



# Ingram's Incisor

 Ingram Dental Clinic, P.C.  
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Vol. 2, 2012

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**I**ngram Dental Clinic celebrated DENTAL HEALTH MONTH by visiting the Piedmont City School System to present a dental program on prevention. **Christi Johnson**, RDH, a 14-year registered dental hygienist and **Krista Kerns**, an 11-year registered dental hygienist demonstrated to the children the importance of: a healthy diet low in sugars, oils and fats; practice preventative dentistry (how to brush and floss correctly); and, safe dental practices (avoid all tobacco products or alcohol and practice sports safety with mouth guards).

Children from the Piedmont First Baptist Church Preschool Program took a field trip to Dr. Ingram's office to visit and learn about going to the dentist and how to care for their teeth. A fun time was had by all!

All children received gifts of a brush, toothpaste, floss and coloring sheet.



Christi and Krista at Piedmont School

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[www.ingramdentalclinic.com](http://www.ingramdentalclinic.com)

Or Facebook at: Ingram Dental Clinic P.C.

## Gum Disease and Your Heart

**E**arly stage gum disease is known as Gingivitis which, if not caught early, can advance to Periodontitis. When left untreated, the disease will progress indefinitely. Why should you care? Bacteria from diseased gums is absorbed into the bloodstream. From there, what started as gum disease can lead to more complicated health problems such as: Diabetes, heart attack, premature/underweight babies (from pregnant women with gum disease), respiratory diseases, stroke, tooth loss and other health issues. Early diagnosis and treatment can help prevent complications that can be life threatening. Read below for what to look for and then call us for an appointment.

### Some Symptoms of Gum Disease:

- A loose tooth or teeth
- Bad breath
- Changes in your bite
- Gums which bleed during brushing or flossing
- Poorly fitting dentures
- Receding or red, sensitive, sore, or swollen gums
- Tooth pain or sensitivity

### How We Can Be The Solution:

- Nonsurgical gum treatment
- Tissue regeneration – to restore and strengthen bone tissue. Soft tissue grafts may also be employed to strengthen gum tissue.
- Pocket elimination surgery – reduces gaps between teeth and gums to eliminate bacteria breeding grounds.
- Laser therapy – to reshape the gum line



**MISSION STATEMENT:** “And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you; That ye may walk honestly toward them that are without, and that ye may have lack of nothing.”  
**I Thessalonians 4:11-12**



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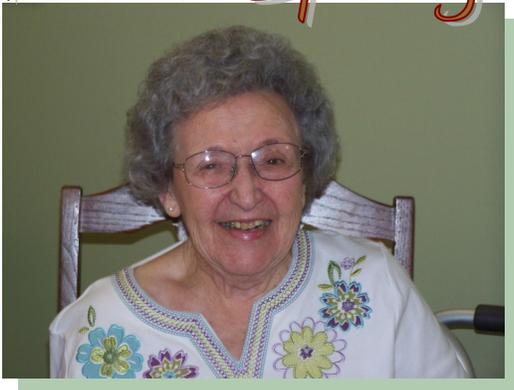


We are accepting new patients! If you are happy with the care we've given you, we would love to offer the same care to your friends and family. It's an honor to serve you.



- 100 years ago 50% of North Americans were toothless—today less than 10% of adults over 65 have lost their teeth.
- In Vermont, it is illegal for women to wear false teeth without the written permission of their husband.
- William Morrison (1860-1926), from Nashville, TN was a noted dentist, lawyer, author and leader in civic/political affairs. This 1890 graduate of the University of Tennessee Dental College co-invented the cotton candy machine in 1897 and unveiled it at the World's Fair in 1904 in St. Louis. He called it Fairy Floss.

## Patient Spotlight



Dr. Benjamin Ingram and his team are pleased to have the honor of introducing **Ms. Gaynell Anderson**.

**Ms. Anderson** recently visited our office for a cosmetic/restorative dentistry appointment. **Ms. Gaynell** was born March 16, 1916. She remembers only visiting the dentist if she had a toothache. Through the years with routine dental maintenance **Ms. Anderson** has managed to keep many of her natural teeth and replace missing teeth with removable partial dentures.

She's our shining star example that you're never too old to brighten your Smile!

## Get to Know Us



**Dawn Smith** has been with Dr. Ingram since 1984. Her career started in dental assisting while in high school. She received her Dental Hygiene license in 1986 from the University of Alabama in Birmingham Dental Hygiene Program.

**Dawn** has 2 daughters, Emily and Maggie.

**Telisha Ward** has been working in the front office since 1988. She started working with Dr. Ingram while still in high school. Outside the office she enjoys traveling and spending time with her sister Alisha, niece Harley and nephew Dakota. She helps with activities at her church, Pleasant Arbor Baptist Church in Rock Run.



**Telisha** loves meeting and helping our patients with scheduling appointments, insurance benefits and any other assistance they may need.