

# Modern Smiles

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## New Smile Is Answer To Her Prayers

After an unpleasant experience at the dentist as a child, Sandy Franklin developed a fear that prevented her from dental care for nearly 30 years. While her husband was in the Army, she was comfortable with a dentist at the post. But, once he retired, she struggled to find a dentist she trusted.

Sandy asked several friends for their recommendations, but something held her back. When she broke a front tooth, she knew she could no longer delay a dental visit. "I prayed that I would find the right one and found Dr. Andrews online," Sandy states.

Sandy admits she was "terrified" during her first visit and had her husband accompany her. In addition to her broken tooth, Sandy had experienced deep staining as a result of too much fluoride as a child. She was also unhappy with front teeth that were crooked.

Dr. Andrews diagnosed Sandy's needs and was careful to address her dental fears. Because Sandy had also been through cancer treatment, her mouth had experienced drying effects from some of the medications. This resulted in the need for gum therapy in addition to



Before



After

tooth repair and replacement required to restore her smile.

Sandy's treatment included crowns and a bridge. Throughout each procedure, she was pleased at the comfort provided. "They are all so kind and it was practically painless," she shares. "It wasn't bad at all."

Being a naturally happy person, Sandy loves to smile and is now no longer self-conscious about her smile. "Breaking my tooth was actually a blessing in disguise," says Sandy. "I almost wish it had happened years ago!"

Now that her husband is retired, he and Sandy enjoy outings to the beach and boating together. They also stay busy with friends and their adopted shelter dog, Bosco. With her new smile, Sandy shares that she is "happier and healthier" when before "I worried about it all the time." And, Sandy knows her prayers were answered. "I just wish I'd known about him years ago!"

## Recent Course Completions

Jan. 7-9: Dr. Andrews completed a 25-hour course to fine-tune his skills in creating full dentures. The course was held in Winston-Salem and covered the latest in techniques and materials for an optimal fit with an appealing and natural appearance.

Feb. 5: Dr. Andrews and the team attended "Digital Technology Symposium" in Greenville, which was hosted by Patterson Dental (distributors of CEREC and other advanced technology).

Jan. 15-16: Dr. Andrews, as an appointed Mentor to other dentists for CEREC 3D technology, assisted new CEREC users at a meeting held in Charlotte. Approximately 30 dentists attended the session to advance their skills in utilizing this advanced system for creating crowns, bridges and implant restorations in a single visit.



(left to right): Tiffany, Dr. Andrews, Sunshine, Jeannine & Wendy

## New Technology Gives Futuristic Views

Dr. Andrews is pleased to announce the addition of ORTHOPHOS SL technology for optimized diagnosis and treatment planning. It uses thousands of projections for each panoramic (jaw to jaw) image, taken from several angles in one rotation.

The results are exceptional views of an entire region in both 2D and 3D formats. The views can then be rotated to clearly see teeth, bone structure and tissues from the front, side or back.

Orthophos SL also uses a unique sensor to generate electrical signals from the x-ray beams without having to convert them to light. This means less information is lost, generating highly precise x-ray images while reducing radiation exposure.

The images can then be viewed with patients for treatment planning involving dental implants or treating sleep apnea and heavy snoring.

Having these intricate images also provides patients with a clear view of specific needs, enhancing their involvement in treatment decisions.

We are pleased to incorporate the Orthophos SL into our technology family. As always, we believe our patients deserve optimal dental care and are committed to supporting that with the latest advancements in the dental field.

Ask to see Orthophos SL at your next visit!



# OOPS!

## ARE YOU THE ONE WITH BAD BREATH?



purchase an electronic flosser.

◆ Drink lots of water.

Coffee, colas and teas don't count since they contain

caffeine (drying to oral tissues). The key is to keep the mouth moist with pure water.

◆ Avoid sugar. Sugar and carbohydrates are the perfect food for oral bacteria. These foods 'super-charge' their reproduction.

Start to notice how quickly plaque forms after consuming sugary or starchy foods.

◆ Swish or chew sugarless gum after eating when you can't brush. Chewing gum helps to activate saliva flow and move oral bacteria from the mouth. While brushing is ideal, be sure to wait 30 minutes after eating. This allows acid in your mouth to subside, which can soften tooth enamel. Brushing right after eating can be abrasive on teeth while enamel is still vulnerable.

◆ While breath mints and mouth washes may freshen your breath temporarily, some make matters worse. For example, mouthwashes containing alcohol can dry oral tissues. This accentuates your potential for bad breath once the 'minty' smell has worn off.

**A clean, healthy mouth is the best way to feel confident about being close to others. Follow these guidelines and be committed to your 6-month check-ups. These appointments give you a 'clean slate' twice a year so you can maintain a fresh mouth between visits.**

**H**ave you ever met someone and felt immediately thrown off guard by their breath? It's likely that, from then on, each time that person is seen or mentioned, your primary thought is their breath.

Do you occasionally worry *that* person may be **YOU**? Bad breath is nothing we want to be remembered for nor have to worry about incessantly. Yet, for those with dry mouth, gum disease or some health issues, bad breath can be a common problem.

Of course, not brushing sufficiently, failing to floss to remove food caught between teeth and having an overload of oral bacteria are all ingredients for smelly breath odor.

Other sources are sinus infections, acid reflux, bronchitis, tonsillitis, diabetes and some allergies. Smoking is a common cause for bad breath as well. Smoking dries oral tissues and depletes saliva flow. This means your mouth is not being rinsed of bacteria at a sufficient rate.

If your bad breath is medically-related, ask your doctor about ways to overcome the problem. For example, if you have been prescribed medications that are drying to the mouth, ask about alternatives without this side effect. Also, ask about prescription oral rinses that can replace oral moisture.

Regardless of the source, be committed to the following steps for sweeter breath!

◆ Brush twice a day for at least two minutes. Use a soft bristle brush and get behind all teeth. Finish up by brushing the tongue to remove bacteria embedded in the grooves.

◆ Floss daily. Removing particles trapped between teeth prevents oral bacteria from thriving. Plaque, the sticky film you feel on teeth, is actually an accumulation of oral bacteria. If flossing is awkward,

## Arthritis & Tooth Loss Connections

**J**f you are an arthritis sufferer, you are **TWICE AS LIKELY** to develop periodontal (gum) disease. Gum disease is the nation's leading cause of adult tooth loss. It has also been linked to serious health problems, including heart disease, stroke, diabetes and memory loss.

As the nation's leading cause of disability, RA limits the daily activities of over 7 million. Maintaining good oral health as an RA patient is important. Numerous studies have shown that periodontal (gum) disease is actually a risk factor for arthritis.

While genetics may heighten susceptibility, it has been determined that bacterial infections, such as the oral bacteria of gum disease, can be a direct contributor to inflammatory arthritis.

Findings of one study showed that patients with rheumatoid arthritis (RA) had an average tooth loss of 11.6 teeth compared to 6.7 teeth of participants without RA.

Because our office is sensitive to the physical limitations RA can cause, the following tips are offered to make oral hygiene at home easier.

\* Water irrigators do a good job at removing food particles and plaque between teeth.

\* Electric toothbrushes and floss holders can reduce the amount of effort required by the hands.

\* Wrap toothbrush handles with a sponge hair roller to create a more comfortable, thicker grip.

\* Insufficient saliva increases the risk of bacteria growth. Drink plenty of water to keep your mouth moist. If you take medications that are drying, oral rinses are available to help maintain oral moisture. Minimize caffeine, alcohol, and smoking - all are drying to oral tissues.

With a good oral care commitment, RA sufferers should be able to maintain a healthy smile, prevent tooth loss and enhance their overall health. If you suffer with arthritis, overcoming the physical limitations to protect your smile will result in a constant reminder that you are in charge of your health!

### New Patients Always Welcome!

We are proud that most new patients come because of your recommendations. Thank you! We are always pleased to welcome new smiles of all ages!

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