

Something To Smile About



..... with Drs. Williams & Sivie

Produced to improve your dental health and awareness

Winter 2009

fromthedentists

Best Wishes For 2009

Thanks for 2008

As we look ahead to 2009, I would like to thank each of you for your continued loyalty over the past year. I speak for everyone in our practice in telling you how much we appreciate and enjoy your visits. We always enjoy hearing your news about family activities and personal experiences. We hope you look forward to those visits too.

Your oral health is our first priority and we are committed to providing a comfortable, friendly environment so that you, our patients, enjoy a relaxed, positive experience.

We wish you and your family good health for 2009 and look forward to seeing you in this New Year.

Here's to a great 2009!

- Dr. Brad and Dr. Nicole

turnthepage

Healthy teeth, healthy baby!

Yoga your way to a smile!

The great imposter - implants!

Crown For Prevention

A crown is an artificial cover for a tooth and is used to restore a decayed or broken tooth to its normal shape and size. It can also protect the structure of a tooth that is cracked, broken or severely stained. We can use crown to stabilize teeth loosened by gum disease by connecting them to the neighboring teeth. In some cases we may even suggest a crown for a tooth that is not yet hurting to keep it from developing a problem. Biting pressures and grinding can make small and large cracks or fractures in a tooth surface. These 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 we wait until a tooth is symptomatic, we increase the chances of the need for more costly treatment.

What about a root canal? All teeth that have had a root canal need a crown. The root canal removed the nerve and blood vessels from the inside of the tooth. Over time, the tooth will become brittle and break. Because we can not predict how severe the break will be, we recommend strengthening the tooth with a crown after a root canal is completed.

Our office recommends three different types of crown. The materials we choose are based on the force the tooth endures and the esthetic location of the tooth. We use all gold crowns, porcelain fused to gold crowns and all



porcelain crowns. All of our labs use the highest quality of materials. If we are not satisfied with the fit of the crown or you do not like the look of the crown we will return it to the lab. We want to be sure you are receiving the highest quality of crown work.

Our goal is to protect your teeth for a lifetime and reduce your expenses in the process. If you have any questions about a crown, give us a call. One of our dedicated staff members will answer any questions you have.



An attractive smile makes a lasting impression!

Show What You Know

Choose all that apply!

The top offender in a major workplace survey was:

- a) Stealing someone's parking spot
- b) Office romances
- c) Bad breath

Bad breath is caused by which bacterial by-products?

- a) Volatile Organic Sulphur compounds that smell like rotten eggs
- b) Methyl Mercaptan which smells like cabbage or smelly socks
- c) Diamines with descriptive names like Cadaverine and Putrescine

You can't smell your own horrible breath because:

- a) You are too accustomed to it
- b) Humans turn off awareness of bad smells more quickly than good ones
- c) Nature wants to keep you conscious

The most effective breath freshener is:

- a) Brushing, flossing, and rinsing
- b) Breakfast to start saliva flow
- c) Breath mints

The best way to learn about bad breath prevention is through regular dental visits!

Answers: c, all, a&b, a&c



Your Smiling Future

Commit to your prenatal visits

Pregnancy can be experienced as an ocean of calm ... or as shifting waves of unpredictable emotions. The same hormonal fluctuations that contribute to these mood changes can also trigger oral health problems like periodontal (gum) disease. Because research has shown that periodontal bacteria can cross the placental barrier, periodontal evaluation and monitoring is a vital part of prenatal care for both mother and baby.

Here's why...

- Periodontal disease may be linked to pre-term delivery, low birth weight, and low weight for gestational age. The more advanced the periodontal disease, the greater the potential risk.
- Periodontal disease may be associated with an increased risk for toxemia, a condition characterized by an abrupt rise in blood pressure and the presence of toxins.
- Nearly half of women with gestational diabetes, a type of diabetes that occurs during pregnancy, also have periodontal disease.
- For diabetics, periodontal disease during pregnancy may affect blood sugar control, which in turn, increases periodontal risks.

In the earliest stages, gum disease has no symptoms. So please don't wait until you experience red, swollen, or bleeding gums that could indicate infection, or until you develop a bad taste in your mouth and/or bad breath. Protect yourself with regular dental care and thorough daily brushing and flossing, because gum disease may be linked to systemic diseases at every stage of life. If you're expecting, please include us in your regular doctor visits.

Restore Your Balance

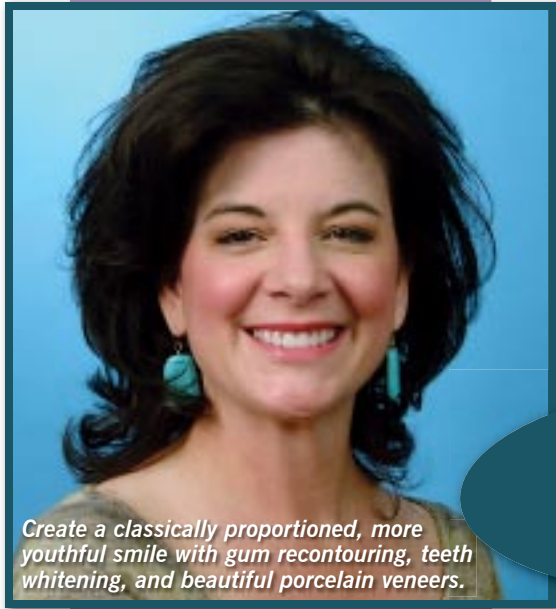
Try yoga!

The ancient Indian practice of yoga has been credited with curing just about everything, including the common cold. But improving your oral health? Yes! Studies show a reduction in blood pressure, heart rate, and stress. That's important for oral health, because...

- Stress diminishes resistance to infections including gum disease, and makes us susceptible to the discomfort of canker sores and dry mouth.
- Jaw joints that are strained with tension due to stress can become sore and cause headaches, teeth grinding can wear and crack your teeth, and biting inside your cheeks can be a real pain.

Of course, self-medicating anxiety with tobacco, alcohol, and other substances, and letting your oral hygiene slide, can throw your oral health out of balance too. Get your balance back. Take the pressure off with yoga instead!





Create a classically proportioned, more youthful smile with gum recontouring, teeth whitening, and beautiful porcelain veneers.

Don't Chance It!

Find out how to preserve your smile!

Is your scrupulously healthful lifestyle placing you at risk for an unattractive smile? You may associate receding gums, exposed roots, and yellowed teeth with chronological ageing, but they're often the cumulative result of environmental damage. Eating and drinking a lot of healthful but acidic fresh fruit and vegetable products can demineralize and stain your tooth enamel. And overzealously brushing your teeth can damage your gums and thin your enamel, revealing the yellow dentin underneath.

Here are some preventive and protective cosmetic procedures that you can choose to improve your smile ... for a lifetime.

Dentist-Supervised Teeth Whitening - **Prevent damage** to your gums and tooth enamel from abrasive whitening toothpastes and remove the risk of over-the-counter whitening products. We can design and supervise a whitening program for you to **lighten** stained, discolored, or dull teeth.

Enamel-Colored Restorations - **Strengthen, brighten, and protect** your teeth and make your smile look healthier and more youthful with natural-looking **white fillings** and **bonding** materials, **porcelain** or **resin crowns**, or translucent, custom-designed **porcelain veneers**. **Avoid** drifting teeth and a misaligned bite with **bridges** and **implants** to replace one or more missing teeth.

You're doing it all and you're doing it all right. An active life, a healthful diet, and disciplined home care routines are the routes to excellent oral and overall health. But sometimes just a little bit of the right kind of knowledge can give you a *lot* more power.

Let dentistry help you look your best!

Can you guess which tooth is an **IMPLANT**?



A Smart Investment

Dental implants: bank on a beautiful restoration

IMPLANT FACTS

- Biocompatible so bone cells grow on the implant root
- Bacterial-resistant
- Minimally invasive procedure
- Predictably high success rate whether replacing one tooth or many

HEALTH BENEFITS

- Stops or prevents jawbone loss & drifting of adjacent teeth
- Crown of implant can't ever decay and gum-damaging plaque buildup is inhibited
- No adjacent teeth involved to secure a restoration
- Ability to eat unlimited nutritious food choices

APPEARANCE BENEFITS

- Ensures a more youthful appearance by avoiding sunken jaws or misaligned bite
- Whiter, brighter smile and youthful, pink, healthy gums
- Immediate superior cosmetic results
- Maximizes options for healthy teeth and gums and overall appearance

Which tooth is the implant? The upper right central incisor.

Faster, Safer X-rays

We learn a lot about your oral health through a visual examination of your teeth and gums. But even with perfect vision and fancy glasses, we can't see everything. Technological tools are invaluable in helping us detect potential trouble and by far the most effective of these is the dental radiography, or x-ray.

We have been offering digital radiographs for years now. We place a sensor that is about the size and shape of a domino, on the inside of your mouth, near the tongue. It sends signals to a computer which is translated into a large, crisp, electronic picture of your teeth and supporting bone. These pictures can be enlarged and colored for clarification and are stored in your file for future reference.

Digital radiographs require 90% less radiation, so you can relax. We continue to use the lead apron to reduce any further exposure from light scatter.

The digital radiograph makes it easier to detect problems early and reduce the amount of expensive dentistry. We require cavity detection x-rays once a year to keep you healthy.



Think of an x-ray as a dental magnifying glass

officeinformation

Williams & Sivie, DDS
Dr. Brad Williams
Dr. Nicole Sivie
 5800 Coit Road
 Suite 800
 Plano, TX 75023-5944



Office Hours

Mon-Tue 8:00 am – 5:00 pm
 Wednesday 7:00 am – 3:00 pm
 Thursday 7:00 am – 5:00 pm
 Friday 7:00 am – 2:00 pm

Contact Information

Office (972) 596-9697
 Fax (972) 867-4796
 Email appointment@williamsandsivie.com
 Web site www.williamsandsivie.com

Office Staff

Lovisa..... Hygiene Coordinator
 Janie..... Restorative Coordinator
 Cathy..... Treatment Coordinator
 Denise, Rebecca, Meredith, Karen.....
 Hygienists
 April, Lauren, Kathy, Nina, Christina.....
 Assistants
 Amanda..... Hygiene Assistant

Why We Need A Health History

Your oral health is an essential component of your overall health. The mouth has even been called the gateway to the body. This is why we need to know your general medical history.

Many prescription medications, vitamins, herbs and supplements can affect the condition of your gum tissue. Did you know that many of these medicines can interact with anesthetics or sedation medications? Secondly, your dental health has an impact on a variety of medical conditions including diabetes, heart disease, stroke and stress-related disorders. We are on the front line of providing you comprehensive care and will ask you to update your information at every visit.

If you have any questions, please do not hesitate to ask.

Welcome New Patients!

Welcome referrals!



I hope you have enjoyed your visits to our office and are pleased with our care, treatment and commitment to your good oral health. I would like to take this opportunity to thank you for referring friends and other family members in the past. We really appreciate your vote of confidence!

We are currently welcoming new patients, so if you know of co-workers, friends, or family members who are looking for dental care, by all means give them our office number.

Everyone on our staff is committed to providing quality care in a comfortable environment and we are happy to welcome new patients. We will ensure that they receive the same professional care you enjoy from our practice as well as access to the latest in advanced technology and research.