

CITRUS CARE DENTAL

NEWSLETTER

Citrus Care Dental, where your smile matters

A Quarterly Newsletter

2010 Fall Issue



Dr. Gary S. Padgett

Dear Patients,

Welcome to our fall issue of Citrus Care Dental Association's Newsletter.

Summer is almost over and with it will be the heat we have all become tired of. While we are anxiously awaiting this cooler weather, we are also looking forward to several other events.

Citrus Care Dental will be participating in two events, one being the Women's Health and Fitness Expo and the other being the Citrus County Health Fair. It will our first time and we are excited that we will have the opportunity to share with the community the benefits of good dentistry.

Even though every staff member has been busy with their personal lives, they have found the time to participate in numerous community organizations and events that we are all proud of. In

fact, one of our core values here are Citrus Care Dental is going that extra mile for our patients. I guess it spills over in their participation with their community organizations.

As our practice continues to grow through patients referred from you, we would like to convey our sincerest thanks for your having the confidence in our practice to refer your friends and family.

In addition to this, I am excited about returning to Thailand and visiting the dental university and volunteering my dental skills again to assist the Buddhists Monks whom I used to live with. It has been over two years since I have returned to treat the Monks and I am looking forward to seeing them again.

Gary S. Padgett DDS



Update & Events

◆ On Saturday, September 25th between 9 am - 2 pm Citrus Care Dental will be attending the Women's Health and Fitness Expo 2010 which is held by Citrus County Chamber of Commerce Business Women's Alliance. The Expo's location will be at the Crystal River Armory. We are excited to be part of promoting the benefits of good dentistry to the community of Citrus County.

◆ On Saturday, September 9th between 10 am - 3 pm, Citrus Care Dental will be attending the 5th year of Health Family Fit & Fun Fair at CFCC Citrus County Conference Center Route 491, studio 352. It's going to be a good opportunity to learn about health and fitness, including a fitness demo 'Kids Central' for the young visitors.



(From left to right)

Brenda . Chris . Cindee . Susan . Lorraine . Kelli

Staff TALK

Dr. Padgett's assistants, Chris and Kelli, are present to answer your questions regarding your treatment concern and the timelines of your treatment you should require from the start to finish.

Brenda and Lorraine are also available to answer your questions and coordinate your treatment timetable to best take advantage of your insurance coverage. They also can design a treatment plan to suit your financial requirements.

☀ Chris: As the weather only gets hotter, my garden has wilted from the summer. I am busy getting ready for the 16th Annual Rails to Trails bike ride on October 3rd. I miss our snowbird patients who have gone up north to somewhat escape the heat and I look forward to their return in the early fall.

☀ Lorraine: In the past 2 years, I have helped adopting out special needs and older animal from *Citrus County Animal Services*. I offer free painted portraits of the pet for their new families. In the future I will be painting along with other artists, and offering a mural for donation to the Friends of Citrus County Animal Services. Watch for the notice in the papers for the likeness of your pet to be painted in the prominent location with proceeds going to *FOCCAS*.

☀ Congratulation Susan: Recently, Susan was nominated and named by Altrusa International in Citrus County as one of the 10 most admired women in Citrus County in Arts. Susan is the founder of the not for profit, Nature Coast Friends of Blues, Inc which is to carry the annual Blues'n BBQ in Old Homosassa. From 2007 - 2010, her organization has been giving back to our community such as the Key Training Center, Boys and Girls Club, Teen Stock Aided Big Brothers Big Sisters. The most recent work this year is for Camp E Nini Hassee. Keep up the good work! We are very proud of you.



Completed Case

Smile makeover

THIS QUARTER I WOULD LIKE TO PRESENT THIS FIXED PORCELAIN BRIDGE CASE THAT WE RECENTLY ACCOMPLISHED:

This patient is a mature woman. Over the course of her life she has had much dentistry done a little at a time. As a result there are many colors and shapes present that do not blend well together. Some of the older dentistry was failing and in need of replacement.

The goal was to replace the failing dentistry and also improve the esthetics at the same time.

The solution for this particular patient was replace the failing dentistry with several new crowns and to also include several other older restorations so that we had an ability to change the color and shapes of all the front teeth to obtain symmetry and color. This was accomplished using newer zirconium porcelain in the crowns and veneers.

This is how we started the makeover.

We designed the teeth in wax first on a diagnostic model of her mouth to simulate what we wanted the final results to look like.



We then used this to *fabricate temporaries* for the patient to wear during the treatment.

During the *fabrication of the final restorations* we are able to determine what changes may need in the final work as the temporaries are very similar to how the final work will be. We feel temporaries are an important part of treatment as they keep the tissue healthy, the patient comfortable, and are diagnostic in value by letting the patient function with them.

The Result:



Before



After

Dr. Padgett's perspective:

Many times when some dentistry is needed, it is worth the effort to include some additional dentistry.



Dental Care Xerostomia (Dry Mouth)

Many of our patients we see are on medications that decrease saliva flow. In addition, we see numerous patients who have undergone radiation treatment to the head and neck. This also can decrease saliva flow.

Patients many times describe these symptoms as feeling they do not have enough saliva to swallow with and that their mouths feel dry and/or the gums and tongue burn.

This decrease in saliva flow many times results in an increase in carries (cavities). The area most vulnerable to cavities is the exposed roots next to the gum tissue and the junction where a filling meets the tooth structure.

Your saliva has buffering properties that aid in the washing away of plaque and bacteria

as well as reducing the erosive potentials of cola drinks.

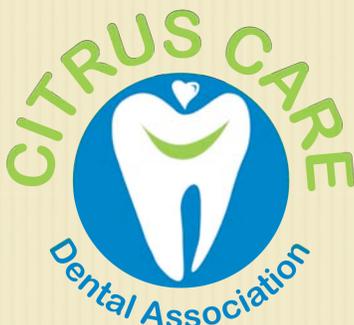
When your salivary flow decreases your home care (brushing and flossing) becomes more critical in keeping the plaque and bacteria count down so you do not get more cavities.

In addition to your home care, keeping your mouth hydrated by frequent sips of water helps tremendously.

We encourage our patients to always keep a bottle of water with them and also encourage the use of fluoride in the evening before bed time. The evening use of fluoride can help in

keeping root carries to a minimum and also helps maintain existing restorations where they meet the tooth.

**Evening use of fluoride rinses
can help prevent root**



Citrus Care Dental Association, PLLC
514 Citrus Memorial Healthcare Center at Allen Ridge
N.Lecanto Hwy., Lecanto, FL 34461
Phone : 352-746-3800
www.citrusdental.com

To receive the CCDA newsletter, please subscribe at info@citrusdental.com or download from our website.

Gary S. Padgett, D.D.S.

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