

Dr. Douglas B. Phillips

Complete Care For
Confident Smiles

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Today's Smiles

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"He's Given Me A Smile Like I've Never Had Before!"

When Becky Schultz smiles, it is now a "real smile," as she describes. Her journey to regain a smile she enjoys sharing took many years, and finally ended at the dental office of Dr. Douglas Phillips.

As a young girl, Becky was sledding down a steep road covered with snow. A wrong turn and a curb made of granite left Becky with a broken front tooth and years of dental work.

Until the tooth was crowned at the age of 18, Becky concealed her smile to hide the jagged, front tooth. "I had short teeth to begin with," she explains. "From the time the tooth was crowned when I was 18, that tooth was crowned 7 different times in 25 years." With each crowning, the remaining tooth decreased, eventually becoming insufficient to support a crown. "Having the crown come off was fairly common," she adds.

Becky decided to have a dental implant rather than continue with crowns. Although the process took nearly a year, Becky was determined to resolve the problem for good. When her gums became inflamed around the implant, her former dentist seemed unconcerned. Yet, within 5 years, Becky's implant was removed and she felt she was back to square one.

While Dental Implants are an excellent option for tooth replacement, several factors can impact their ability to last a lifetime. "The selection of the type of implant as well as its placement requires the skills of a dentist with specific training in implant dentistry," states Dr. Phillips. "It is a process that requires continual monitoring, even after treatment is completed."

Finally, Becky turned to a friend who highly recommended Dr. Phillips. Her first visit was

Thank You for Referring Others!

It is always a pleasure to

welcome new patients, especially those who come because of your recommendations.

Thank you for your words of praise to others who desire confident smiles!

just the reassurance she needed. Dr. Phillips recommended a porcelain bridge to replace the missing tooth. "I wanted a bridge all along," she states. He also designed the replacement



tooth so it was higher in the back to shield the area where bone loss had occurred.

Dr. Phillips explains, "When a

tooth root is no longer present in the jaw bone, the bone begins to shrink in that area." With the precision design of the bridge so individually precise, Becky's result is beneficial to her oral health as well as her appearance. In addition to the bridge, Dr. Phillips added crown lengthening to reshape short teeth adjacent to the replaced tooth, giving Becky's new smile overall appeal.

As an operating room nurse for over 33 years, Becky knows the value of good health. Although it took many years to find the right dentist to help her achieve her smile goals, the investment was a wise one. "It was expensive, but worth it," Becky states. She recently had new photos made for her driver's license and nursing license and noticed a major difference. "Before, I was so self-conscious and never opened my mouth to smile. I'd put my hand over my mouth without even realizing it. Now, I show my teeth and feel it is not a forced smile any longer."

Smiling is easy for Becky

Continued on back...

DR. PHILLIPS NAMED Fellow Of Oral Implantology Organization



Dr. Douglas Phillips was recently awarded Fellowship status in the International Congress of Oral Implantology (ICOI), an achievement of less than one percent of U.S. dentists. The ICOI is the world's largest dental implant society with membership of over 4400 dentists.

Dental implants are tooth root replacements that hold replacement teeth that do not move while chewing or speaking and are designed to last a lifetime. A growing number of adults are choosing Dental Implants for tooth replacement

because of the stability they provide. "Many denture wearers feel insecure and self-conscious because of the discomfort and embarrassment dentures can cause," states Dr. Phillips. "Dental Implants give them back a smile that is worry-free."

In addition to Fellowship status in the International Congress of Oral Implantology, Dr. Phillips is a graduate of advanced training in implant dentistry through the Misch International Implant Institute, a renowned teaching institute in oral implantology. He is also a member of the American Academy of Cosmetic Dentistry, American Dental Association, North Carolina Dental Association and Dental Organization for Conscious Sedation.

■ "He's Given Me A Smile .. From front

now, for many reasons. With two grown sons and a 3-year-old granddaughter, she and her husband recently retired to a lake home in South Carolina. However, returning to Asheville is a pleasure. "My bottom teeth are crooked and becoming worn, so that's my next goal," states Becky. "Living in South Carolina is no problem. Dr. Phillips will continue to be my dentist!"

While today's dentistry makes it possible for everyone to have a confident, attractive smile, the best result requires an individualized approach to treatment. "A successful outcome factors in what the patient wants and what is in their best interest according to their unique needs," says Dr. Phillips. "Good skills must be combined with good communication with the patient."

To discuss tooth replacement or smile enhancement, call for a private consultation with Dr. Phillips or ask at your next visit.

Soft Drinks Can Be Hard On Your Teeth!

A recent study published in *General Dentistry* warns that diet colas can cause just as much harm to teeth as those sweetened with sugar. Tooth decay, it explains, occurs from acid attacks, not just sugar. Acidic flavor additives in both versions of colas attack enamel. Highly acidic beverages such as Sprite and Mountain Dew

were cited as most harmful. Root beer seems to be less harmful than most.

The recommendation for those who love their colas and just can't give them up? Drink them with food rather than between meals. This helps to decrease the amount of acid attacks your teeth endure during the day.

QUESTION: "I've heard about how gum disease can cause other health problems but don't know how much to believe. What is a dependable source of information on this?"

Answered By Dr. Douglas Phillips:

I believe one of the best and most thorough sources on gum disease as well as all oral health issues is a report published through the Department of Health & Human Services in 2000, "Oral Health In America". This contains recent findings on topics related to oral health and is downloadable from www.surgeongeneral.gov/library/oralhealth.

A remarkable revelation is how tissues and fluids in the mouth are gaining serious consideration in signaling the presence of disease, disease progression, and risk factors of one's general health (and not just oral health). The association between oral diseases (such as gum disease) and heart disease, stroke, and diabetes are backed by years of research and covered, in depth, in this report.

Another area addressed is how oral health can relate to one's "quality of life". The consequences of poor oral health are shown to impact appearance, speech, and diet as well as self-esteem, social interaction, career achievement and emotional state. Sleep deprivation and depression can arise from oral-facial pain as a symptom of dental problems, also contributing to a diminished quality of life.

Tooth loss is often seen as a

symptom of aging, which is also addressed in great detail. Keeping in mind that gum disease is the leading cause of tooth loss, adults often do not have significant symptoms until they are in their 30's, even though the problem typically originates in adolescence.

The report shows that nearly 75% in the 35-44 age group have some form of periodontal disease while nearly 90% of adults between 55 and 64 are infected. Males outnumber females 2-to-1 in nearly every age group, leveling out somewhat in the 75+ age bracket. By age 50, American adults have lost an average of 12.1 teeth and one third of those 65 and older are totally without teeth.

This doesn't have to be. As a dentist, I've seen a growing awareness in America regarding the value of good oral health. We still have a long way to go. With this new year, I hope one of your resolutions is an even greater commitment to your oral health. Also, please share your knowledge with those you love, especially children. It will be a gift you give to yourself and others that has lifelong benefits.

