brain, not freeze it!**

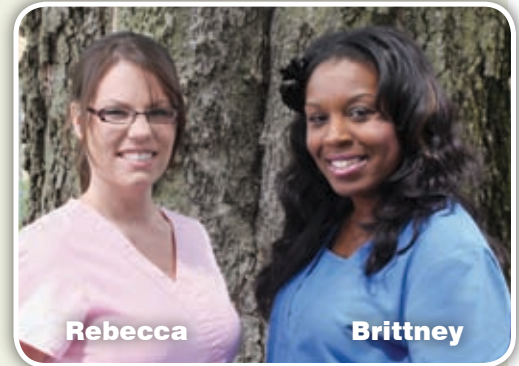


# Congratulations All Around!

Please join us in welcoming **Brittney Pope** to our staff; she joined our office in November of 2010. Brittney is a Registered Dental Assistant that graduated from the dental assisting program at *Kaplin Career College*. She is also certified in radiology. Her passion is to help each patient to have excellent overall oral health and a beautiful smile. Currently she assists Dr. Rushing and Dr. Coulter chair side. She also uses her administrative skills to help in scheduling appointments, charting, and answering phones to assist patients with their questions. Brittney loves spending time with her family and taking vacations.

**Rebecca Poole O'Saile** has been with our staff for almost four years as a Registered Dental Assistant. Rebecca, or "Becca", and her husband Matt have two children, Tasia, 7 and Luke, 2. They are expecting a new little one in October. We are sad to announce that they will be moving to Alabama in May. We wish them well with their future plans.

**Kristin Rushing** and her husband **Lewis Williams** are expecting a baby girl! Baby Abigail is expected to arrive in mid-July. Their son, John Douglas, is looking forward to being a big brother and having a playmate. He is hopeful he will not have to share toys! While Dr. Rushing is out of the office Dr. Coulter will be attending the office 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 1984 and currently works on Tuesdays. Dr. Rushing tentatively plans to return to the office with a light schedule in August before returning full time.



Rebecca

Brittney



Dr. Kristin Rushing & family

## office information

**Kristin Rushing, DDS**  
**Lee Coulter, DDS**  
 4809 Trousdale Drive  
 Nashville, TN 37220-1303

### 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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### Office Staff

Christa..... Office Manager  
 Karla ..... Dental Hygienist  
 Cynthia..... Dental Hygienist  
 Brittney.....Dental Assistant  
 Rebecca.....Dental Assistant  
 Megan .....Administrative Assistant



## Your Trust, Our Inspiration

### Our thanks in action

Beyond family and friends, our most important long-term relationships are those that bolster our health and infuse in us a sense of confident wellbeing. Few relationships, however, are more important than those with healthcare professionals like your dentist. Every team member at our practice intimately understands the strong link between our oral health and general health that cannot be ignored, and it is this vital health-connection that fosters our dedication to you. That you would place such an important trust in our professionalism is genuinely humbling and a constant inspiration for us to reassess our performance, to seek technologies that are state-of-the-art, and to create an environment that inspires confidence and ease in our patients.

I appreciate your trust and remain dedicated to build upon it at every point in our relationship.

## Oral Cancer Checkups Detect it early!

In the United States, one person dies from oral cancer each hour of each day. In fact, more people die from oral cancers than either cervical or skin cancer. And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor. When discovered late, the 5-year survival rate is a frightening 50%. It is imperative that oral cancer is detected early, before the disease advances. Conscientious dentists keep a keen eye for telltale signs like lumps and discoloration, and many are employing high tech devices to detect changes even before they are visible. But patients can have a role in early detection too, through the self-exam process – see [www.oralcancerselfexam.com](http://www.oralcancerselfexam.com) for a complete tutorial or call today for a comprehensive exam.