



DESOTO FAMILY DENTAL CARE

# SMILE • UPDATE

• NEWSLETTER •

Summer 2014

from the dentists

## Specials For You!

You've waited all year... You're about to take a much-deserved summer break. Congratulations! There's nothing like looking and feeling your best when you're enjoying life at leisure. Well, here's some good news from the team at *Desoto Family Dental Care*! We're offering a summer-savvy special to ensure your smile is "smile" worthy! Check it out. Give us a call. We look forward to seeing you.

*Yours in good dental health,*

*Dr. Robert Seymour  
Dr. Jason Parolli  
Dr. Bryant Trotter  
Dr. Pradeep Adatrow*

## A New Face

### Dr. Pradeep Adatrow

You might have noticed a new face around the office. We are pleased to welcome Dr. Pradeep Adatrow to our practice. Dr. Adatrow is an experienced dentist, with training in Dental Implants, Dentures, Periodontal Disease, TMJ/TMD therapies and other complicated dental procedures. We feel Dr. Adatrow will be a wonderful addition to our team, enabling our patients to stay at *Desoto Family Dental Care* for their specialty needs, thus providing added convenience.

Dr. Pradeep Adatrow brings his outstanding education and training to Desoto Family Dental Care, to serve the people of Hernando and the surrounding areas. He earned his DDS from the *University of Tennessee College of Dentistry*. He also completed a 3-year post graduate training in Periodontics and Implantology from *Indiana University*. He is Board Certified by the *American Board of Periodontology*, a Fellow of *International College of Dentistry*, and a Fellow of *Academy of General Education*.

He served as the Director of the Division of Pre-Doctoral Periodontology at the University of Tennessee for many years and was actively involved in the surgical implantology training of the Periodontology and the Advanced General Dentistry Residents. He is currently finishing up his second 3-year post graduate training in Advanced Prosthodontics, along with serving as a part time Clinical Faculty Member in the Department of Prosthodontics at the University of Tennessee.

Dr. Adatrow has published several articles in professional peer reviewed journals. He is an invited speaker to many national meetings, has conducted many continuing education courses for dentists and works on the editorial board in dental journals.

He has been the recipient of prestigious awards like the Deans Junior Faculty Award, John Diggs Faculty Award and was inducted into the Deans Odontological Society. His exceptional education and training enables Dr. Adatrow to provide comprehensive dental care of the most surpassing quality to his patients.

When he is not serving his valued patients, Dr. Adatrow is actively involved in community service through *Tennessee Smiles* and *Church Health Center*. He also enjoys playing tennis, biking and cooking. He is married to Dr. Jaya Adabala who is a practicing physician in Memphis, TN and they have a daughter and a son.



## Summer Special! 15% off any dental treatment!

**\*Not to be combined with another discount.  
\*Must bring in newsletter to receive discount.**

**Offer ends September 31, 2014**

THANK YOU FOR ALL YOUR REFERRALS. WE APPRECIATE THEM!

# What Is TMD?

## 5 things you should know

Temporomandibular Joint Disorder (TMD) is an umbrella term used to describe a constellation of symptoms related to the joints located in front of your ears that hinge your jaws. They are close to nerves, muscles, connective tissues, and ligaments.

Symptoms can include earaches, facial or head pain, ringing and popping of the ears, difficulty “clearing” your ears, dizziness, tender jaw muscles, restricted jaw opening, and clicking or grinding jaw joints. All can be intensified by a bad bite, teeth clenching or grinding, tooth trauma, or impacted wisdom teeth.

Today the majority of patients with TMD achieve a high level of relief from their symptoms with noninvasive conservative therapy – including simple dental appliances.

Talk with us the next time you're in, or give us a call to arrange a special appointment. We'll be happy to consult with you on your symptoms and review treatment options specific to your smile.

# Gum Disease FAQs



## What Is Gum Disease?

Gum disease is an inflammatory bacterial disorder that can appear without symptoms and eventually leads to swollen bleeding gums that pull away from your teeth, tooth loss, and the destruction of the ligaments and bone that support your teeth.

## Am I At Risk For Gum Disease?

*Everyone is at risk regardless of age, education, or economic status.* Gum disease begins when the bacteria in plaque, the thin sticky film you can feel on your teeth, is allowed to build up and harden into tartar. Buildup starts to happen immediately after you brush or floss. With time, it damages your gums' natural protective barrier, allowing bacteria to grow under the gum and spread throughout your body, potentially causing further harm.

Once tartar has been allowed to build up, only your dental team can remove it. If not removed on a regular basis, chances are you will require additional therapy to arrest damage. In fact, if we catch it early enough, we can sometimes reverse it!

## How Can I Prevent Gum Disease?

You can be successful in keeping your healthy attractive smile. Brush twice a day, floss once a day, and keep your regular dental appointments. We can prevent and treat gum disease even before you've noticed any symptoms!

# Healthy Smiles ...Are helped by a healthy body

It's hard to imagine a generation that pays more attention to health and nutrition, yet our focus is often channeled toward our weight. In fact, if your nutrition is poor, the first signs frequently show up as cavities, gum disease, and other painful oral health issues.

Here's a four-step common sense solution: the same balanced nutritious diet that is essential to a healthy body can save your smile too!

1. Fruits &/or vegetables should cover half your plate at each meal.
2. Whole grains provide a healthy amount of fiber.
3. Low-fat or fat-free dairy foods are a good choice, but watch for added sugar!
4. Lean beef, skinless poultry, & fish can be varied with protein-rich eggs, beans, peas, & lentils.



# Get Your Glow Back

Enjoy your life. Smile often.  
Laugh out loud.

You *could* go so far as to sip all your beverages through a straw to avoid staining your teeth and to avoid premature lip lines ... or you could just enjoy life ... and your exhilarating espresso... and get your teeth brightened with supervised teeth whitening whenever you want to. Removing stains caused by food, beverages, tobacco, and medications with a program specially designed for you is completely safe, reliable, quick, and convenient.

## Brighten & whiten your smile with:

- Tooth-colored fillings, instead of silver-colored metal ones, to bring youth back to your smile.
- Veneers can camouflage deep stains, mask conspicuous white splotches or brownish-gray bands.
- Natural-looking crowns which can strengthen and beautifully restore damaged smiles.

We can give you a luminous smile that will look healthier and give you more confidence ... so you'll be laughing out loud in no time!



Results may vary



## Is 65% A Good Score?

If you're not flossing, you're missing about 35% of your tooth surfaces and increasing your chances of plaque and tartar buildup that causes cavities and gum disease.

### Here's how:

1. Wind 18 inches of floss around the middle fingers of each hand, leaving about five inches in between. Pinch the floss between your thumbs and index fingers and leave about one inch with which to work.
2. Gently guide the floss between teeth, pull it into a C shape around the sides of each tooth, and slide it under the gumline.
3. Clean the surface of the tooth by using an up-and-down motion.
4. Repeat the process on all sides of all teeth using a fresh section of floss for each tooth.

# Straight Teeth = Health

The added benefits of  **invisalign**<sup>®</sup>

The Clear Alternative to Braces

We seek the maximum benefits from *everything*. Look at cell phones. They're not just for calls anymore – they're for email, web surfing, and entertainment. Talk about multi-beneficial! Why should your orthodontic treatment be any different? You *can* have more than just straight teeth. With *Invisalign*<sup>®</sup>, not only can you improve aesthetics, but more importantly, occlusion (bite), periodontal health, and overall health.

When teeth are misaligned they can be difficult to clean. Gaps and crowding can exacerbate the buildup of bacteria, making the development of periodontal problems likely. The resulting gum disease has been linked to overall health issues, including diabetes, heart disease, stroke, and a host of other systemic troubles. This illustrates the need for straighter teeth – not just for looks, but *for your health*.

You can even begin to reap the benefits *during* treatment, because with Invisalign, unlike braces that cannot be removed, aligners can be removed to eat and at cleaning times. This allows for proper brushing and flossing techniques which reduces your risk of periodontal, and overall, health problems. You *can* better maintain effective oral care.

Once Invisalign treatment is complete, your bite will be correct, and chewing and possibly even speech improved. Realignment also relieves stress on the supporting bones and jaw joints, preventing future problems. And of course, your proud smile will be bright and beautiful.

Dr. Seymour has been designated as a “preferred provider” by the makers of Invisalign. Call us today to schedule a free consultation with Dr. Seymour.



## office information

### DeSoto Family Dental Care

General Dentistry

Dr. Robert Seymour

Dr. Jason Parolli

Dr. Bryant Trotter

Dr. Pradeep Adatrow

460 Byhalia Road

Hernando, MS 38632-1319

### 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 – 5:00 pm

Saturday by appointment only

### Contact Information

Office (662) 429-5239

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Website [www.desotofamilydentalcare.com](http://www.desotofamilydentalcare.com)

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

CareCredit



## Best Of Desoto!



We were honored once again to receive the news that our office had been chosen as the *Best of Desoto County* by the readers of the *Desoto Times Tribune*. This is the second year in a row that we have received this honor. We feel extremely fortunate to have patients like you that support our practice and tell others about us.

We strive to continually provide first-rate care to our patients in a comfortable environment where everyone feels like family. We also try to keep abreast with the latest in dentistry by attending educational seminars to learn new techniques.

Thanks again for putting your trust in our practice! We appreciate you!

## SMILES FOR KIDS... Helping Those In Need

It is *Smiles for Kids* fundraising time again! This March through June, Dr. Seymour, Dr. Parolli, Dr. Trotter, and Dr. Adatrow will donate all of the proceeds from our *Zoom!*<sup>®</sup> and *Nite White*<sup>®</sup> teeth whitening treatments to *Palmer Home for Children* in Hernando. We offer discounted pricing during this time as well.

**Zoom! is discounted  
\$100 and Nite White is  
discounted \$50!**



Come take advantage of these discounts and help brighten a child's life while brightening your smile!