



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

Produced to improve your dental health and awareness

Winter 2009

**fromthedentists**

HAPPY NEW YEAR!

*Thanks to you all*

It was a great holiday and we've returned renewed, rejuvenated, and ready to get going for another year. We hope you had a terrific holiday season with friends and family helping to make it special.

As this New Year dawns, we'd like to take the opportunity to thank all of you for your business in the past year. Your loyalty and patronage mean a lot to us, and we'd like you to know we appreciate it.

The New Year is always full of promises to improve ourselves and to live healthier lifestyles. Make a resolution to yourself to brush, floss, and rinse, and it'll go a long way in making good home care happen.

Here's to a Happy New Year, and once again, thank you for your business and your friendship.

*Yours in good dental health,*

*Drs. Rushing & Coulter*



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

**February's For Kids**

**National Children's Dental Health Month**



*Dr. Rushing and staff visited local schools to celebrate Dental Hygiene Month in October*

In February, for over sixty years, dentists, parents, and children all across America observe National Children's Dental Health Month. This all began as a one-day event in Cleveland, Ohio on February 3rd, 1941, and the first national observance of Children's Dental Health Day was held on February 8th, 1949. It has since grown into a month-long celebration. Our message of the importance of oral health goes out to millions of children and adults in communities across the country, and includes such events as health fairs, dental office tours, and visits to the classroom by dentists and hygienists.

One of the reasons for this special annual event is that many people are still unaware of the important

role early dental care plays in our children's overall health. We strongly recommend that parents take action early to ensure the health of their children's teeth because attitudes and habits established at an early age are critical in maintaining good oral health throughout life.

Please make sure we see your child within six months of the eruption of the first tooth, no later than the child's third birthday. Preventive care such as cleanings and fluoride treatments provide your child with "smile insurance" for a lifetime!

If you wish any further information on any aspect of your child's dental and oral health, please call us. We'd be happy to help in any way we can!

***Creating Beautiful Smiles!***

# More Power To You

## Make the right connections ... and smile!

*Homophily* is the natural tendency of people to associate and bond more strongly with people who are similar to them. So what can we do to help you connect with all those *other* beautiful people? Well, according to research, a cosmetically enhanced smile will make you appear more attractive and popular with the opposite sex, as well as more intelligent, interesting, successful, and wealthy!

Together, we can choose cosmetic options that will enhance your natural smile foundation and make your smile sing out success! We can...

- Brighten your teeth with whitening, bonding, or porcelain veneers.
  - Rebuild chips and cracks and close gaps that make you self-conscious.
  - Straighten and even out the appearance of crooked, crowded teeth.
  - Reproportion tooth shape, length, and width to ideally balance your features.
  - Recontour an uneven or too high/low gumline.
  - Correct a receding gumline that exposes roots and makes your teeth look longer - and you look older.
  - Widen your smile to fill in the gaps at the corners of your mouth.
  - Diminish lip lines and make your lips appear fuller by adding volume.
- And there's even more that we can do...
- We can maximize the dramatic impact of whichever cosmetic procedure you choose. How? By helping you achieve clean teeth and pink healthy gums with a strong supporting bone structure.

Nothing makes a connection better than optimal oral health and a high-powered smile.



**crowns & veneers**

Brighten



**gum sculpting & veneers**

Reproportion

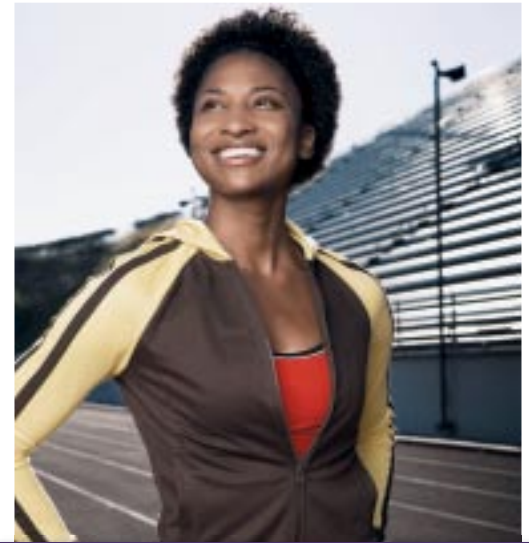


**orthodontics & veneers**

Straighten



# A Crown F



## Take Heart! & Save your smile

In the earliest stage of gum disease, you won't even know you have it. Early on, it's reversible with home care and regular dental treatment, but in later stages it can lead to tooth loss and only professional dental intervention can help. Studies have linked gum disease and cardiovascular diseases and stroke - the number-one killers of men *and* women.

Stay fit and keep your mouth *and* heart healthy!

- Exercise regularly to increase blood flow, strengthen your heart, control your weight, stress, and risk of high blood pressure, cholesterol, and diabetes.
- Eat fruits, whole grains, vegetables, low-fat dairy products, and sources of protein, legumes, and Omega-3 fatty acids.
- Don't use tobacco, a risk factor for oral cancer, tooth loss, and heart disease.
- Get regular medical and oral health screenings.
- Keep smiling!



# For All Reasons

Prevent...  
Protect...  
Impress!



For many people, appearance is *the* greatest inducement to sustaining oral health. Who among us does not want to make a great first impression at a job interview, look fabulous in photos, and shine at significant moments like weddings? Beautiful crowns can help you do all that and more. They are the most popular restoration not only because they can create a natural-looking improved appearance for discolored, misshapen, or missing teeth, but because they prevent and protect to save smiles!

Crowns can...

- Prevent a cracked tooth from getting worse;
- Strengthen and halt further damage to a broken tooth, either...
  - one that has undergone root canal therapy or
  - one with a large filling or fillings.

In fact, when your custom dental crown is created, it becomes your tooth's new outer surface. Technicians incorporate precise measurements to suit your bite, jaw movements, and anatomy. Durable metal or metal camouflaged with white porcelain can be used, and all-porcelain materials can exactly match your smile's enamel.

Attaching multiple crowns to a natural-looking bridge is an excellent technique for replacing several missing teeth. It can prevent drifting teeth, challenges to eating and speaking, and increased risk for tooth decay and gum disease.

And the bonus: avoid the premature wrinkles and age lines that may accompany an altered bite. Your smile will look even more attractive!



Modern crowns & veneers turn a smile into ... a SMILE!

Where does your smile rate on our whiteness scale?



## 5 THINGS about teeth whitening

1. *Not all of your natural tooth enamel is the same color...*

- your front teeth are usually whitest
- molars tend to be in-between
- eye teeth are commonly darkest

2. *Discoloration can be caused by:*

- coffee, tea, red wine, colas, or tobacco
- heredity
- illness and medications
- ageing

3. *Structural changes occur over the life of your teeth and affect their whiteness...*

- young teeth are whiter and usually have a highly opalescent enamel with milky brightness
- older teeth are darker with a more translucent, thinner enamel and a grayish appearance

4. *People perceive teeth as whiter and more attractive when they are contrasted against pink, healthy gums.*

5. *We don't add whitening to your teeth - we remove stains to brighten your teeth enamel by up to eight shades!*

## Bollyfood

It's hot, hot, hot!

The whole world is charmed by the flamboyant extravaganzas produced by Bollywood, India's unique counterpart to the Hollywood film industry. Another cultural export, famous Indian curry dishes, aren't merely gorgeous, aromatic, and appetizing. It seems they have the potential to improve your oral and overall health.

**Turmeric**, a yellow spice that gives Indian curry powder its distinctive color, contains a compound that appears to relieve or suppress Alzheimer's symptoms.

**Curcumin**, an antioxidant known to benefit periodontal health, also found in turmeric, has been shown to help prevent tumors.

**Curry leaves**, common in South Asian cooking, release fragrant essential oils when chewed or combined with water. They are an ingredient in some mouthwashes and can help to reduce caries and chronic bad breath.

Want to spice it up a bit? Explore your Asian grocery!

# Be Anxiety Free

## Oral conscious sedation brings relief

We are pleased to be able to offer our patients oral conscious sedation, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain fully conscious and able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are apprehensive about dental care and who even may avoid care due to these fears. You must

be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Dr. Rushing can customize the dosage that is most appropriate for you and your needs. During your procedure you may feel drowsy and dozy, or you may feel like you have slept through the appointment. After you've been driven home, you'll feel like a nap, and you should arrange for someone to stay with you for a few hours.

Please contact us if you think that oral conscious sedation might be right for you.



Medicare is now offering dental benefits! We now accept HealthSpring and Humana® through Medicare. We also accept most all major insurance as well as being a provider with Assurant, Delta Dental, Humana, and Guardian.

### officeinformation

**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

Office (615) 331-9033  
 Fax (615) 331-8140  
 Email office@NashvilleSmileTeam.com  
 Web site www.NashvilleSmileTeam.com

#### Office Staff

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



## You Do The Math!

**3 minutes/day = 7 years**

A lifetime of oral health and great-looking smiles is a substantial return for investing three minutes a day. Only flossing can reach between your teeth where your toothbrush can't. Experiment with different types of floss until you find one that works best.

#### It's This Easy!

- Take about eighteen inches of floss and wrap securely around your middle fingers.
- Hold about a half-inch length between index fingers and thumbs.
- Gently ease the floss between teeth. Press tightly against each side of each tooth, forming a C shape.
- Ease floss up and down several times. Be sure to go below the gumline.

Research shows this could add almost seven years to your life!

## Exceeding Expectations

### Our daily pledge

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ... and to keep them up to the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

*Thank you*, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.