



STONEBRIAR

SMILE DESIGN

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**The Year 2011 is the Year
of the Mouth!**

Start With a Healthy Mouth for a Healthier Body

The American Academy for Oral Systemic Health is an organization of health care leaders and health professionals dedicated to the relationship of oral health and whole body health. Dr. Jill Wade is a founding member and understands the importance of this "oral-systemic connection" and has the experience, interest and ability to properly diagnose and evaluate risk factors and health conditions related to the mouth and which affect the rest of the body.

For additional information, visit please contact our office!

Experience

SUMMER 2011



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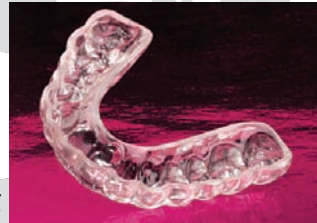
Saliva Testing is Available at Stonebriar Smile Design

After seeing the compelling evidence and research linking periodontal disease to many other systemic diseases and conditions, Dr. Jill Wade is pleased to announce the availability to complete saliva testing at our office.

Many clinical signs that we see in your mouth such as inflammation and bleeding allow active pathogens that live in your oral cavity. This is a direct path for bacteria to enter your blood stream. If you are at high risk for cardiovascular disease, certain bacteria in your mouth can be the same ones contributing to the plaque build-up in your arteries as well. More assertive periodontal therapy, more frequent cleanings, and systemic antibiotics could be a great first step in reducing your body's inflammatory state.

There are several tests available that provide detailed results showing your specific susceptibility to periodontal disease from genetic predisposition, and active pathogens that live in your oral cavity that have a high correlation with periodontal disease. These results will provide us with key details to determine the best treatment for a pro-active approach and treating and preserving your oral health.

How to PROTECT Your Great Smile



If you look in the mirror and see any chipping or wear on the front edges of your teeth then you should consider wearing a nightguard. A nightguard provides a shock absorption effect to reduce the amount of pressure you are inflicting on your pearly whites. Studies suggest those who grind and clench their teeth may experience up to 80 times the normal tooth wear per day compared to those who do not. The good news is that a simple nightguard can offset the effects of this often-subconscious habit while protecting your teeth from daily wear and tear. It can also act like a retainer at the same time and keep teeth from shifting naturally. Worn and chipped front teeth can also age your look prematurely. *Who wants that?*

SIGNS OF CLENCHING AND/OR GRINDING ARE:

- Pain in jaw or facial muscle pain
- Chipped or worn teeth
- Abfraction lesions (ditch-like effect where tooth and gums meet)
- Sensitive teeth

Dear Friends . . .

I hope everyone has enjoyed this HOT summer! I know the twins have been swimming up a storm thanks to their swim instructor "Coach Morgan". I have been amazed at how well they adapted to the water. Also, a special thanks to Kelly Scoville for the adorable clothing she makes for girls. Look at the cute outfits the twins have on in the newsletter pic. Go to www.mollyandmeboutique.com to check out her entire collection!

I am thrilled to share some very exciting news regarding a breakthrough in dentistry. It is my goal to always stay up to date on the latest technology and scientific advances for you, my most loyal patients! Over the past year I have been intensely learning about saliva testing, how it relates to advances in dentistry and the way we, as practitioners treat patients' oral hygiene regimen. I have been working closely with Dr. Tom Nabors, of Oral DNA Laboratory (Quest Diagnostic subsidiary), exploring the science behind the technology. After attending a preceptorship in Baltimore studying the Bale/Doneen method, I can safely say nothing besides my cosmetic training has impacted my view and approach to dentistry more. The two day course focused on cardiovascular disease, strokes and diabetes. Dr. Nabors is researching how oral pathogens and oral DNA are related to these diseases and more importantly how we, as dentists can be as preventative as possible when treating patients who have signs of inflammation that could increase risk for these systemic diseases. Now I have a clear direction of where I need to move my practice to take care of my patients to the best of my ability, a clear vision of my own health, and the future of dentistry as a profession.

Because of the great knowledge and people that I have met over the last year, I am proud to say I am a founding member of AAOSH. An upcoming dental professional organization that will lead the way in educating the public, our own profession, and healthcare in general on the amazing new links associated with dentistry and systemic diseases. Cheryl, Tisha, and I were able to attend the 1st Annual meeting in Chicago. We were blown away with the attendance, science, and excitement. We are all trying hard to stay on top of technology that will help you take the best care of your mouth. Your smile is important to us, and we want you to feel like sharing it with others.

Speaking of smiles, the dental divas have something to smile about. Carly, my assistant for many years had her beautiful twin baby girls, Sydney & Presley. After her emergency appendix removal in her first trimester, she had a healthy pregnancy. Proud of you girl and congratulations to the Dunson Family!

Big thanks to all of you that supported our Fight Like a Girl campaign this last year for breast cancer. We sure did have fun at Bingo for Breast Cancer, Fight Like a Girl Self-defense, Fabulous Feathers and Race for the Cure fund raising events. We surpassed our goal and raised over \$3500 for a great cause that is near and dear to my heart.



Keep smiling from the inside out!!

Dr. Wade

Medical History Forms

As many of you know research in the dental/medical field emerges and changes on a daily basis. Staying up to date with this changing information is important in being the BEST healthcare professional and patient advocate for you! It will be very important that medical history forms be thorough and accurate. There will be a new updates to complete before each hygiene visit and more thorough forms to be completed once every 3 years.

It is imperative that you inform us of all medications and health problems you are having. The mouth is connected to the rest of the body and many signs of systemic medical issues can be seen in the mouth. In the months to come we will be educating you on the oral-systemic links such as: cardiovascular disease, diabetes, strokes, hormone imbalances, acid reflux and gastrointestinal issues, food sensitivities, migraines/headaches, acidic pH balance, autoimmune diseases, cancers, and advanced aging.

Our medical history forms will be also be available for you to complete before your appointments via website or via email or fax. Upon confirmation of your dental appointments you will be asked your preference of completing these forms ahead of time. Thank you for your cooperation in this vital part of your dental experience.

The Dunson twins have arrived!

Friday, July 15, 2011

Sydney Claire Presley Olivia
6 lbs 5 oz 17 1/2" 6 lbs 8 oz 17"



Race for the Cure 2011



Fabulous Feathers

The dental divas have decided to make the American Heart Association our focus for non-profit fundraising this upcoming year.