

Dr. Douglas B. Phillips

Complete Care For  
Confident Smiles

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Today's Smiles

Fall 2004

## Oral Health is connected to Overall Health

**O**growing number of adults are making oral health a priority. Research continually shows a connection between oral bacteria and serious health problems throughout the body. This includes coronary artery disease, stroke, memory loss, preterm low birth weight babies, and diabetes. And the list keeps growing as more research is completed.

The "link" between oral health and your overall health is the result of bacteria traveling to other parts of the body. By entering the bloodstream, these bacteria can settle in at various points. This presence creates problems with various degrees of devastation.

The American Heart Association even shows that the number of teeth seems to reveal the level of vulnerability one has for

stroke. For over a decade, over 41,000 males participated in a study, being evaluated every two years. While traditional risk factors of stroke include high blood pressure and cholesterol, the number of teeth of these individuals had a remarkable connection as to one's potential for stroke. Men with less than 25 of their own teeth when the study began were 57% more likely to have a stroke than men who had at least 25 of their original teeth. Even worse, those with only 11 to 16 remaining teeth when the study began had a 74% greater risk of stroke than those in the 25+ groups.

Dr. Phillips and his staff believe this knowledge helps patients be better participants in creating a healthier America. "We structure dental exams and check-ups so each patient can achieve and maintain good oral health," states Dr. Phillips. "These visits are proactive opportunities to ensure your oral health complements your overall health."

## Long Teeth & Exposed Roots

**Do you feel your smile looks older than you really are (or want to look)?**

Sometimes, gum recession causes tooth roots to become exposed, which

makes teeth look long. This recession can result from several causes, including the aging process or gum disease.

Whatever the reason, exposed roots are unappealing and heighten your risk for developing cavities.

Procedures are available to cover exposed roots, reduce further gum recession and protect vulnerable roots from decay.

If you feel your gum tissue is pulling away from a tooth, please ask about the options best for you at your next visit.

## Your Comfort Is A Priority!

**D**r. Douglas Phillips and his staff are committed to your comfort throughout every visit. Because different patients prefer different levels of comfort, Dr. Phillips offers several options, including Oral Sedation.

Also known as "One-Pill Sedation", Oral Sedation allows you to have dentistry performed while you are in a totally tranquil state. Treatment requiring 6-8 appointments can often be done in one visit. Also, those who have difficulty getting numb have no problem when Oral Sedation is combined with treatment. Oral Sedation typically erases memory of the procedure, is safe and requires no needles to administer.

## Gift Giving Made Easy!



**f**or that "hard-to-buy-for" person on your gift list this holiday, consider a gift that will give years of pleasure! Through January 2005, we are offering

**20% OFF Full-Mouth Whitening** (any of the three options!)

Gift Certificates can be purchased over the telephone and mailed to you or directly to the recipient. Just call Dr. Phillips' office at (828) 254-1944 and ask about the Holiday Whitening Special!



## Additional Hygienist Joins Our Team!

**D**r. Douglas Phillips is pleased to announce the addition of Registered Dental Hygienist Ann Amato. As a Hygienist, Ann's patient care is in addition to hygiene services currently provided by Linda Smith, also a Registered Dental Hygienist for Dr. Phillips.

Ann completed hygiene training at Asheville-Buncombe County

Technical Community College and brings a strong commitment to providing a positive experience at each visit.

"My personal desire for a career in dentistry came from good experiences of my own," she states. "I want each patient's visit to form a foundation for good home care between visits."

Welcome Ann!



## Dr. Phillips Stays On Cutting Edge Of Dentistry

Throughout the year, Dr. Phillips attends continuing education courses that cover the latest developments, techniques, technology and advancements in dentistry. Recent course completions include:

- **20th Annual Scientific Session of the American Academy of Cosmetic Dentistry (Vancouver)** April 27 - May 1. Throughout, Dr. Phillips completed programs on the latest in smile enhancements. *"The continual developments in this field require ongoing education and training,"* states Dr. Phillips. *"This was an excellent opportunity to learn the latest on creating smile enhancements that are individually flattering with the highest level of durability and natural appeal."*

- **"Diagnosis & Treatment Planning Of Dental Implants" (Misch International Implant Institute, Detroit)** July 16 - 18. At one of the world's most renowned teaching institutes in implant dentistry, Dr. Phillips completed an intensive, three-day course that

addressed intricate considerations in selection of Implants, placement for a successful outcome and evaluation of the jaw to ensure sufficient bone to support Dental Implants. For those who are unhappy with dentures or partials, Dr. Phillips explains, *"Implants offer adults a stable, comfortable way to eat and speak with confidence. Giving someone back their own smile is dentistry at its best."*

- **"Anesthesia & Pain Control" (Baylor University, Dallas)** September 10-11. The 18-hour program gave an extensive review of the latest oral sedatives, vital sign monitoring and medical considerations related to oral sedation. Because an estimated 100 million adults in the U.S. avoid the dentist due to fear, Dr. Phillips offers oral sedation to help them overcome these issues so dental care becomes a receptive part of one's overall health commitment. *"Often,"* Dr. Phillips states, *"patients who once requested oral sedation eventually evolve into adults who no longer require sedation."*

## Your Medical History Is Important To YOUR SMILE

While personal privacy causes some to feel reluctant about sharing medical information with their dentist, the impact of NOT providing complete information could have negative results.

According to the Academy of General Dentistry, patients should mention everything about their health, even if they don't think it relates to the mouth. Failing to mention something as simple as taking aspirin or herbal supplements could lead to major complications.

Also, many medications sound similar, so be sure to note exactly what and how much you take of each. Forgetting even one could lead to a dangerous interaction or other medical complication.

For instance, taking Coumadin, a blood thinner, can cause a greater degree of bleeding during extractions and other procedures. Dr. Phillips structures treatment on an individual basis. Knowing all the facts will help provide you with an overall healthy experience.

## Maximize your Insurance Benefits

In November and December of each year, many patients arrange treatment to take advantage of unused insurance benefits. Because some treatments require more than one appointment to complete,



please arrange appointments early. This enables treatment completion by a designated point so you receive maximum coverage from your insurance. Please **HELP US** so we can **HELP YOU** with the proper time schedule for your care.

## New Patients Always Welcome

Dr. Phillips and his staff are always happy to welcome new patients. We appreciate your recommendations to others.

*Thank you for sending new smiles our way!*