

Dr. Tanya A. Brown Dr. Roxzanne Amos Practice Newsletter

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Created by Michelle Tarrant

VOTE FOR US...THE BEST OF CHESAPEAKE...WWW.HAMPTONROADS.COM MARCH 11TH – 31ST



Welcome Dr. Amos

We would like to extend a warm welcome to Dr. Roxzanne Amos. Dr. Amos graduated from the University of Florida, College of Dentistry in 1997. She focuses her patient care on preventive, restorative, implant and cosmetic dentistry. Her addition to our team will allow us to expand our hours to better serve you. She is a fabulous asset to our team.

Tooth Tidbits from Dr. Brown & Dr. Amos

We hope that your holiday season was a safe and happy one. 2007 is here and so is cold and flu season. Has the flu or a cold hit your home? After an illness, your toothbrush should be replaced with a new one in order to control bacterial or viral contamination. However, if you have a favorite toothbrush, or one you feel is just too new to replace, this simple and successful disinfection method is the next best option.

1. Place the toothbrush in the utensil rack of your dishwasher with the bristle head up.
2. Operate the dishwasher on a regular cycle with heated dry on.

We hope you and your family stay healthy!

Upcoming Events

February 2007

Dr. Brown & Dr. Amos attending Continuing Education course focused on dental implants and dentures

March 2007

Dr. Brown attending Implant Continuing Education

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April 2007 Welcome Spring!

May 2007

Dr. Brown attending American Academy of Cosmetic Dentistry Meeting

THE PILOT Reader's Choice Award

VOTE FOR US... THE BEST OF CHESAPEAKE

Look for the annual Best of Section in your [Sunday, March 11th Virginian-Pilot](#) or Vote Online from [March 11th – 31st at HamptonRoads.com](#)



Theresa Feeney, Practice Administrator

Getting to Know the Team . . .
Theresa Feeney, Practice Administrator

Background

I began my career in dentistry in 1992 as a Dental Assistant. Over the years I have transitioned from assisting to the front office. The knowledge I gained as an assistant has been a tremendous help in working with patients and insurance companies.

Biography

I was born and raised in Northern Virginia. I moved to Hampton Roads in 1991. I have a son that is 15 months old. When I am not at work I enjoy traveling, reading and spending time with my son.

Best Thing About Being In Dentistry

I enjoy building relationships with our patients. It is very rewarding when I can help patients relax and make their visit enjoyable from the time they walk in the door until they leave.

The Pilot Reader's Choice Award
The Best of Chesapeake

VOTE FOR US!

Look for a ballot in Sunday, March 11th
Virginian-Pilot or
Vote online March 11th – 31st at
www.HamptonRoads.com

[Vote Dr. Brown Best Dentist in Chesapeake](#)

The Truth About Periodontal Disease

You have probably heard the term periodontal disease. Maybe someone in your family had it or maybe you've been told you have it. It can be a very serious problem if left untreated. Understanding and treating your periodontal disease is the first step in preventing tooth loss.

What Is Periodontal disease? Healthy gum tissue fits like a cuff around each tooth. Where the gum line meets the tooth, it forms a slight v-shaped crevice called a sulcus. In healthy teeth, this space is usually three millimeters or less. Periodontal disease is an infection that affects the tissue and bone that support teeth. As the tissues are damaged, the sulcus develops into a "pocket" that is greater than three millimeters. The enlarged pockets allow harmful bacteria to grow and make it difficult to practice effective oral hygiene. Left untreated, periodontal disease may eventually lead to tooth loss.

What Causes Periodontal Disease? Periodontal disease begins when bacteria in plaque produces toxins and enzymes that irritate the gums and cause inflammation. The resulting inflammation can damage the attachment of the gums and bone to the tooth. Good oral hygiene helps reduce the plaque film. However, plaque that is not removed regularly can harden into calculus. Calculus, also called tartar, harbors the bacteria and toxins. Hardened calculus can only be removed with a professional cleaning. There are other factors that can contribute to the development of periodontal disease. These include smoking and chewing tobacco, some medications, diabetes, crooked or crowded teeth, defective fillings and crowns and even genetics.

Do I Have Periodontal Disease? It is possible to have periodontal disease without noticeable symptoms. That is why it is important to have regular dental examinations and dental x-rays. X-rays allow for the evaluation of bone and to detect other problems not visible to the eye. A periodontal probe will be used during your exam to measure the depth of the sulcus around your teeth. Measurements of three millimeters or less is considered normal. Pockets deeper than three millimeters are a cause for concern.

How Is Periodontal Disease Treated? Treatment methods depend on the severity of the disease. If the disease is caught early you may be given instructions on improving your daily oral hygiene. If the disease has progressed you may need a deeper cleaning to remove deposits on the tooth and root surfaces. Sometimes this is done in more than one visit. You may also be given medications to help control the infection and aid in healing. These medications may be in the form of pills, a mouthrinse or an antibiotic placed directly into the periodontal pocket. At your next visit your pocket depths will be reevaluated to determine the effect of the treatment. You may need to see a gum specialist, called a periodontist and you may need to have more frequent professional cleanings. As partners in your dental health we will be with you every step of the way.

COMING SOON!! Look for our new website in the coming months

TELL US WHAT YOU THINK!

**PLEASE SHARE WITH US ANY SUGGESTIONS THAT YOU HAVE.
WE WOULD LOVE TO HEAR FROM YOU AT 757-546-5262 OR E-MAIL US AT
INFO@DRTANYABROWNDENTISTRY.COM**

**DON'T FORGET TO VOTE FOR US! THE BEST OF CHESAPEAKE!!
ONLINE AT WWW.HAMPTONROADS.COM MARCH 11TH – 31ST
OR IN YOUR SUNDAY MARCH 11TH VIRGINIAN-PILOT**