

BUCKHEAD PIEDMONT DENTAL'S TOOTH TALK



Produced for the patients and friends of Dr. Robert R. Hallman

from Dr. Hallman

Hello? Are You There?

Updating records

Summer is practically over and that means the school buses are running again, the leaves will change to fiery shades of red and orange, and crazy summer adventures are returning to normal school year routines. This return to organized schedules will make it easier for you to book your family's checkup or treatment appointments, but in order to do that we need to have your contact numbers and email.

A lot can change over the summer – people move, phone numbers and email addresses change. So it's important that we always have your current contact information. We would appreciate it if you could take a few minutes before your next appointment to talk to Jacque and ensure that we have your most up-to-date contact and medical information.

Yours in great dental health!

Dr. Bob Hallman

Dry Mouth Medicine

We treat your symptoms to reduce risk

For one out of five adults, dry mouth is a chronic condition that leaves the mouth and the throat rough, sore, and sticky. Some victims experience hoarse voices and have trouble eating, swallowing, talking, or wearing dentures. They may be vulnerable to sores and yeast infections and their teeth are prone to decay.

In most cases, dry mouth is the result of drug therapy including those used to treat depression, anxiety, and hypertension. Other medications with this side effect may include antihistamines, antispasmodics, decongestants, and muscle relaxants.

Dry mouth creates a risk of tooth decay and nutritional deficiencies. Sufferers cannot tolerate spicy or acidic foods like fruit juice, or foods that require a lot of chewing like vegetables and cereal.

If you suffer from dry mouth, you are at greater risk of both cavities and gum disease. Most importantly, let us know at your next visit. We may suggest a special rinse or different oral hygiene techniques.

To decrease dry mouth or the problems associated with it: avoid spicy foods, avoid alcohol and smoking, use sugar-free gum and candy to stimulate saliva flow, eat soft foods moistened with sauce or gravy, drink a lot of fluids or suck on sugarless Popsicles, breathe through your nose and avoid mouth-breathing and use a humidifier.

Let us know at your next visit. We may suggest a special rinse or different oral hygiene techniques.



THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

Smile For The Camera!

Be ready for every opportunity

Once upon a time, photographs were expensive time-consuming heirloom pieces and a solemn appearance was considered dignified. Not only that, but many damaged smiles were better hidden by unsmiling lips. Not today! Cameras are everywhere and you're expected to smile on cue! *Are you ready?*

A sparkling smile is easy with regular checkups that will keep your teeth and gums healthy and prevent the need for more extensive care.

WHY REGULAR VISITS ARE IMPORTANT...

- Gum disease is caused when oral bacteria that aren't brushed and flossed away build up causing infections that attack gums, ligaments, and bone.
- Bacteria multiply 3-4 months after treatment, so regular cleanings are a must, especially if you already have a history of gum disease.

WHAT YOU'LL AVOID...

- By the time you experience warning signs including red, swollen, or tender gums that bleed easily, persistent bad breath, or a bad taste in your mouth, your gum disease has already progressed.
- Without treatment your teeth will loosen, shift, and fall out. Partial dentures and other restorations can rub, irritate, and cause infection and inflammation which is associated with oral cancer and can undermine your overall health in many other ways.

Preventive visits, brushing, flossing, and a good healthy diet are your best defense! See you at your next checkup!

Hot Date? Wedding? Big Presentation?

Are you facing an important first date or public speaking event? Maybe you're hitting the single scene again or you have a wedding or special occasion looming? We can help you look your best and most confident with a quick whitening treatment.

How can you be your most confident if you're self-conscious about the color or condition of your teeth? We have solutions to correct crooked or chipped teeth, replace dingy fillings, and whiten yellow or stained teeth so you'll be at your polished and most confident best.

Call our office today to book your appointment to be ready for your big event!



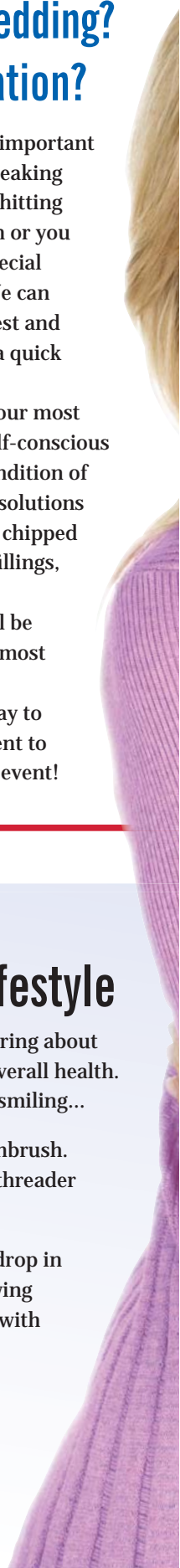
Seniors' Oral Health Impacts Lifestyle

If you're a senior, there are age-related factors that may bring about unwanted changes in your oral health that may affect your overall health. Here are just two to watch out for and solutions to keep you smiling...

Dexterity – If brushing is a challenge, try an electric toothbrush. With a thicker handle, they're easier to grip. And use a floss threader once a day.

Dry Mouth – Some medications and treatments cause a drop in saliva production. It can make talking, chewing, and swallowing difficult and increase caries and mouth infections. Get relief with sugar-free gum or candy. Effective moisturizing products are available.

If you're having difficulties with your home care, let's talk. We have simple ways to make it easier!





Over The Top

Nothing's too much for you!

Saving and restoring your smile whether it's just slightly imperfect or showing a lot of wear has become simpler, faster, and more affordable than ever before. The materials we use look completely natural, are damage-resistant, and will last for a long, long, time.

For example, a crown is truly a marvelous and versatile innovation.

Crowns can...

- Cover a cracked, broken, or extremely discolored tooth to protect and strengthen it ... and make it look wonderful again.
- Fill an unattractive space so your surrounding teeth won't drift, crowd, and rotate, interfering with eating, speaking, and your self-confidence.

Imagine your new smile!
Call us today for a consultation.



Results may vary.

Applaud Apples

Nothing replaces a toothbrush, but biting into a crispy apple is great for your teeth ... and your health. Women who eat an apple a day are close to 30% less likely to develop type 2 diabetes. Apples lower cholesterol, curb cancers, and their high-fiber helps fill you up which helps control weight.

RAW VEGAN APPLES

- Fresh apple on a skewer
- 1 Tbsp coconut oil
- 1/8 cups dates
- 1 tsp water
- 1/8 cup chopped walnuts or pecans
- 1 Tbsp each cocoa powder, maple syrup, nut butter, and melted coconut oil

Blend dates and coconut oil to get a smooth paste to cover apple, add a little water if needed. Cover apple completely and roll in chopped nuts. Mix cocoa, maple syrup, nut butter, and additional coconut oil until smooth. Drizzle over apple.



Congratulations, Dr. Hallman

Dr. Hallman recently was presented the America's Best Dentist award. This award is issued by the National Consumer Advisory Board, and presented to dentists who demonstrate exceptional credentials, experience, and commitment to excellence.



Strong Smiles

Decay is the most important cause of tooth loss in younger people. Periodontal (gum) disease is the leading cause of tooth loss in adults. Both are caused by bacteria. Thanks to preventive minimally invasive dentistry, we can help you to control bacteria with some back-to-basics advice...

1. Brush, floss, and rinse.
2. Stay away from sugary foods.
3. Get regular checkups for your whole family to curtail decay, gum disease, and correct overcrowding or gaps that can cause problems.

Remember ... the true foundation of even the most glamorous Hollywood smile is a healthy mouth!



office information

Buckhead Piedmont Dental
Robert R. Hallman, DDS, PC
 Monteith Commons
 2915 Piedmont Road, Suite C
 Atlanta, Georgia 30305-2782

Office Hours

Monday 8:00 am – 5:00 pm
 Tuesday 8:00 am – 5:00 pm
 Wednesday 8:00 am – 5:00 pm
 Thursday 8:00 am – 5:00 pm
 Friday 8:00 am – 1:00 pm

Contact Information

Office (404) 261-3231
 Fax (404) 264-0696
 Email info@buckheadpiedmontdental.com
 Website www.buckheadpiedmontdental.com

Office Staff

Jacque..... Patient Co-ordinator
 Lauren.....Dental Assistant
 Holly Dental Hygienist
 Christina Dental Hygienist
 Mary-Tolbert..... Office Co-ordinator

**COMMUNICATION IS IMPORTANT
 TO US – DON'T BE
 AFRAID TO ASK QUESTIONS!**

New Patient & Referral Specials!

New Patient Special Complimentary Exams & X-rays!

Receive a complimentary exam & x-rays with the purchase of teeth cleaning. Valid for the first 17 new patients.

Call 404-261-3231 to schedule your appointment today!

Referral Program Gift Certificate and Chance to win \$200 Visa Gift Card!

All patients referring friends and family for a new patient consultation, cleaning & x-rays will receive a gift certificate from Barnes & Noble or AMC Theaters. In addition, they will be entered for a chance to win a \$200 VISA gift card.



Congratulations Erin!

We would like to congratulate Mrs. Erin McFadden our recent Care to Share winner. Erin received a \$200 American Express gift card.