



SmartTeeth

Helping You Make Better Dental Choices

Summer 2006

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Our Practice Philosophy

We are here to help you make good dental decisions. We endeavor to do this by getting to know you and what your desires are for your dental health. We are ready to share, with you, all the information available about your dental options and to provide you with the highest quality care for your dental needs.

Visit Our New and Improved Website

Our website has been up and down the last several years. Mostly down. Last year a friend of ours who is a computer guru, made very nice changes to our website, making it look much more professional. We included information about all of our staff, a map, and links to **Care Credit** and **Lumineers**. Go take a look and let us know what you think.

www.mccreadds.com

Would You Like E-Mail Newsletters?

Dr. McCrea has a lot of information he would like to share with his patients. He has piles of articles and journals all over his office here and at home. He has come to believe that a more efficient way of getting out more information to more of our patients would be to e-mail that information to them.



If you would be interested in receiving e-mail newsletters as Dr. McCrea develops them, e-mail him at **kyle@mccreadds.com**. Let him know if you would like information on specific topics such as: Gum Disease, New Products, How Dental Health Affects General Health (there has been a lot of new research on that lately), Diabetes, TMJ Dysfunction,

or any dental topic.

Getting the Help You Need to Quit Smoking

The American Cancer Society has started an exciting new program called **Yes You Can!** There is a call center with counselors available to answer any questions you have about smoking and/or quitting. The number is **1-877-YES-QUIT**. Their counselors can help you develop a strategy for quitting and guide you to products, such as Nicorette Gum, which is available over the counter, that could help you control cravings. Or they may suggest you talk about prescription craving control products, such as Zyban, with your physician or dentist.



Their counselors can also help you understand what symptoms may occur when you do quit. One of the things that surprised us to learn is that coughing episodes can increase for a few months after you quit smoking. It is just your bodies way clearing and healing itself.

Call us if you have any questions about the program.

Summer is Comming!

School kids and Teachers alike are eagerly awaiting **May 25th** - the last day of school for both LCISD and FBISD. School starts back on **August 16th**. That is just about eleven weeks. We are taking our vacations this summer from **June 23rd to July 5th**. As usual, we will have one of the other fantastic Dentists in town take emergency call for us. To reach him or her just call our office number and the answering service will be able to help you.



Is Your Mouth Always Dry?

Dry mouth is caused by many things. Chemotherapy for cancer treatment is one of them. Mostly though, it is caused by medications either prescription or over-the-counter. A company named Laclede, Inc. makes products to help relieve dry mouth and to make caring for your teeth and gums less irritating. The products are **Biotene** and **OralBalance**. The **Biotene** products are a gentle, non-stinging toothpastes and mouthwash. The **OralBalance** products are Sugar free gum to enhance saliva production and a gel saliva substitute. To learn more about these products call us or visit their website at www.laclede.com.

