

Something To Smile About with Dr. Brit Phillips

Winter 2008

Experience...

Relaxing with nitrous oxide sedation

Many people feel nervous when they visit the dental practice and their heart races with apprehension when they lie down in the chair. They're probably suffering from dental phobia. Does this sound familiar? Perhaps too familiar? Through sedation, we can help you to control your unnecessary fear to relax and gain a sense of well-being. In our modern well-equipped dental practice, there is no reason anyone should ever feel discomfort.

One of the safest forms of sedation available that almost anyone can use is the mild, fast-acting, non-allergenic gas nitrous oxide, commonly called "laughing gas." It will make you feel comfortable while taking the anxiety out of routine dental procedures such as cleaning, polishing, filling, and

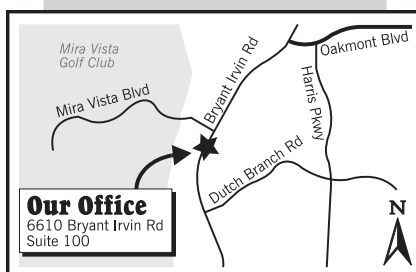
root canal treatment. You'll remain awake, and we can vary the depth of your sedation throughout treatment. The gas tends to reduce gag reflexes and saliva flow, and it can make the injection of local anesthetics worry-free (especially for children). Most importantly, you'll enjoy a feeling of warmth, security, and relaxation through your treatment.

The gas is administered through a simple rubber hood placed over your nose. Near the end of your treatment, we will gradually replace the gas with 100% oxygen, so that by the time you're ready to leave, the effects are completely reversed.

If you think nitrous oxide gas would help you, talk to us at your next appointment. Just breathe easy – it's that simple!



Come see us



Call Today!
(817) 361-1999

Visit us at
www.britphillipsdds.com

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Office Hours

Monday 8:00 am – 4:00 pm
Tuesday 8:00 am – 4:00 pm
Wednesday 8:00 am – 4:00 pm
Thursday 8:00 am – 4:00 pm

Email docbp@aol.com

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Hard To Swallow?

Diet matters

Scientists are continually looking for strategies to prevent or eliminate oral cancer. Here are some potential approaches involving diet.

■ A Duke University study found that milk, cheese, yogurt, water, fruits, and vegetables worsen the taste of cigarettes, while coffee, soda, meat, and alcohol enhance it. Tobacco, especially when combined with alcohol, is a major risk for oral cancer.

■ A Brazilian study has linked oral cancer with the regular consumption of foods high in animal and saturated fats, including bacon, pork, and fried foods.

■ Fruits like blueberries, blackberries, and papaya could someday be used to halt the spread of existing oral cancer and reduce tumor size three times faster than conventional medication.

What do we know for sure? Early detection could cut deaths from oral cancer in half. Please don't miss regular visits – your dental team is trained to detect the early signs and symptoms!



Romancing Your Smile

Face forward

Something For Everyone

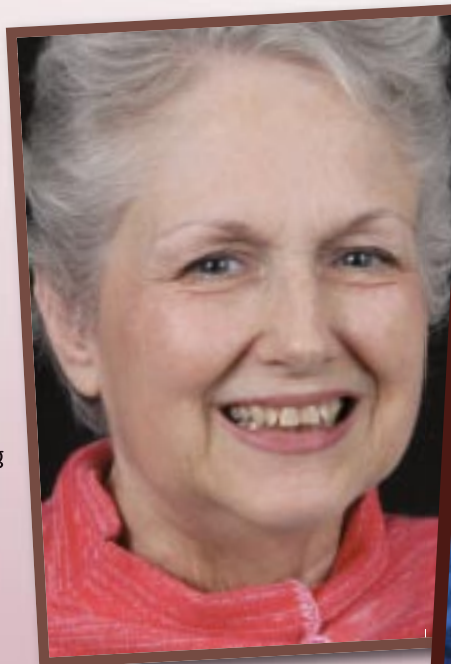
Never too late to restore your smile!

Intelligent smile-seeking camera technology won't close the shutter until it's honed in on a smile ... ready or not! Even levels of smile intensity can be pre-selected, to ensure the camera captures only your broadest grin. Good for the photographer ... but not so great if you've allowed your laugh to languish due to dental anxiety or lapsed home care routines. But hang on – it's *never* too late to get the smile you want.

Here are ten things that dentistry can treat to dramatically improve your oral health and appearance...

1. Gums that are red, swollen, and sometimes bleed.
2. Gums that have receded exposing the roots of your teeth.
3. Tooth loss because of trauma, decay, or gum disease.
4. Teeth that have shifted.
5. Bone loss or deterioration of supporting ligaments.
6. A sad or mad appearance because your nose and chin have become closer together.
7. Inability to chew properly or speak clearly.
8. Teeth that are sensitive, grooved, or worn down.
9. Tooth enamel that is yellowed, stained, or mottled.
10. An altered bite with clicking jaw joints.

With periodontal treatment and modern dental techniques like bone regeneration, enamel remineralization, and orthodontics, it's never too late to enjoy robust oral health and strong teeth, gums, and bone. Then you can have restorative and cosmetic treatment like teeth whitening, bonding, crowns, bridges, veneers, and implants ... *and* give a BIG smile for the camera!



According to research, people prefer happy faces that look directly at them, and so appear to “like” them, which suggests that attraction is not simply about physical beauty. That makes sense. You are, after all, a multifaceted human being ... more than *just* your appearance, or *only* your intellect, or *merely* your earning power. Your wonderful pleasing smile is an extension of that complexity.

Your smile is more than just your teeth, or only your lips, or merely your gingivae (gums). When all three of these smile components are healthy, attractive, and radiate self-confidence, the total impact is far greater than the sum of the parts.

What’s the secret to a smile that reveals the inner you? A good home care routine, regular dental checkups, and a smile-healthy diet.

A Dynamite Concept

Could you have Complex Chronic Disease?

You know how in the movies, instead of swallowing a nitroglycerine tablet, the actor places it under his tongue? It’s because sublingually the medication is more rapidly absorbed into the circulatory system to speed relief to the sufferer. That’s a clear mouth-body connection and only one illustration of why scientists are exploring potential links between your oral health and your overall health. This includes the relationship between cardiovascular diseases and gum disease.

Gum disease results when plaque, the sticky film on your teeth, isn’t brushed and flossed away, causing redness or puffiness, a bad odor,

or bleeding during brushing. If allowed to progress, it can lead to the loss of teeth and bone, thanks to *periodontitis*, a chronic oral bacterial infection.

■ Chronic, persistent disease is the number-one healthcare challenge of this century according to the *World Health Organization*.

■ As many as 75% of people over age 45 have been estimated to have two or more chronic diseases such as diabetes and heart disease.

■ To raise public awareness of these *Complex Chronic Diseases* (CCDs), experts have coined attention-grabbing names like *arthrostrokoma* (arthritis, stroke, and glaucoma).

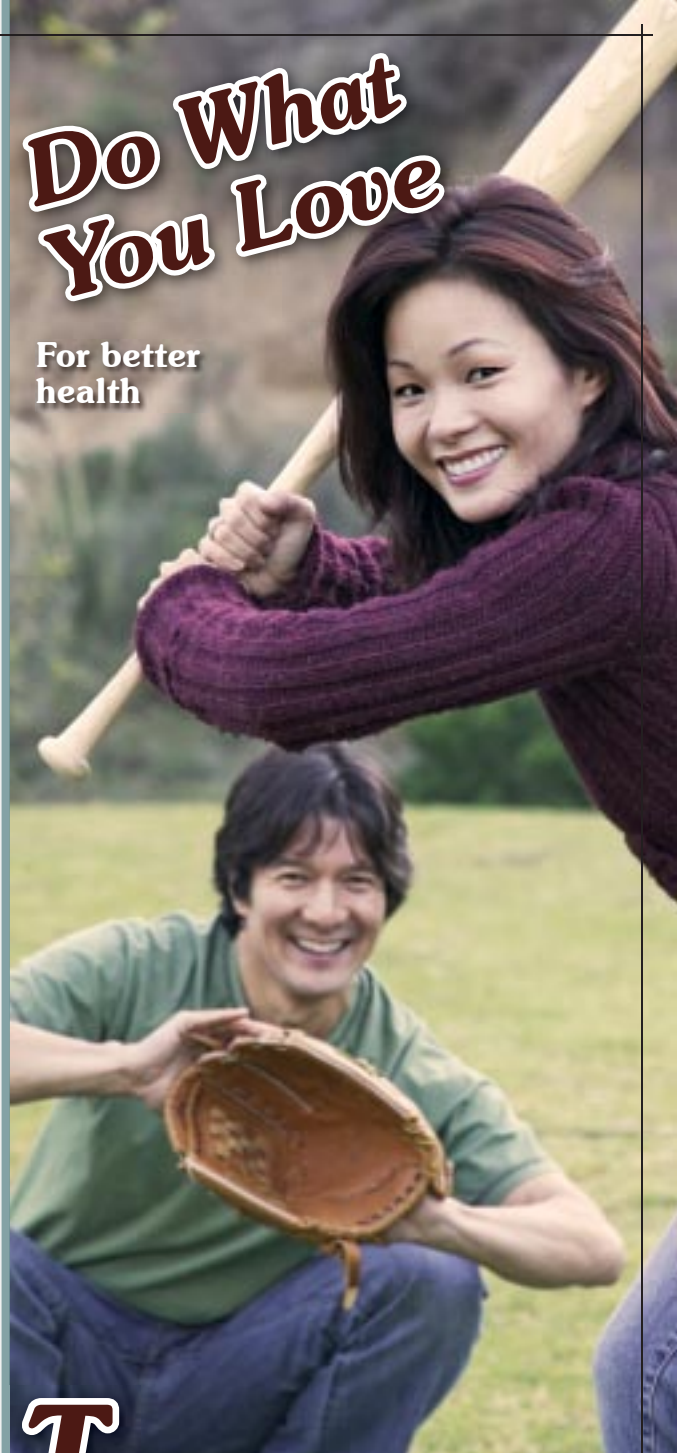
How about *periocardiobetes*? With further research, perhaps someday experts will be adding periodontal disease to this mix as it may be associated with oral cancers, premature births, osteoarthritis, and osteoporosis, and has been called the sixth complication of diabetes.

In the meantime, please keep your regular visits and monitor your oral health.



Do What You Love

For better health



T

hirty minutes of daily physical activity can do more than help protect you against high blood pressure, diabetes, and high cholesterol – all risk factors for cardiovascular disease. Regular exercise is good for your mental, emotional, and physical health. Yet who among us has never made a heartfelt commitment to a program ... only to quit in a heartbeat? Could be time to search for a new activity!

Are you a social butterfly ... highly competitive ... or so shy you’d rather just work out at home? Experts believe that taking the time to find an activity that suits your personality – even if you have to try and try again – is the key to staying focused and committed.

After all, you’re more likely to stay dedicated to the one you love!

Nobody Knows...

...your smile better than you!

And if you're like most, it's probably that you've wished you could improve your smile in one way or another. We want you to know that we have a solution for every smile.

Simply identify the techniques you would like to talk about...

- whitening
- veneers
- periodontal (gum) health
- crown and bridge
- orthodontics
- or anything else...

...and give us a call! In no time, your smile can be more beautiful than it already is!

Your **FREE CONSULTATION** can be booked by phoning (817) 361-1999!

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*first 25 callers.



As Good As New

Implants could be for you!

The worldwide market for dental implants is approaching \$3.5 billion! Implants are the fastest-growing sector in dentistry – and with good reason. They are a marvel of design elegance and deceptive simplicity. They look and feel so completely natural, it's like halting the hands of time!

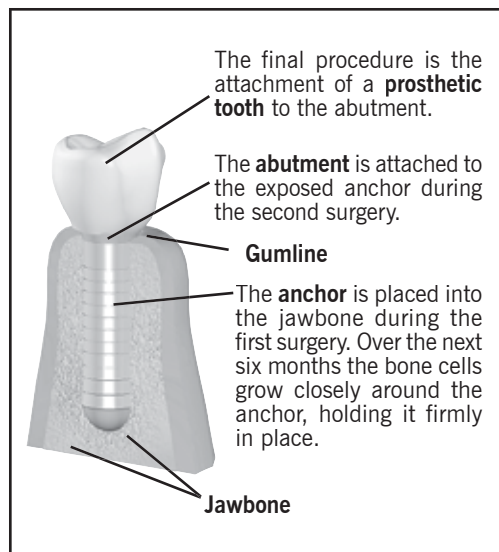
Implants are anchored permanently in your jawbone just like the biological roots of your teeth so you can...

- Replace a single tooth ... several teeth ... an entire jaw.
- Secure overdentures or a crown and bridge restoration.
- Enjoy a normal diet and speech.
- Avoid shifting teeth, bone recession, and an aged, sunken appearance.

What else?

- Dental implants are long lasting.
- Patient age isn't an issue.
- They require only normal home care!

Look good. Feel good. Let implants leave people guessing why!



Call Today! (817) 361-1999

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