

The Spruce Roots Scoop

Spring/Summer, 2014

What's New?



LOOKING BACK ON THE LAST YEAR we know some changes have been happening to our office. We've had some "cosmetic" changes to our floors and walls and we have had some operational changes such as going "paperless". We have now been utilizing the iPad for check-in "paperwork" for what seems like forever and we appreciate the patience all of you have shown during the growing pains of that transition.

We have brought on some new financing options, in-

cluding Springstone Financial (springstoneplan.com), as well as CareCredit (carecredit.com).

OUR WEBSITE got an overhaul this past year as well. With fresh, new photos of our team and a new cleaner look, we are very proud of our updated site. Make sure you go online and check us out at www.spruceroots.net. You can find information on procedures, patient reviews, and our patient portal, which gives you access to your account!

We are always excited when we see patients following our Facebook page and we're hoping to push that number over 100 this year! We're very excited about all of you who have visited our page and we encourage more to join and utilize the space to interact with our office and other patients!

WE WANT TO SAY THANK YOU to all of you for being a part of the Spruce Roots Family!

Financial Corner

Now that we're more than a quarter into the new year, many of you have seen changes to your current insurance plans. Often times, these changes can be confusing and trying to navigate through all of the details with your insurance company can be overwhelming. We're here to help! Let us work with your insurance provider to determine your benefits and coverage.

We realize budgets get a

little bit tight for everybody at times. Since we all work on a budget, we know how important it is to have more flexible options available for you. We work with both CareCredit and Springstone to give you flexible financing options. Both options include no interest payment plans.

You can apply for financing from the comfort of your own home or we can guide you through the process in our office. Be sure to ask for details.

Did you know you can access your account on our website? Simply click on the Patient Login button and set up your username and password. Once you have received confirmation of your account, you can access billing, treatment plans and future appointments!

As always, if you have any questions about insurance coverage or payment options, call or email us at billing@spruceroots.net.



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Like what we're doing?

We are so grateful to all of you who have helped make this practice a success. We have heard great feedback from many of you and we always love to hear from you, our dental family.

One of the best reviews you can give us is through your referrals of friends, family and co-workers. We truly appreciate all of the great referrals so many of you have given us over the years!

Another great way to help get out the word is through our online reviews! We would love to have you share your experiences with other patients and future potential patients. Simply go to our site and click on the **Reviews** button to read what some of our patients have to say about us on the various review sites, or write your own!

Recently, we began carrying a new product line from PerioSciences which contain the novel combination of antioxidants Phloretin and Ferulic. Phloretin and Ferulic have been shown in university based studies to neutralize free radicals which lead to oxidative stress commonly caused by dental materials, alcohol, nicotine, and the hydrogen peroxide used in teeth whitening products. Case studies reveal reduced inflammation and bleeding as well as accelerated wound healing in soft oral tissue. The AO ProVantage product line is as follows:

- **AO ProVantage:** An antioxidant-infused gel designed for application on soft oral tissue is available in both a 30 ml and 15ml travel size delivers antioxidant to tissue and is extremely soothing upon application. Also contains antibacterial agents such as xylitol, menthol and thymol.
- **AO ProVantage BLAST:** A higher concentration antioxidant gel is designed to be applied after tobacco use delivering the most advanced combination of antioxidants. The unique and strong combination of essential oils, and xylitol will freshen breath even after nicotine use. Package contains three .17ml airless bottles which are easy to carry.
- **AO ProRinse:** An alcohol-free, mouth rinse that contains a proprietary antioxidant combination with the added power of catechins from Green Tea. This great tasting mouth rinse is extremely effective against general halitosis and also contains xylitol.
- **AO Pro Toothpaste:** a fluoride toothpaste that cleans teeth gently without abrasions and leaves a hydrated feeling. The multifunctional formula with PerioSciences' signature antioxidants and a specific combination of minerals, botanicals and other moisturizers supports your saliva's natural defenses and is ideally suited for extreme oral sensations.

PerioSciences and its AO Pro product line are the result of more than 20 years of experience in the topical application of antioxidants. SkinCeuticals, which commercialized topically-applied antioxidant skincare, paved the way for PerioSciences with strong anti-inflammatory results from Duke University testing.

PerioSciences was founded in 2008, when additional research at Baylor College of Dentistry and UNC Chapel Hill School of Dentistry further confirmed that specific combinations of antioxidants neutralize free radicals / oxidative stress in the oral cavity. Antioxidants naturally occur in saliva, and abnormally low levels of salivary antioxidants have been associated with oral disease, such as oral lichen planus (OLP), temporomandibular joint disorder (TMJ), periodontal disease (PD), and even oral cancer.

MISSION | Our commitment is to provide a lifetime of care that contributes to whole body health and wellness.

www.spruceroots.net or 'Like' us on Facebook

Did You Know? 32% of Americans cite bad breath as the least attractive trait of their co-workers. Make sure you are brushing those teeth twice per day! For more fun facts, visit our Facebook page!



Heather Willis, DDS

We appreciate your feedback | We always love to hear from our patients. If you have had a great experience or want to recognize one of our team members, please email us or write an online review on [Google](#), [Yelp](#), [Yahoo!](#) or on our [Facebook](#) page!

Doctor's Note | The New White Gold?

OVER THE LAST DECADE OR SO, your material options for crowns have changed significantly. I've mentioned in a previous article the lithium disilicate or eMax crown which is an all-ceramic crown without the metal. It looks very natural while maintaining the strength and integrity that the older porcelain fused to metal crowns have lacked. While the eMax is certainly one of the strongest "esthetic" crowns on the market, there still is nothing compared to the strength and durability of an all-gold crown. Many of us like the "gold standard" and prefer function and durability over looks.

Now, though, we have another option that is becoming what some dental aficionados are coining the "white gold"—Don't get this confused with the already popular silver-looking white gold alloy. We are talking about a zirconia oxide ceramic that looks like a tooth and now nearly has the strength and durability of gold. The obvious advantage the white gold crowns have over the standard gold crowns is the esthetics. The many advantages of the full con-

toured zirconia crowns over the porcelain fused to gold crowns are numerous. You now have a monolithic, or one solid material, with the zirconia crowns versus the veneered or layered porcelain fused to gold where the porcelain can chip or completely separate from the gold base. Zirconia does not wear natural enamel as abrasively as porcelain. And have you ever noticed the "black line" around some of the gum lines when someone smiles or even in your own mouth? The darker line is due to the small amount of white gold alloy that has to be carried to the edge of the crown. Even with a small amount of porcelain covering it, that metal can show through and look darker. Another advantage of the full zirconia crown is that it can be prepared as conservatively as a full gold crown. Who wouldn't like to conserve more tooth structure?

There are not many disadvantages of the full zirconia crowns. The primary disadvantage – which may be obsolete in a matter of months – is that to date, the very fine esthetics of this material are still difficult to master.

Zirconia does not have that natural translucency quality that the other porcelains and ceramics have. The good news is that it means we have durability for the back teeth doing the chewing, the bad news is that it doesn't work well in the front of the mouth because of the opaqueness or dullness of the material.

If you have been recommended for a future crown and it is a back tooth, the good news is that there is a great alternative to a conventional gold crown. Please ask our office if this is the appropriate material for your next crown.

CE Update | Dr Willis has taken many hours of continuing education courses over the past year on various topics including: **Anterior Restorative Dentistry, Implant Retained Dentures, Full Mouth Restorations, Esthetics, Dental Photography, & Occlusion.**

We know how important it is to keep you informed and healthy with information on many aspects of your oral health.

We look forward to seeing you during your next visit!



SEE OUR ONLINE REVIEWS!

