

Word Of Mouth

DRS. KERR AND GAVRIC'S DENTAL UPDATE

Produced to improve your dental health and awareness

Fall 2010

fromthedentists



It's been 7 months since Dr. Grace joined the practice and the transition has been seamless thanks to all of you! We would like to say "Thank You" for being so understanding and flexible with Dr. Kerr's new schedule and in warmly welcoming Dr. Grace to the practice.

We are continuously striving to stay up-to-date with technology and communication. As such, we have recently improved our website www.kerrandgavricdentistry.com. Please visit our website to learn more about Dr. Kerr, Dr. Grace and the staff, the dental services we provide, and to schedule appointments. We are now a featured listing on Kudzu.com which is a resourceful website to read reviews on local businesses. Please take a few minutes to write a favorable review on our behalf. Also, with the new avenues of social media, we have added a Facebook page for the practice. Please join us on Facebook by simply clicking the link on our practice website. We will periodically post information, specials and promotions on our Facebook page so check in often to see what's happening at Kerr & Gavric Dentistry.

We appreciate your loyalty and confidence and look forward to seeing you in the near future!

- Drs. Kerr and Gavric

The Brighter Whiter Smile

Tooth whiteners

There's new hope for stained or discolored teeth - and we can now put the sparkle back into your smile! Teeth that have lost their brightness to smoking, fluorosis, root canal treatments, tetracycline, age, or just wear and tear can now often be lightened by a special cosmetic tooth-whitening process.

Here's how it works. There are two types of cosmetic whitening:

Non-vital whitening works best for teeth that have turned dark during or after a root canal treatment. Non-vital whitening lightens the tooth from the inside after the root canal treatment is finished.

Vital whitening is used for discoloration on teeth that have not had a root canal. There are a variety of different vital whitening techniques and products. They are safe, effective, and painless. Some of the treatments can be done at home under our supervision.

- We may apply a whitening solution to your teeth, and then activate it with heat or light.

- You may be asked to wear a comfortable custom-fitted mouthguard filled with some whitening solution for a few hours each day for a couple of weeks while you shower, drive to work, or read the evening paper, or perhaps overnight while you sleep.

- We may give you whitening solution to mix with your toothpaste.

We will help you choose which whitening technique is the best for you based on the degree of discoloration and stain on your teeth.

Ask us for more information about cosmetic whitening. Within just a couple of weeks, your smile could be dazzling, white, and bright!



Thank you for all your referrals. We appreciate them!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

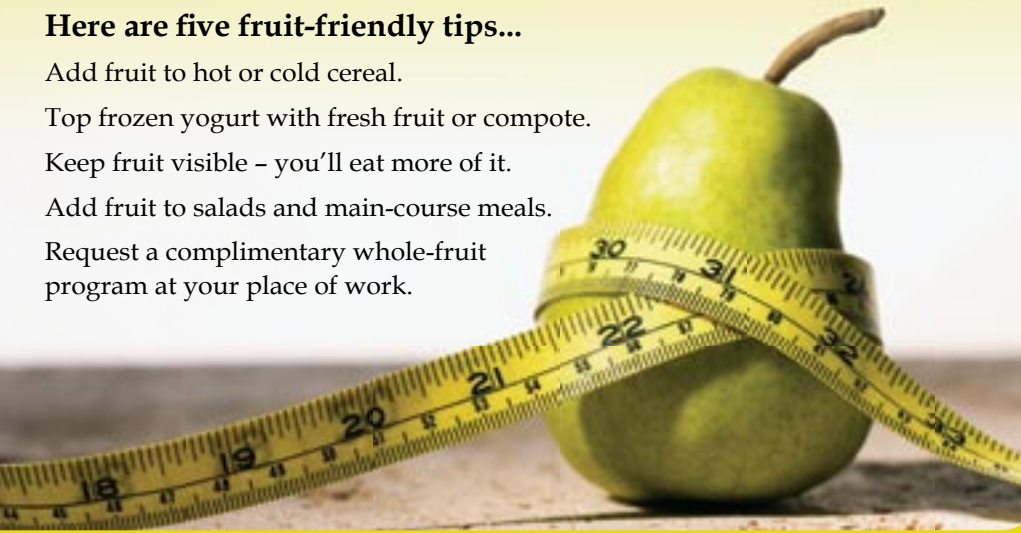
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

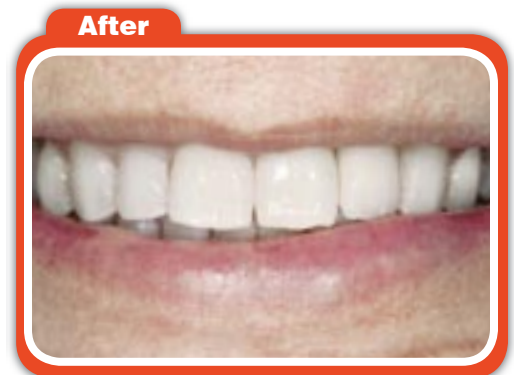
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Are You Ready?

4 must-have tips for a dental emergency



Prevention is our middle name which is why we urge you to wear sports mouthguards and to avoid chewing ice, popcorn kernels, and hard candies, and to use floss instead of any old thing that's handy. Still, accidents do happen so we make it a point to reserve time in our schedule for emergencies. If you are in pain or have injured your mouth – please call us right away. And please keep this list handy. It is adapted from tips compiled by the *American Dental Association*.

BITTEN LIP OR TONGUE: Clean the area gently with a cloth and apply cold compresses to reduce swelling. If the bleeding continues, go to a hospital emergency room immediately.

BROKEN TOOTH: Rinse with warm water and apply cold compresses to swelling. Call us immediately!

KNOCKED-OUT TOOTH: Hold the tooth by the crown, and if it's dirty, rinse off the root in water. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket, facing the right way. Otherwise, put the tooth in a cup of milk and get here as quickly as possible. Call first if you can.

TOOTHACHE: Rinse your mouth with warm water and check to ensure there's nothing caught between your teeth. Never put Aspirin or other painkillers against the gums near the aching tooth – it may burn your gums. Call us!

Fall Power!

Take it back!

Whether your power lifestyle centers around a boardroom, a home office, or a nursery, oral health care can be a real challenge during the summer months. Thankfully, fall has the power to jolt us back to re-energize ... reorganize... and reschedule!

If you've let treatment appointments slide or if you've been delaying your next preventive care appointment, you've got plenty of company. Almost 80% of baby boomers say they consider dental care to be part of their preventive health care routine, yet fewer than half visit the dentist twice a year as recommended!

Everyone today is struggling with a busy schedule. But remember: benefits from dental plans that end on December 31st are not carried forward to the next year.

Schedule a fall appointment and take back the power!

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Office Hours

Mon-Thu 7:30 am – 4:00 pm
*Ask us about our new Friday hours!

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We welcome new smiles!



Allergies And Plaque

Avoid dry mouth

Mother Nature gives more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable, even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief.

What many people don't know is that while many allergy medications are good with noses, they can cause problems by drying out your mouth which means less saliva to wash away debris from your teeth. Over time plaque may build up around teeth and gums and encourage cavities.

If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing and flossing after each meal will keep your smile healthy and stop plaque from getting a hold of your teeth.