

DENTISTRY
BRETT BIGELOW, D.M.D.

Tooth Talk

Fall 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

Our Special Event

Invisalign® Day
November 12th, 2009
8:00 am - 5:00 pm

Getting you started on a straight smile

We have to ask. Are you ready for a stunning smile that transforms your appearance? *Invisalign®* could be your answer. A confident smile can change your life! So, this issue of our newsletter we're excited to tell you about our upcoming **Invisalign Day**. Mark your calendars for the event that will be held on **November 12th, 2009, from 8:00 am to 5:00 pm**. Our entire staff will be devoted that day towards helping you start the *Invisalign* process.

What is Invisalign?

Invisalign is a way to straighten your teeth without braces. Your treatment consists of a series of aligners, or clear removable trays, that you switch out every two weeks. Each aligner will gradually shift your teeth into place.

So, what can you expect at our Invisalign Day?

Well to start with, we'll give you a **FREE** consultation to see if you could benefit from *Invisalign*. This way, you're not risking anything! Then after your treatment is completed, we will give you **FREE** whitening treatment, valued at \$300!

If you are ready for a smile that transforms your appearance, *Invisalign* is your answer. A confident smile can change your life!

If you've been thinking about *Invisalign*, be sure to sign up for one of our *Invisalign Day* appointments, we will be offering 24 months interest-free financing for qualified applicants! We can be reached at (256) 259-5955 to make an appointment or answer any questions.





The Cavity Fighter Say cheese!

Here's one food that's good for your teeth. It's cheese. If you have a nibble on a nice aged Cheddar or Monterey Jack within the first few minutes of a sugary snack, it can actually protect your teeth from cavities. After you eat sweets, the acidity in your mouth begins to rise, making your tooth enamel dissolve faster than your body can replenish it. Eventually you would end up with a hole in your tooth.

When you eat cheese, you can slow this cavity-making process. The cheese causes your mouth to produce more water. Your saliva contains special buffers that neutralize acids to protect your teeth from attack. The calcium in a cheesy snack may also help keep tooth enamel strong. So the next time you snack...

say "cheese!"

Keep Our Number Handy

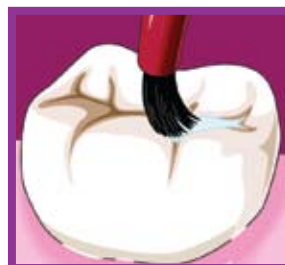
A mini-guide to children's dental care

Brushing: When they can walk, they can try brushing. Use a pea-sized amount of mild-tasting – even sparkly – toothpaste with a fancy kid-sized toothbrush. Brushing for at least three minutes may test a child's fickle attention, so build up to it and try making it a game. By age six or seven, children can brush twice a day independently.

First Visit: Schedule your child's first dental visit between the ages of two and three. Most first visits involve introductions to our staff and a basic checkup. You can prepare by playing dentist ahead of time, and examining each other's teeth. Communicate fun and excitement!

Sealants: Children should get sealants on their permanent molars as soon as the teeth come in, before decay has a chance to attack the teeth. A plastic tooth-colored material will protect molar surfaces from cavities, without discomfort, for up to fifteen years.

Emergencies: Some 14% of children will experience a toothache, a chipped or broken tooth, or a knocked out tooth, so it's important to prepare an action plan. The best protection for damaged or broken teeth is prevention with a mouthguard that can be custom-fitted at the dental office. *No matter the cause of the emergency, it is crucial that your child gets to a dentist as quickly as possible for evaluation and treatment.* Please keep our phone number handy!



We Can Help In uncertain times

These are difficult times filled with much uncertainty about the future. But there are a few certainties that you can count on. Winters will come and springtimes will follow, and we will be here for you. We are willing to work together with you to ensure that your good oral health continues uninterrupted.

As you know, it is also a certainty that oral health is linked to our overall health and wellbeing, so regular recare and follow-up visits are very important. Let us explore creative ways to finance your dental care, including CareCredit®, the "no interest" plan that works just like a credit card, and monthly payment options tailored to your circumstances.

The tonic for difficult times is confidence, and you can be confident in our continued commitment to your good oral health.

New Periodontal Care **Less pain and recovery time is possible**

Dentists strive to make your treatments, especially the unpleasant ones, as tolerable as possible. That's why there are continually new technologies that make your dental procedures easier, more efficient, and more comfortable. One such tool is the *PerioLase® Laser Periodontal Therapy™ (LPT)*.

PerioLase allows dentists to treat periodontal disease in a whole new way. Imagine, having your gum issues treated with no cutting, bleeding, stitches, or risk of infection. This is no fantasy, it's possible! LPT with PerioLase uses a tiny laser fiber, which is only about as wide as three human hairs! This fiber fits between the tooth and surrounding gums to remove the infection, then it can also seal the blood vessels, lymphatics, and nerve endings. Since there is no cutting, this procedure can use local anesthetic and recovery time is reduced from two to four weeks (what you would need with surgery) down to just 24 hours. In fact, you will likely feel well enough to go back to work the same day! Plus, with longer lasting results with 98% of those treated with LPT maintaining stable results, as opposed to the 5% who receive surgery!

Periodontal disease can not only cause tooth loss and other issues in the mouth, it can also wreak havoc in your whole body. Perio issues have been linked to a host of health problems. So, get your periodontal issues treated as soon as possible!



LEFT: Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.
RIGHT: Research has shown that we see teeth as whiter when they are surrounded by pink gums.

10 Implant Imperatives

Bone loss in your jaw will always follow the loss of a tooth. Dental implants can help you to avoid facial changes, speech changes, and diet changes that take place over time as teeth shift, jawbone recedes, and in extreme cases, cheeks take on a collapsed look. Dental implants can replace those lost teeth and help you to look great.

Here are some reasons why dental implants are now the treatment of choice for many people who need to replace missing teeth.

- Implants ... require only normal brushing and flossing for maintenance;
- ...are anchored permanently in your jawbone;
- ...preserve and strengthen the underlying bone just like the roots of your natural teeth;
- ...do not alter or compromise adjacent healthy teeth;
- ...require no plates that can affect comfort and fit;
- ...can replace the form and function of only one tooth or two, or can replace teeth in an entire jaw;
- ...can anchor dentures to prevent shifting, or replace partial dentures & bridgework;
- ...are without any age barrier;
- ...are safe & reliable (hundreds of thousands are placed every year – all over the world);
- ...look completely natural so that no one will know you have them ... unless you tell!



before



after

Call for a consultation.
Safe, reliable, & natural-looking dental implants may be your solution.

Sedation Dentistry

Helping you relax

Are you fearful about coming in for treatment? Do you avoid appointments which can put your oral health into jeopardy? Oral sedation may be the simple answer!

We can prescribe a small pill for you to take one hour prior to your appointment. Have a companion accompany you to our office as by the time you arrive, you'll be very drowsy. We'll escort you to our comfort room and cover you with a warm blanket. While you're relaxed and comfortable, Dr. Bigelow and our experienced team will take care of your dental needs and monitor your vital signs. Oral sedation is very safe, and as its benefits are effective for several hours, your companion will accompany you home.

The only thing standing between you and the dental care you need is a couple of tablets.

Call Today!
(256) 259-5955



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Dear Neighbor,

Remember your recall...

The importance of regular examinations

Taking good care of your teeth and gums should be a habit. It is recommended that appointments for a checkup are scheduled at least once every three to six months.

These checkup visits are referred to as a *recall appointment*. A recall dental visit can take up to an hour. Your checkup will normally include a complete cleaning, a fluoride treatment, any required radiographs and a comprehensive dental examination for cavities or other problems.

If there are no problems needing treatment, you probably won't need another visit until your next recall appointment!

Giving your teeth regular checkups is the only way to keep them in tiptop shape. Recall visits help to catch dental problems like decay before they turn into painful cavities. Routine dental examinations can detect life-threatening diseases like oral cancer in the early stages when they are most treatable. That is why most dental insurance plans cover at least two recall appointments a year. Insurance companies know from experience that regular recalls are a good long-term investment in your health.

It's always a good idea to book your recall appointment well in advance. If you aren't sure when you are due for the next one, don't delay – it's always better to be safe than sorry. Your good dental habits will help your teeth last for a lifetime.

Sincerely,

Dr. Brett Bigelow



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