

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

Produced to improve your dental health and awareness

Winter 2010

fromthedentists

Happy New Year

In the New Year many of us are inspired by our anticipation of everything a new beginning can offer. This is the time when each of us considers how we can make the coming year the best that it can be.

We intend to make 2010 our personal and professional best by continuing to provide you with leading-edge dental care in an atmosphere that is as warm, relaxed and as welcoming as we can make it.

Our entire team hopes that your New Year is happy, healthy, and filled with family and friends. It is our heartfelt thanks for your loyalty and friendship.

Yours in good dental health,

Drs. Rushing & Coulter

turnthepage

Rejuvenate your smile!

What's your *flossophy*?

Defeating diabetes!



New Year's Dental Resolutions

Tooth tips to remember for 2010

1. Stay away from starchy foods like chips and crackers – they can be just as bad for your teeth as sweets.
2. Drink plain tea without sugar. It helps cut down on plaque and cavities.
3. Brush after every meal or at least twice a day.
4. Choose healthy foods like cheese and crunchy vegetables.
5. Never use your teeth to open things.
6. Use a fluoride toothpaste.
7. Don't smoke – and remember that coffee, tea, colas, and soya sauce can stain your teeth.
8. If you can't brush after every meal, try chewing on a piece of sugarless gum or biting into a carrot or apple.
9. Go for brushes with soft nylon bristles and a flat surface.
10. Replace your brush about every three months.
11. Brushes with soft bristles clean as well as hard bristles.
12. Use a mouthguard if you play contact sports.
13. Always wear a seatbelt in your car – it can save your teeth in an accident.
14. Floss every day.
15. See your dentist regularly!



Creating Beautiful Smiles!



You Can Do It

Discover your inner balance

It's *all* about the balance. Really. A lifestyle that balances work with stress-relieving play and that pays attention to nutrition and diet is a healthy one. That's the *macro* level. At the *micro* level, small imbalances in the pH of your blood, for example, can create changes in the pH of your saliva, altering your mouth's environment. In other words, your oral health can impact and be impacted by your overall health and here's how...

Plaque, the thin film on your teeth, is a biofilm and a bacterial ecosystem within the larger bionetwork of your mouth and body. When the scale tips so that good bacteria are overtaken by those that are harmful, red swollen gums that bleed easily, gum and bone recession, and tooth loss can occur.

Tartar is the conspicuous, cement-like substance that plaque hardens into when you allow it to build up. Tartar can break the natural protective seal that your gums provide, allowing oral bacteria into your bloodstream. Experts believe that toxic bacteria from your gum infection can trigger your immune system into a constant state of alert.

Gum disease has been linked to systemic and inflammatory diseases including heart and stroke, osteoarthritis, diabetes, cancers, and lung diseases.

These complex interactions mean that a *one size fits all* approach to life, health, and your oral health care is no longer sufficient.

Your oral health can impact and be impacted by your overall health

Just In Time

You get to decide!

Are you an adherent of the *Before Flossophy* or the *After Flossophy*? People can be surprisingly passionate about when to floss ... before or after they brush. Even dentists can't always agree. In a poll conducted by the *American Academy of Periodontology*, 40% recommend before, 36% after, and 25% don't think it matters. Truthfully, as long as you remember your home care routines and maintain your recare schedule, we will be happy!

So, in no particular order...

- **Floss once** – to clean between your teeth and below the gumline.
- **Brush gently** at least twice a day – to remove food and bacteria from your teeth, gums, and tongue.
- **Rinse often** throughout the day – plain water can keep bacteria at bay when there's no time to brush.



Weighing In

Fight diabetes!

Did you know that diabetics are more likely to have gum disease than others and that those with gum disease find it more difficult to control blood sugar levels? Or that 90% of people newly diagnosed with Type 2 diabetes are overweight? Weight loss and exercise could go a long way to preventing or managing diabetes – and your oral health!

A regular routine of physical activity is ideal, but still, you can find inventive ways to burn calories!

- Take the stairs instead of the elevator.
- Try hiding the remote. Research shows that thin people get up and move around more, tend to fidget more, and sit less.
- Do some eco-exercise – instead of driving, ride your bicycle when you can. It's important for *everyone* to maintain healthy routines for oral and overall health.

Prime Attraction

Get what you need

Is 50 really the new 40? It seems so. Men and women today feel and act ten years younger than their biological age. Midlife is a strong, powerful time of life in every way and you can see the influence you command in the number of products tailored just for you. A prime example is the number of esthetic innovations created to enhance your smile, like beautiful natural-looking crown and implant restorations.

You'll like them because...

You're an experienced and savvy consumer

- Long-lasting natural-looking materials resist chipping, staining, and cracks.
- Improvements in options and technology have made procedures more time-efficient and patient-friendly.

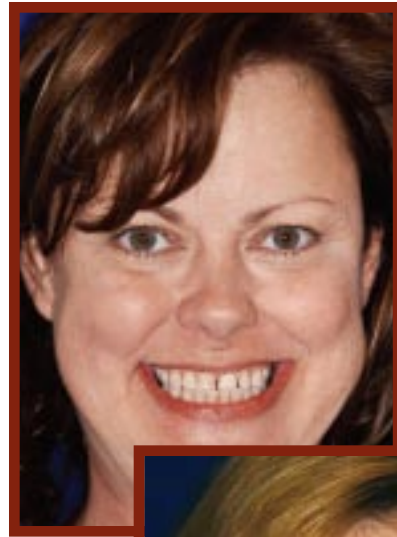
You're health conscious

- Your damaged or discolored tooth can be covered, protected, and strengthened with a single crown.
- Bone loss can be prevented by anchoring a permanent new tooth into the jawbone by combining a single crown with a dental implant.
- Missing teeth can be replaced with several replacement teeth attached to a secure crown or implant bridge restoration to prevent your other teeth from drifting and altering your ability to eat, speak, and socialize.

You love to look great

- Crowns made of natural-looking translucent porcelain are beautiful and designed to blend in so well with neighboring teeth that no one can tell that you have them.

Don't let your smile give away your age. Let us give you a midlife smile with style! Call us to schedule a consultation.



Before

After



7 Tips For A Tiptop Smile

Which would you choose?

Improving the color, shape, or position of your teeth can improve the way you feel about yourself. Here at a glance are seven tips for a tiptop smile that looks completely natural.

| | |
|---|---|
| Teeth Whitening | Instantly brighten your smile |
| White Fillings of Composite or Porcelain | Make tell-tale dark fillings a thing of the past |
| Tooth-Colored Bonding | Cover deep-rooted stains, repair small cracks or chips, fill in gaps, and recontour teeth |
| Cosmetic Veneers | Conceal spaces, crooked, chipped, or discolored teeth |
| Crown Restorations | Restore severely damaged or broken teeth |
| Dental Implants | Restore appearance and function |
| Crown/Implant & Bridge Restorations | Replace missing teeth and prevent further damage to your smile |

Welcomed with Love by Proud Parents
 Kristin Rushing and Lewis Williams

John Douglas
 Williams

September 26, 2009
 7 lbs, 7 oz and growing



A Sweet Way To Make Everyone Smile!

This past Halloween Drs. Rushing and Coulter participated in a Halloween Candy Buy Back program. On November 2nd, kids “sold” their excess Halloween candy to our office in exchange for cash. The candy and various dental supplies were then shipped to Operation Gratitude to be used in care packages for our troops overseas. “Visiting your dentist twice a year and brushing daily are great preventative measures, but doing away with excess sweets would really give your teeth a healthy boost. This way, kids can still have fun trick-or-treating and now their piggy banks will benefit too,” says Dr. Rushing. Drs. Rushing and Coulter are looking forward to this becoming an annual event!



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



Your Dental Plan

Making it work for you!

In our practice, we are committed to providing you and your family with the best possible dental care, including long-term preventive care. Many of you have an employer-assisted dental health plan to help offset the cost of your family’s ongoing oral health care.

It’s important to remember that you are a partner with us in your oral health, and that treatment and care decisions should be made together with us, based on your actual needs. A dental plan is a way of helping you cover the cost of dental care. However, your dental plan may not cover the full cost of the specific treatment you require. A dental plan is not a treatment plan.

You should not allow your dental plan to dictate the care you receive. Some dental plans exclude necessary dental treatments such as sealants, adult orthodontics, specialist referrals, crowns and bridges, and other dental needs. Some plans will only provide for the least expensive way to treat a dental need, regardless of the decision made by you and us as to the most effective and necessary treatment required.

By taking care of your dental health you are making a long-term investment in the well-being of your family. If we can be of any help to you in understanding your dental plan, and how it can function as a part of your treatment plan, please let us know.

