



Produced for the Patients of Dr. G. Earl Hydrick & Dr. Christopher T. Taylor

Fall 2009



fromthedentist

Moving Information:

Our move to the new office location should occur about late October to early November 2009. This is, of course, later than we originally anticipated, but we think that we are now "back on schedule." If you have an appointment around that time, please call and make sure of our location before the day of your appointment to avoid any confusion. Our new address will be 300 Towncenter Blvd., Suite A, Tuscaloosa, AL 35406. Be sure to get a map and directions at your next visit. Our phone number will remain the same; please e-mail or call (205)750-8008 if you have any further questions.

Yours in good dental health,

Drs. Hydrick, Taylor & Staff

turnthepage

Brush up on brushing!

Transform your smile!

Slow food for health!

Got (Dental) Anxiety?

We're here to help!

The *American Dental Association* estimates that over thirty million Americans suffer from dental anxiety. These patients continually cancel appointments, don't come in for checkups, and delay necessary treatment until they have a serious problem. Millions of people who never see a dentist – the true dental phobics – are very apt to end up toothless!

With modern equipment and techniques there is very little, if any, discomfort involved in dental treatment. If you are fearful, the first step is to tell us! These are a few tips to help make your visit to our office worry-free:

- Ask questions. If you know and understand what is going to happen, you'll have less reason to worry.
- Before your visit, try not to drink stimulating coffee, teas or colas. A protein snack like a lean meat sandwich will help stabilize your blood sugar and reduce irritability.
- Distract yourself in the dental chair by using headphones to listen to relaxing music.
- Establish a signal, such as raising your hand. It will make you feel more in control and you can ask for more anesthetic if you need it.



- Try thinking of pleasant images, deep breathing or relaxing your muscles one by one.

- Ask us about using Nitrous Oxide or "laughing gas" to ease any anxiety that you may have. We also offer light sedation medications that have been helpful to many of our patients. Please do not hesitate to ask us about all of the ways available to help your visit be stress free.

Some or all of these techniques may help you feel more at ease but above all don't be afraid to ask us for a helping hand. That's what we're here for!

Thank you for all your referrals. We appreciate them!

PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

Restore gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

Prevent or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

Sculpt your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

STEP UP TO THE WINNER'S CIRCLE!

Set Your Sights On Health

Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.

Winner Takes All!

Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

Brighten your teeth by up to eight shades quickly, reliably, and safely.

Camouflage more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

Say goodbye to old silver fillings with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.



Sooner Is (Usually) Better Than Later...

Need new tires? Put it off and things will get worse, and could be dangerous. Need medicine? Don't take it and you (usually) get worse. Need some dental treatment? Put it off, and yep, it'll get worse also.

If you are delaying treatment because of finances we completely understand, however, our financing plan allows monthly payments that would fit most family budgets. And for the remainder of 2009 that

would be completely with *no interest charges* no matter what the amount financed.

Further if you have remaining yearly insurance benefits (which we can look up for you), then *use it or lose it* as they say. We will certainly do all that we can to help you get the most of your insurance benefits. Call Jean or Amanda today! They will help you work out what is best for your situation.



SPOTLIGHT ON THE STAFF

Knowing our team



This issue's staff spotlight is on one of our great hygienists, Leigh Fair. Leigh has been with *The Smile Design Center* for seven years and enjoys meeting new patients and the opportunity to establish long term relationships.

Leigh says, "I want my patients to feel like they are family and to be comfortable discussing any dental issues they may have." She states that, "my greatest job satisfaction is when I am successful at motivating my patients to a higher level of oral health – either by becoming a committed flosser or to a heightened awareness of preventive care."

When she's not at the office, Leigh is busy spending time with her eleven year old daughter, Kayla.

officeinformation

The Smile Design Center

Dr. G. Earl Hydrick

Dr. Christopher T. Taylor

600 University Boulevard, Suite B-3
Tuscaloosa, AL 35401-2066

Office Hours

Monday	8:00 am	–	5:00 pm
Tuesday	8:00 am	–	5:00 pm
Wednesday	8:00 am	–	5:00 pm
Thursday	8:00 am	–	5:00 pm
Friday	8:00 am	–	12:00 pm

Contact Information

Office	(205) 750-8008
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Web site	smiledesigncenter.net
Email	hygiene@smiledesigncenter.net

Office Staff

Jean	Office Manager
Amanda	Administrative Assistant
Renee, Leigh, Rachel	Hygienists
Carley, Jeremy, Kim	Dental Assistants

CareCredit

Checks



Survey Finds Smile Is Most Attractive Feature

A national survey conducted by the *American Dental Association* (ADA), *Crest*®, and *Oral B*® has found that the smile outranks eyes, hair, and the body as the most attractive physical feature, yet men and women differ when it comes to maintaining this asset: 86% of women brush their teeth twice or more daily, while only 66% of men do so. (Only half of those surveyed (49%) say they floss once a day or more.

The survey also found that women change their toothbrush or power toothbrush head every 3 to 4 months, yet men hang on to theirs an average of 5 months. (The ADA recommends replacement every 3 to 4 months).

Sadly, all Americans need to do a better job of flossing. And 1 out of 3 people surveyed think a little blood in the sink after brushing their teeth is normal, yet it's not – it could signal gum disease or some other health problem. For more information, visit ada.org.