

CITRUS CARE DENTAL

NEWSLETTER

Citrus Care Dental, where your smile matters

A Quarterly Newsletter

2011 Fall Issue

Dear Patients,



Dr. Gary S. Padgett

*H*appy holidays. The fall season is finally here along with the upcoming holiday season. I apologize for the delay of our Fall Newsletter. I have just returned from our South East Asia visit. I had opportunity to perform meritorious deeds and worship in Myanmar (Burma). I visited several temples including the Shwedagon Pagoda, the oldest Pagoda and the most ancient historical Pagoda in Myanmar and in the world. Our patients may wonder where Myanmar is located. Myanmar is bordered by India, Thailand, Laos and China. It was such a peaceful monastery.

Now I am back and filled with positive energy. My staff and I hope all of our patients enjoyed the past summer. The new season is just about to start. The falling leaves and the smell of the new season make the holiday season feel right at your door.

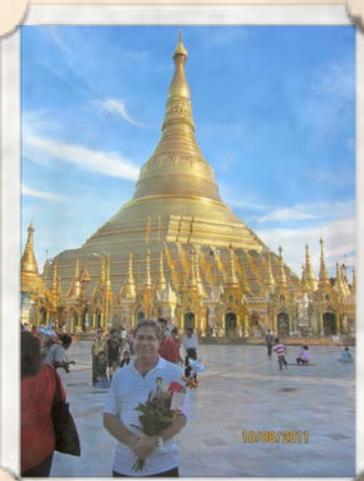
We are here to continue doing what we do best. We hope to see you all in our office soon. Until then, have a wonderful holiday.

Gary S. Padgett DDS

UPDATE & EVENTS

◆ Now you can search for Citrus Care Dental and Dr. Padgett on DexKnows.com at FL>Lecanto>General Dentists.

★ On Saturday, November 5th, the line up annual Blues'n Bar-B-Que in Old Homosassa. Susan, the president of the Nature Coast Friends of Blues (NCFB) is please to be part of this concert which will benefit "Hospice of Citrus County Camp Good Hope and Teen Encounter". Please visit our website to learn more about the bands slated to appear at www.ncfblues.com



Staff TALK

The fall season is here. The warmth of the holidays are coming. We hope our patients stay fit and healthy through the season. We have a lot to celebrate for.



Susan

Back: Chris .Kelli . Brenda
Front : Susan . Cindee . Lorraine

As a president of the Nature Coast Friends of Blues (NCFB), I am pleased to announce the line up for the annual Blues'n Bar-B-Que in Old Homosassa on this coming Saturday, November 5. It is our 5th year into this 16th year event. We are happy to be part of benefitting 'Hospice of Citrus County Camp Good Hope and Teen Encounter'. These camps are free for children dealing with the grief of losing a loved family member or friend.

Many thanks go to Dr. Padgett who annually supports this event.



❖ The line up entertainment this year includes local favorite, 'The Cool Corporate Cats', followed by regional favorite Franc Robert and the Box Car Tourist From.



Picture from 'The Chonicle' on September 29, 2011

Recently, our dental assistant, Chris, was interviewed in 'The Chonicle' supporting the 17th Rails to Trails of the Withlacoochee. The event was held on Oct. 2. Chris is a former vice president of the CSO which supports the state owned trail. Chris and others helped develop the annual Rails to Trails bike ride as a fundraiser for the trail. **Good job Chris. Keep it up!**



❖ Photos from visiting Myanmar Temples

Recipe by Danielle

Black-Eyed Pea Stew
35 minutes cooking time, for 4 servings
(10 minutes hand-on time)

► Hearty greens like collards require a slow simmer. By including beans and potatoes, you won't miss the meat in this comforting, low-fat dish.



Ingredients:

1. 4 cups low sodium vegetable broth
2. 2 cups of water
3. 8oz collard greens, chopped (about 8 cups)
4. 1 can of 14.5oz of no salt added diced tomatoes
5. 12oz red potatoes, cut into 1/2 inch dice (about 2 cups)
6. 1 can of 15.5oz black eyed peas, rinsed and drained
7. Salt and pepper

Nutrients per 2 1/4 cups serving:

Calories: 180, Total Fat: 1 g., Saturated Fat: 0 g. Cholesterol: 0 mg, Sodium: 710 mg., Total carbohydrates: 37 g., Dietary Fiber: 8 g., Sugar: 5 g., Protein: 10 g.

1. In a large sauce pan or Dutch oven, bring the mixture of broth and water to boil. Then add collard green, cover and simmer for 15 minutes.
2. Add diced tomatoes and potatoes, and return to simmer. Cover and cook until potatoes are tendered around 10-12 minutes.
3. Stir in black eyed peas and simmer until heated through about 2 minutes. Season with salt and paper to taste and serve immediately.

Dental Care

Improving your smile

A smile can be the most eye catching feature on a face. Considering the effort people take to improving their face with *Botox*, *derma fillers*, and *esthetic surgery*, it seems logical to also consider the procedures available to enhancing their smile. A person no longer needs to settle for stained, chipped or misshapen teeth. There are numerous procedures to improve your teeth and create a winning smile that enhances the face.

☑ **Tooth colored fillings:** Today we use numerous materials that are the same color as your teeth. We use a *composite (resin) type material* that we place directly in or on the teeth and then bond the material with a light to your existing tooth. This material is used for small to moderate sized fillings. These fillings sometimes after years of being in the mouth may discolor and may need replacing to improve the esthetics of them.

If the fillings the needed are quite large then it may be more beneficial for the patient to use material such as porcelain as this will strengthen the tooth while also being esthetic.

☑ **Tooth Whitening:** Teeth can become stained for many reasons, such as drinking tea, coffee, red wines, fruit juices, smoking and just the aging process along with organic material build up in the enamel. Tooth whitening is the process of removing these stains by whitening the build up of stains material out of the surface enamel that results in the teeth looking whiter after.

We *whiten* teeth in the office which we refer to as power whitening and many times follow up the office whitening with home whitening where a patient wears a removable plastic shim with bleach in it in the evening. After a week the patient will usually stop the whitening and enjoy the results.

☑ **Enamel Reshaping:** Quite often we see teeth that have worn unevenly from the aging process and/or from a person's bite. By adjusting the bite and reshaping the teeth we can routinely obtain dramatic esthetic improvements. We reshape and adjust the bite by selectively reshaping the enamel so that the teeth come together evenly and comfortably for a patient. Part of this procedure

involves adjusting the biting edges and the angles of the front teeth so that we have a symmetrical even smile line.

☑ **Veneers:** *When we have a tooth that is discolored that does not respond to whitening or a tooth that needs a large filling and needs excessive reshaping then sometimes placing a thin porcelain veneer over the tooth is the best option to restore the tooth and improve the patient's esthetics.* Many times we will cover all the teeth with veneers when we want to create a total change to the color and shapes of the patient's smile.

☑ **Orthodontics:** *Sometimes teeth that are not aligned properly can detract from a person's appearance.* In some instances we can improve this by moving the teeth with orthodontics. This can take anywhere from 6 months to three years depending on the amount of movement needed. In some instances, we may do some minor orthodontics prior to then following up with some esthetic reshaping or crowns and veneers.

☑ **Crowns/Implants/Bridges:** *We frequently resort to using crowns and if teeth are missing then we also incorporate using implants and bridges to create the ideal esthetic smile for a patient.* We may use a crown when a tooth needs a large filling and when we also want the maximum esthetic benefit from the restoration. If a tooth is missing then we may either place an implant and a crown on the implant or we may elect to prepare several teeth for crowns and fabricate a porcelain bridge to obtain maximum esthetic results.

The first step is to evaluate your smile and determine if improving your smile is right for you. If you decide you are a candidate, then Dr. Padgett can go over with you what your options might be based on your desires. Usually after that your smile can be created in wax on models that are made of your teeth. These waxed models then act as a roadmap for creating your perfect smile.

So after the Botox and facial Rejuvenation, don't forget to look at your smile.



Article by : Dr. Gary S. Padgett



Get Fit & healthy

with Danielle Beaupre

Wow! Fall is here. Hope you worked your core over the summer. Now we need to add a lower body workout; strong legs, hamstrings, inner thigh, quads, and firm glutes.

Try one set of 12-15 reps for each exercise then work your self to 3 sets. You can add a fast walk before or after the workout for 20-30mins. Good luck!

1. Traditional Squat:

Wide squat. Stand with feet wider than shoulder width apart. Cross your arms at your chest and sit back as if you're looking for a chair behind you. Push from your heels to return to the starting position. You can hold on to the back of a chair for balance.



2. Plie Squat:

Hold on to the back of the chair and turn toes out and knees keeping feet and knees aligned. Lower hips toward floor, only as low as you can go without changing your pelvis position. Keep heels down and weight evenly distributed over feet. Focus on squeezing inner thighs together as you straighten your legs. Then go to start position without locking your knees.



3. Lunges: Turn to the side, drop back knee to floor until other knee is at a 90 degree angle. Return to starting position, switch legs, and repeat.



4. Kickback:

Face back of the chair, extend left leg and kickback. Squeeze glutes for the full set then repeat with right leg. Remember to contract your abdominal muscles so spine is in neutral position. Squeeze shoulder blades together and stabilize your upper back at all time.



Citrus Care Dental Association, PLLC
 514 Citrus Memorial Allen Ridge Healthcare Center
 N.Lecanto Hwy. Route 491, Lecanto, FL 34461
 Phone : 352-746-3800
www.citrusdental.com

To receive the CCDA newsletter, please subscribe at info@citrusdental.com or download from our website.

Gary S. Padgett, D.D.S.

TM and copyright © 2011 Citrus Care Dental Association, PLLC