

## No 'Patchwork' In This Beautiful, Healthy smile

Last April, Dr. Grimshaw met her first new patient for the day, Joanne. In her late-fifties, she has raised three children and now has three grandchildren that light up her eyes at the mere mention of them. Joanne came to Kuhn Dental Associates because she was "exhausted" with having to constantly go for dental repairs.

"It seemed like that's all I did," Joanne explains. "When my dentist told me I needed yet another two crowns, it was like the straw that broke the camel's back. I'd just had three crowns the year before and one ended up needing a root canal."

Joanne grew up in rural North Carolina, only getting dental care as problems arose. "My parents didn't see the need to prevent problems, just repair them." As Dr. Grimshaw explains, this was a common attitude in years past and unfortunately, why so many ended up wearing dentures. "Regular check-ups and cleanings are designed to help you avoid problems or to catch them when only minor repairs are needed. Now, more and more adults realize that dedication to home care and regular dental check-ups saves them time and money in the long run."

She likens dental check-ups to taking good

care of your car. "If you constantly waited until your oil level and brake fluid lights came on, and then had them tended to when it was convenient to your schedule, it's going to catch up to you eventually in costly repairs. This is similar to caring for your oral health. Prevention is always the best investment."

The frustration with constant repairs that Joanne endured was coupled by the fact that her mouth contained a patchwork of dental restorations. An aging crown on a front tooth was a different shade than the ones beside it and revealed separation at the gum line. A bridge of three teeth on the side also showed an obvious line where the teeth and gums met. Dr. Grimshaw states, "This occurred from a combination of bone loss and gum disease."

Too, Joanne had a front tooth that showed obvious signs of bonding and several with severe gum recession, which revealed the darker portions of the roots. Back teeth were a combination of old and new crowns, silver fillings, and two missing lower teeth.

Something Joanne had not associated with her dental ordeal were constant headaches. When Dr. Grimshaw pointed out that her bite was

## GONE FISHIN'!



(From Left): Dr. David Kuhn, Dr. Ritt Kuhn, Cathy Stout and Dr. Mandy Grimshaw

Although we'll miss her greatly, we wish our Concierge, Cathy Stout, a happy retirement. Cathy retired on Thursday, July 23, even though she hardly looks of retirement age! Cathy was a wonderful asset to our Team and made everyone feel welcome.

We wish her all the best!

misaligned and asked if she experienced headaches or jaw joint pain, Joanne suddenly put two and two together. "I would wake up every morning with sore jaws and a dull headache that would get worse as the day went on," she shares. "Dr. Grimshaw also pointed out signs of clenching and grinding my teeth. In all the dentists I've seen over the years, not one has ever looked at this for me."

In addition to wanting to halt constant visits for dental repairs, Joanne also wanted to enhance the appearance of her smile and have a healthy mouth. As a Pediatric R.N., she is familiar with overwhelming research that shows a correlation between one's oral health and their overall health. "To sum it up, I wanted a worry-free mouth," Joanne stated.

To create this, a full-mouth restoration was planned. This is where each tooth is

brought to optimal health and appearance for it's long-term well being. At the same time, the gums are ensured to be at a healthy level with teeth working harmoniously for proper bite alignment.

Although an empty nester, Joanne is a single homeowner with set expenses. "When we discussed the treatment fee, I kept coming back to the fact that I'd probably put twice that much into all the dental band-aids I'd had over the years, and was no better off for it. I wanted to make an investment that would finally give me what I wanted and free me from being in and out of a dental chair so often," Joanne explains.

Joanne's treatment began with non-surgical gum therapy to restore her periodontal health. Registered Dental Hygienist Leisa Thomas says, "Having healthy gums gives you the

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## Are You Good At The Name Game?

We've all done it ... met someone and then forgot their name almost immediately. Because we're too embarrassed to admit it, we often don't ask again and put both of us in an awkward position for future encounters.

Here are a few tips to help you remember a name:

- Upon meeting someone, pronounce their name back to them and even ask for the spelling to help you say it accurately back to them. This flatters the person by showing your sincerity in remembering them.
- Pick out a trait about the person that you can tie in with their name, such as "Tall Theresa" or "Randy Red-Hair."
- Say the person's name several times during your conversation. This helps you to remember it and shows them that their name is important to you.
- If you forget the name, don't be embarrassed to ask! ("I'm sorry, your name again was ...?")
- Help yourself even more after you part by saying their name in your head three times while envisioning their face.



## Recent Courses To Keep Us On Top Of The Very Latest!

### Neuromuscular Occlusion

April 18-21 at LVI - Las Vegas Institute of Advanced Dental Studies  
Attending: Dr. Grimshaw, Ashley Richey, Angela Deaton

### 8th Annual Dental Hygiene Update - Oral Systemic Connection

May 22 - UNC- Chapel Hill School of Dentistry  
Attending: Mary Beth Burrows, April Faireloth, Karen Friede, Mary Hassell, Anne Ryder, Leisa Thomas, Katie Wooten

### Cerec 3D Update

June 5 - Charlotte, NC  
Attending: Pat Joyce, Pat Newsome, Ashley Richey

### Primespeak Leadership Skills

June 20-22 at LVI - Las Vegas Institute of Advanced Dental Studies  
Attending: Dr. David Kuhn, Dr. Mandy Grimshaw, Dr. Ritt Kuhn

foundation to keep your mouth healthy. After this was, we placed Joanne on a hygiene regimen for at-home care. And, like Joanne, once people get in the habit of flossing each day, they love the feeling of a clean mouth. To go a day without flossing becomes uncomfortable for most."

To replace Joanne's missing back teeth and the bridge on the side, Dr. Ritt Kuhn placed dental implants. "This replaced her teeth without having to compromise natural teeth on each side to serve as supports for a bridge," he states. "Plus, dental implants are held in the jaw bone, just like natural tooth roots. This means they can provide chewing stability and biting strength like that of natural teeth. And, like natural tooth roots, they prevent the jaw from resorbing (shrinking in height and width)."

In keeping with Joanne's goals, dental implants also provide a lasting solution for tooth replacement. Dental implants are biologically compatible with living bone and designed to last a lifetime. In fact, they have one of the best success rates among any implant-to-bone procedure in the human body.

Dr. Grimshaw replaced old crowns with porcelain crowns to give exceptional longevity and a highly natural appearance. She also placed veneers on teeth that showed signs of wear or old dental work.

All the while, Joanne's bite alignment was monitored so each tooth worked harmoniously with adjacent teeth. This reduces stress on jaw joints and facial muscles, which quickly eliminated Joanne's nighttime grinding and clenching.

As Joanne's smile came together in it's new, healthy state, she noticed something fabulous! She started smiling more and laughing freely. "I swear it's made me a happier person!" Joanne says.

Now, Joanne's mouth is healthy and more flattering to her overall appearance. She sleeps more soundly and no longer has daytime headaches. She also knows how to care for her oral health between visits and is

thrilled that her next visit is a regular check-up without worrying about in-between repairs.

"Yes, I made a major investment in having a full-mouth restoration, but the peace of mind of having a worry-free mouth was worth it. And, I love my smile so much now! Every mirror I walk past, I look in it and smile!" Joanne says, smiling widely!

Dr. David Kuhn adds, "I've seen so many patients like Joanne over the years. It's hard to look someone in the face and tell them their entire mouth needs work, but doing a full-mouth restoration has many advantages."

Dr. David Kuhn explains that a full-mouth restoration ensures that all teeth are healthy, gum health is at an excellent level and maintainable at home, and bite alignment is correct. A treatment plan that helps you accomplish these things together actually cuts down on your time in treatment, number of numbings needed, and saves you money than if you try to do the work a little at a time over the years.

"Trying to patch things here and there may seem less expensive, but like Joanne found, rarely provides results that are worth the amount of time and investment made in their dental health, and the appearance of their smile fails to satisfy them as well."

When Joanne now talks about her grandchildren, not only do her eyes light up, her smile says it all! She says she even feels more outgoing and confident. But, best of all, Joanne has accomplished exactly what she wanted in a healthy mouth and a beautiful smile in the process.

If you know someone who is frustrated with "patchwork" dentistry, encourage them to arrange a consultation with any of our Doctors.

"Whether or not they proceed with a full-mouth restoration, it's important they become aware of the advantages of having the entire mouth in an ideal state. One thing wrong in the mouth tends to have a domino effect. This can be avoided along with the time and expense for treatment in the process," adds Dr. Ritt Kuhn.

# Spotlight On

— Angela Deaton

Certified Dental Assistant



- ❖ **Native of:** Raeford, NC
- ❖ **Loves most about her position:** "The freedom to personalize care for our patients."
- ❖ **What she enjoys when not in the office:** Reading and watching the Food Network on TV
- ❖ **Favorite Quote:** "A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."
- ❖ **Favorite Song:** Amazing Grace
- ❖ **Favorite Movie:** "O Brother, Where Art Thou?"
- ❖ **Biggest change in dentistry since beginning career:** Dental implant systems that are available today, such as the All-On-4.

## REFERRING OTHERS TO OUR OFFICE

**K**uhn Dental Associates is always happy to welcome new patients. To refer others, you may want to suggest they visit our web site: [KuhnDentalAssociates.com](http://KuhnDentalAssociates.com).

Here, they can learn of the qualifications of our skilled Doctors, become familiar with services and technology available, and even request an appointment or to be sent information through the mail. Please remind them to mention you as how they heard about the practice. *We always like to show our appreciation to patients who refer new patients to us!*

## LEARN YOUR OPTIONS!

**O**ccasionally, we host presentations on today's options in tooth replacement and smile restoration. These informative gatherings address tooth loss and the resulting problems along with the various methods to replace teeth and restore smiles.

Attend an upcoming "Today's Options For Tooth Replacement" at a location below. In addition to our Doctors, you'll hear from patients who have completed treatment and are happy to answer questions.

**Tuesday, September 29 at 5:30PM**  
Laurinburg: Chamber of Commerce

**Tuesday, November 3 at 5:30PM**  
Fayetteville: Holiday Inn Bordeaux