



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

Winter 2010

fromthedentists

As we write this, the holiday season is in full swing. Even though you will be busy visiting with family and friends and involved in other activities, we want to send our sincere thanks to all of you who entrust your dental care to us.

2009 was a pretty tough year with lots of things weighing on our thoughts; losing jobs, Afghanistan, Iraq, health care, debt, etc. But in spite of all fears and troubles, it is our corporate prayer that each of you will be uplifted by the feelings of this wonderful season, that the spirit of the holidays will be a constant companion, and that your list of blessings will reach far beyond your ability to count them.

*Yours in good dental health,
Drs. Hydrick, Taylor & Staff*



*The Smile Design
Center invites you to
join us for our*

OPEN HOUSE

at our new office location on

**Sunday, January 24th, 2010
from 2:00 pm - 4:30 pm**



and



From

Dr. Hydrick
Dr. Taylor
Renée
Jean
Rachel
Leigh
Amanda
Carley
Jeremy
Kim

Thank you for all your referrals. We appreciate them!

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

- Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:
- **inhibit gingivitis**, the earliest stage of gum disease;
 - **fight inflammation** which has been linked to gum disease;
 - **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

Let's Get Motivated

Follow through - your smile is worth it!

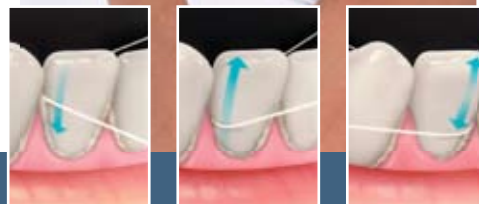
A lifetime of excellent oral and dental health is within the reach of most of us, even if we've had some history of neglecting our teeth. And perhaps the first and most important step we can take is to set realistic routines for at-home care of our oral health.

For a good home care program to work we need to find ways to motivate ourselves to make certain we follow through. Certainly, understanding some of the consequences of oral health neglect can have a galvanizing effect. For example, research suggests that gum disease, which affects roughly three out of four adults, may be associated with increased health risks. Long term and short term studies have made associations between gum disease and stroke, heart disease, diabetes, and osteoporosis, just for starters. And knowing that paying just minutes of attention a day - brushing

twice, and flossing once - will help you keep your own teeth all your life is a powerful incentive.

Healthy lifestyle choices can also be inspiring: exercise, good nutrition, and moderate alcohol intake are all important parts of our overall and oral health. Still, there really is no substitute for a strict smile regimen of cleaning, flossing, and rinsing, along with a program of regular dental checkups.

Give us a call, and let's get you started! The ultimate reward? Your own beautiful smile, greeting the world every day! ... Now there's motivation!



Flossing Properly

Wind about 18 inches of floss around the middle fingers of each hand, leaving about five inches in between. Pinch the floss between your thumbs and index fingers and leave about one inch to work with. Gently guide the floss down between the teeth, pull it into a C shape around the sides of a tooth, and slide it under the gum line. Clean the surface of the tooth by using an up-and-down motion. Repeat the process on all teeth. Wind the floss to a fresh section for each tooth. If you encounter flossing difficulties, let us know. We're here to help.

office information

The Smile Design Center

Dr. G. Earl Hydrick

Dr. Christopher T. Taylor

300 Towncenter Boulevard, Suite A
Tuscaloosa, AL 35406-1842

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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Email hygiene@smiledesigncenter.net

Office Staff

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



KNOW OUR TEAM MEMBERS

All about Amanda

Everyone at our practice is dedicated to ensuring that you receive comfortable, efficient, and quality care. We strive to offer the best experience possible, while taking the opportunity to build relationships with you. In an effort to nurture this process, we'd like to tell you more about our team member, Amanda.

Amanda has been with us for four years as an Administrative Assistant. She is driven to helping you make the most of your benefits and welcomes your questions about treatment options and insurance.

Outside our practice, Amanda and her husband, Josh, spend as much time as they can with their three children, Alex, Alexis, and Ashlyn. Amanda loves Alabama football and enjoys watching her children in competitive cheerleading, football, and baseball.

We hope you've enjoyed learning about Amanda and will watch for our next staff spotlight.



**We are in our new office!
At 300 Towncenter Blvd.**

Please call for directions.