



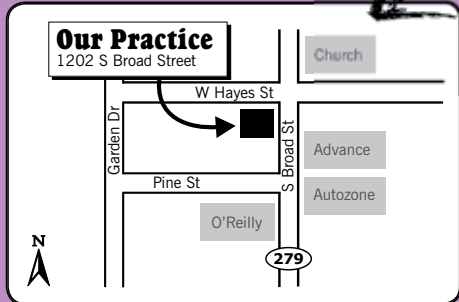
Tooth Talk

Summer 2009

Bigelow Family Dentistry Dr. Brett Bigelow

1202 S Broad Street
Scottsboro, AL 35768-2516

We're in your neighborhood!



Our Services Include:

- Cosmetic & family dentistry
- Tooth whitening
- Cosmetic veneers
- Tooth-colored fillings
- Crowns & bridges
- Dental implants
- Gum treatment
- Laser dentistry
- Nitrous oxide sedation
- Children of all ages welcome
- Oral conscious sedation



Call Us!
My friendly staff is on call 24/7!
(256) 259-5955

Web site
www.scottsborodentistry.com

Be Anxiety Free

Oral conscious sedation brings relief

We are pleased to be able to offer our patients what's called *oral conscious sedation*, a technique that can make your dental visits more comfortable and stress-free. It's used to relax you without putting you to sleep: you remain fully conscious and able to talk, walk, and breathe on your own, but you are less aware of your surroundings, the passage of time, and nearby activity.

The night before your appointment you take a mild pill that allows you to sleep well and be rested and relaxed the next day. An hour before your appointment, you take a second pill and possibly some additional medication during the procedure. You'll need to have someone drive you to and from our practice.

This sedation method is particularly appropriate for patients who are very apprehensive about dental care and who even may avoid care due to these fears. You must be healthy and have had a recent physical by your family doctor. Medical conditions such as heart disease or certain medications may affect your eligibility.

How does it make you feel? Drowsy and dozy, as if you'd had a few glasses of wine, for example. After you've been driven home, you'll feel like a nap, and you should probably organize a friend or spouse to stay with you for a few hours.



For a limited time we're offering a Free Conscious Sedation Consultation

Diabetes And Gum Disease

If you have diabetes you need to take special care of your teeth and gums. Dental research shows that diabetic patients with poor metabolic control, a long history of diabetes and plaque and tartar build-up are at higher risk for periodontal disease.

Whether you are diabetic or not, periodontal problems are caused when harmful bacteria accumulate below the gum line and on tooth surfaces. When bacteria buildup in these areas they can cause infection and inflammation in the gum tissue. Gum disease is often associated with swelling and pain, and can eventually lead to the loss of your teeth. People with diabetes have trouble regulating blood glucose and this puts them at greater risk of developing stubborn gum infections.

There are several steps you can take to minimize your chances of getting periodontal disease. The key is to stop bacteria from entering and growing in your mouth. Most people can get by with a once-a-day brushing and flossing. People at risk for dental disease need to brush and floss three times a day to keep bacteria in check. It doesn't matter when you brush and floss, so long as you do it thoroughly. You may need extra cleaning tools like interdental stimulators, plastic or rubber cleaning tips and tiny wire or fiber brushes. We can help advise you on which cleaning aids are best for you. A good mouth rinse can also help.

No matter how good a cleaning job you do, you won't be able to get rid of all the bacteria. When it stays around for a while, it hardens into tartar. The more tartar you have the greater your chance of gum disease. The only way to get rid of tartar is to come into the office for a professional cleaning. You may need to do this as little as once a year or as often as four times a year. If you have diabetes, talk to us about it. We'll help you to get the extra attention and home care you need.

Straight Talk

Invisalign® ... metal is just a memory

How does Invisalign® work?

Invisalign straightens crowded, protruding, or too far apart teeth without metal braces. First, we take an impression of your teeth, then with the impression, the Invisalign lab uses computer technology and your smile prescription to create a series of clear, biocompatible aligners. These will move your teeth in tiny, comfortable increments. You wear each invisible aligner for about two weeks before graduating to the next ... until you have the smile you want.

Is Invisalign technology really new?

Yes, and it is built upon reliable, sound, scientific principles.

Invisalign uses:

- Advanced laser technology to create an accurate 3D digital image of your teeth;
- Advanced computer software to simulate time-lapsed tooth correction;
- Advanced computerized fabrication of customized aligners.

Invisalign benefits you because you are:

- Sophisticated about and appreciative of technology;
- Computer-literate so you can understand treatment;
- Expectant and appreciative of: wearing invisible appliances; faster results; shorter and fewer appointments; an accurate projection of end results; normal home care routines; use of a biocompatible material to decrease allergic response; minimal discomfort because teeth move in small increments and muscle soreness is rare even with a history of myofascial pain.

Can any dentist prescribe Invisalign?

No. Many hours of special training are required. As your dentist, I am the interface between your clinical needs and Invisalign technology.

For a limited time we're offering a Free Invisalign Consultation

You Can Achieve Optimum Oral Health! PerioLase® Laser Periodontal Therapy™

Periodontal disease has been called the silent disease because it arrives unannounced and can worsen with little or no initial discomfort. It is the leading cause of tooth loss among adults, it can destroy bone and supporting tissues, and it has been linked to life-threatening illnesses like heart disease and stroke, diabetes, and cancer, as well as to premature births.

What is periodontal disease? When plaque, an invisible, sticky bacterial film, is allowed to build up on your teeth, usually around the gumline, it can harden into an unattractive yellowish substance called tartar or calculus. If ignored, calculus accumulates between the tooth and the gum creating pockets of infection, causing swelling, tenderness, and even bleeding. Sometimes treatment involves periodontal surgery.

Our PerioLase® from Millennium Dental Technologies is the only laser designed especially for Laser Periodontal Therapy™ (LPT). It is a non-surgical alternative to traditional gum surgery. The laser fiber, which is only about as wide as a couple of human hairs, is inserted between the gum tissue and your tooth where it painlessly removes diseased tissue. This procedure takes less time than traditional surgery and gives better, longer-lasting results with less pain, swelling, and recovery time. In fact, the 24-hour recovery period means you may even avoid losing time from work!

Although prevention, including regular visits and home oral hygiene care, is definitely the treatment of choice, we're proud to provide the PerioLase alternative treatment.



visalign[®]



Color Me Healthy Superfoods and your oral health

At a time when your oral health has been linked to systemic diseases like diabetes, some cancers, osteoporosis, and cardiovascular diseases, healthy eating is an important component of a healthy mouth ... and body. Experts recommend superfoods that range from beans to nuts and yogurts....

- Beans**
- Blueberries**
- Broccoli**
- Oats**
- Oranges**
- Pumpkin**
- Salmon**
- Soy**
- Spinach**
- Tea (green or black)**
- Tomatoes**
- Turkey**
- Walnuts**
- Yogurt**



We've presented these foods alphabetically, but here's a hint. Think color! The nutrients in foods that are deep blue, purple, red, green, or orange can protect against heart disease and cancer. They also boost our ability to recall, our reasoning skills, and our sense of balance.

With regular checkups to support your healthy diet, and a regular home care routine of brushing, flossing, and rinsing, dentistry can keep your mouth healthy!

Baby's Firsts

It's hard to forget a child's first word or first step and their first tooth is no exception! Chances are it will be one of the lower two front teeth and it will likely happen sometime between six and ten months of age. First teeth are a signal to start regular cleaning with a soft-bristled baby brush and a pea-sized amount of toothpaste.

Have your child lie comfortably on your lap or on the changing table and brush or wipe all around your baby's gums and teeth with a soft baby brush or with your finger in a damp washcloth. You can help your child get into the habit earlier by starting to wipe your child's gum with your finger or soft damp gauze, from birth.

At about two years of age, your child may start squirming during brushing and you may find it easier to have them stand in front of you facing a mirror. At some point your youngster will want to take over, and even though it's probably easier for you to do the brushing, be encouraging and help to make sure the job is done right.

We recommend you bring your child along for a dental visit as early as their first birthday and no later than their third. It will help introduce them to the dental office and to kick off a cavity-free childhood.

Dental care for infants



Dental Implants

Improving smiles

In the best of all worlds, our natural teeth should last for a lifetime. Unfortunately, most of us will lose teeth over the years due to periodontal disease, decay, trauma, or simple ageing.

Until recently, tooth replacement meant a fixed bridge or removable dentures. Now dental implants can provide permanent, stable, attractive replacement teeth for your lifelong smile. Dental implants consist of three parts: an anchor implanted into your jawbone; a post to attach the replacement tooth; and the replacement tooth itself.

Studies show that almost 90% of denture wearers who switch to implants find their confidence and smile quota improves! It's no wonder that implants are an attractive, effective treatment choice for many patients!



Because implants are anchored into the bone like the roots of your teeth they act like natural teeth and preserve and strengthen the underlying bone.

Bigelow Family Dentistry
Dr. Brett Bigelow
1202 S Broad Street
Scottsboro, AL 35768-2516



PRSR STD
U.S. POSTAGE
PAID
PNP 14304

Dear Neighbor,

After 12 years ... isn't it time?

I moved into this terrific neighborhood 12 years ago to follow my dream - and I've never looked back. I rejected an impersonal clinical dental environment so that I could build relationships with my patients. I chose to establish a practice based on communication and community right here in Scottsboro.

By listening to my patients I experienced first-hand the satisfaction of building my practice to meet their needs by creating...

- a relaxing and welcoming environment;
- ease of access to excellent dental care;
- leading-edge technology designed specifically to increase patient comfort and to expand treatment options;
- distractions so that patients can relax instead of focusing on the procedures we're performing.

Compassion and respect for every client is a big part of our practice philosophy of delivering preventive, minimally-invasive dentistry. Marquita, Victoria and Angie our hygienists are highly trained health care professional, as are Haley, Melinda and Dannielle our dental assistants. They will always maximize your comfort in the operator. Brenda, Benita, Eva, Denise and Renae our office administrators, will keep you smiling by simplifying and streamlining scheduling, insurance claims, and billing.

I am committed to keeping it simple. Lifelong learning in my profession, and contributing to the well-being of my patients and chosen community are my clear priorities.

Our team would like to make your smile a priority. Please call or come and meet us in person!

Sincerely,
Dr. Brett Bigelow



Call Today!
(256) 259-5955