



Dr. Tanya A. Brown Practice Newsletter

Volume 4 Summer 2006

Created by Michelle Tarrant



We Have A New Member on Our Team!

We would like to welcome Michele Savedge to our Dental Home.

Michele joined our team in January and come to us from Virginia Beach.

We are so excited to have her as a part of our team

Tooth Tidbits from Dr. Brown

Welcome Summer!!! 2006 is well underway. We hope you and your family are having a great year. Please feel free to call on me or my team if we can ever be of service to you, your family or your friends. We are looking forward to a great summer. Keep smiling!

Upcoming Events

February & March 2006

Dr. Brown attending TMJ/Implant Continuing Education & Advanced Implant Course

April 2006

Dr. Brown lecturing at Dawson Alumni Meeting

May 2006

Dr. Brown attending the American Academy of Cosmetic Dentistry meeting

June 2006

Dr. Brown & Team attending Continuing Education with Sandy Roth

Dr. Brown attending Implant Continuing Education

August 2006

Dr. Brown attending Implant Continuing Education

Orthodontics

It's Not Just For Teenagers

Orthodontics has come a long way since the age of “tin grins” and “brace faces”. Orthodontics has so much to offer and it's not just for teenagers anymore. Many adult patients have chosen orthodontics. With the development of smaller and clear brackets often the braces go unnoticed.

Braces can do more than just straighten your teeth. They can align off center smiles. Early intervention can help avoid lengthy treatment times in children. They can also move teeth into the correct position to allow for your teeth to function properly, which can help avoid breaking teeth or causing wear.

Today orthodontics is an effective way to do more than just straighten misaligned teeth. We would love the opportunity to explore with you what orthodontics can offer. Please call us at 757-546-5262 or ask us at your next visit.



An adult patient before and during orthodontic treatment



The patient post-treatment and with new restorations.

Tooth Sensitivity: Tips for Relief

Tooth sensitivity often occurs when tooth enamel wears away or gums recede. To help with this sensitivity here are a few ideas.

- *Try using a desensitizing tooth paste. Dab a little on the surfaces of your teeth every night and don't rinse it off. This will seal the cracks in your teeth that lead to the nerves.
- *Avoid whitening and tartar-control toothpastes which contain abrasive ingredients.
- *Skip soda and lemonade which contain citric acid. The acid eats away at the protective enamel making sensitivity worse.
- *When having cold drinks use a straw.
- *Use a soft-bristled brush and brush in a gentle circular motion.
- *See your dentist regularly. Sometimes sensitivity is a sign of a cavity, an abscess or even periodontal disease.

Getting to Know the Team . . .

Michelle Tarrant, Dental Assistant

Background

I came into dentistry in 2002 with a customer service background. I started working at the front desk and soon found that dentistry had many different avenues to explore.

Biography

I was born at Portsmouth Naval and raised in Chesapeake. I live in the same neighborhood I grew up in. (I just couldn't move away!) I have been married for 9 years and I have a 6 year old daughter. I enjoy spending time with my family in Carova Beach, NC. My guilty pleasures include Law & Order re-runs, chocolate and Kenny Chesney.

Best Thing About Being In Dentistry

I have to say that I love meeting patients and being able to develop relationships with them. This connection is very rewarding and has opened up many doors for friendships.



Michelle Tarrant
Dental Assistant

Are You A Sleepy Head?

Quality sleep can be vital to your lifestyle. Recently, medical studies have linked poor quantity and quality sleep to increased risk of diabetes, heart attacks, and even premature death. We want to be partners in your overall wellness. Ask yourself these 5 important questions to see if you're at risk.

1. Do you snore?
2. Is your neck size larger than a 17?
3. When you wake up do you feel refreshed?
4. Has anyone noted difficulty with your breathing patterns at night?
5. Do you find that you are excessively tired during the day?

If you answered "YES" to more than 2 of the above questions, please let us know at your next visit. Or call us at 546-5262 and let us schedule time for you to come in and discuss your answers with Dr. Brown

WE NEED YOU!!

PLEASE HELP US HELP YOU!! PLEASE SHARE WITH US TOPICS THAT YOU WOULD LIKE TO KNOW MORE ABOUT. PLEASE FEEL FREE TO CALL US AT 757-546-5262 OR FAX US AT 757-546-5265. YOU MAY ALSO E-MAIL US AT INFO@DRTANYABROWNDENTISTRY.COM

WE ARE HERE TO SERVE YOU AND TO PARTNER WITH YOU FOR BETTER DENTAL HEALTH.

DR. TANYA BROWN AND TEAM