

Contact Information

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Logos



MEN OF VALOR



Chapter 14

*"You have escaped
the cage.*

*Your wings are
stretched out.*

Now fly."

Rumi

Half Page Misc.

STUFF THE STOCKING



**Stuff a Stocking and
enjoy refreshments while you shop!**

When: Saturday, Dec. 9, 10AM-2PM
Where: Fairview Community Church
7116 Cumberland Drive
Fairview, TN 37062

For more info:
615.799.7716 or
email: Office@fccnet.org

*Pictures with Santa will be available
for those who want them!*





Websites



No matter your age, your oral health is important! Regular dental visits are needed because they can help spot dental health problems early on when treatment is likely to be simpler and more affordable. They also help prevent many problems from developing in the first place. Visiting your dentist regularly is also important because some diseases or medical conditions have symptoms that can appear in the mouth. A healthy mouth contributes to a healthy body!

Dentistry has come a long way when it comes to restoring and replacing teeth. There are now numerous options available to ensure that your smile is looking at its best. For teeth that are decayed beyond simple cavity repair, crowns, root canal therapy, dental implants, bridges, and dentures are available. Because of Dr. Gardner's vast experience, he can do the majority of these procedures in the office. For those situations where another dental professional would be best, you can be assured Dr. Gardner will consult with the one that is best for your situation and set you up with the appropriate paperwork and/or x-rays.

General Services

Teeth Cleaning **Tooth Decay** Fluoride

Tooth Colored Fillings

During your dental cleaning, our dental hygienist will ask about your recent medical history, examine your mouth and decide whether or not you need x-rays. Depending on your treatment plan, the hygienist may use a special dental instruments to check your gums for gum disease. A gentle and thorough cleaning of your teeth then occurs, including flossing.

- Brush your teeth twice a day with a soft-bristled brush. The size and shape of your brush should fit your mouth allowing you to reach all areas easily.
- Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.

Check out this interesting infographic about brushing your teeth!

Oral Health Concerns

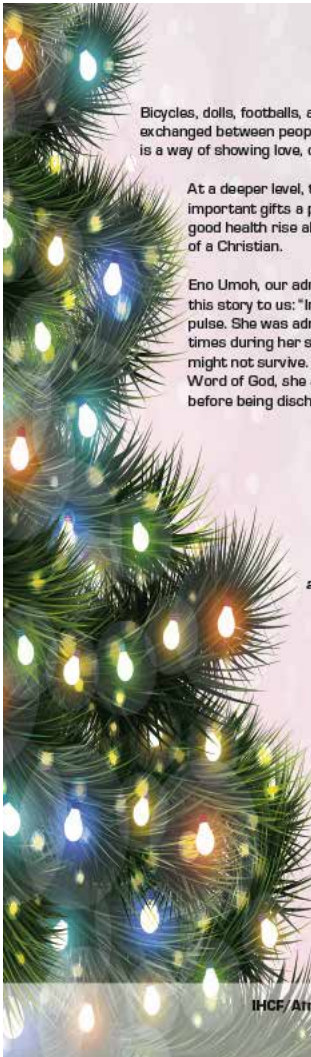
Periodontal Disease **Saliva Testing** TMJ

Periodontal (gum) disease is an infection of both the soft tissue and bone that support your teeth. The disease involves inflammation as a response to certain types of bacteria. There are more bacteria living in the human mouth than there are people living on the entire earth! Some of that bacteria is good, but some of it is bad.

The treatment for periodontal disease involves controlling the bacteria in your mouth. Treatment is important not only for saving your teeth but also in treatment of other diseases such as HEART DISEASE, STROKE and DIABETES.

Our office offers the most up-to-date treatment methods for treating periodontal disease including SALIVA TESTING to determine the types of bacteria that are present in your mouth. Once we have that information we know which antibiotics, if any, to use in your treatment.

If you have noticed sensitive teeth, gum recession, loose teeth, or bleeding gums when you brush or floss, please contact our office.



Bicycles, dolls, footballs, and new clothes are just a few of the many gifts that will be exchanged between people who love each other during this holiday season. Gift giving is a way of showing love, care and concern between one person and another.

At a deeper level, two gifts stand out and are often cited as some of the most important gifts a person can ever be given. The gift of salvation and the gift of good health rise above most others in the importance they hold in the life of a Christian.

Eno Umoh, our administrator at Palmer Hospital in Nigeria recently recounted this story to us: "Ima was unconscious with a distended abdomen and a concerning pulse. She was admitted, due medications were provided and we operated two times during her stay at Palmer. At one point, relatives lost hope fearing that she might not survive. When her health improved and she was well, on hearing the Word of God, she accepted Christ as her personal savior and Ima was baptized before being discharged."

Ima had this to say, *"I have seen the handiwork of God at Palmer Hospital and I will worship Him with all my life."*

Ima was given the gift of the Good News and the gift of restored health. Really, that sums up in a few words what we want for all of our patients. Some of our patients come to us as believers already, and it's an honor to serve our brothers and sisters: "Do good to all people but especially to those of the household of faith." Others come to us as practitioners of traditional religions or even as Muslims, and are hearing the Story of Jesus for the first time. What a gift that is and what an honor to share it with someone. For a person who is suffering from medical problems, having their health restored is a blessing beyond belief.

continued on back

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Marketing

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Perspective

It's been said that anyone can learn the technical skills necessary to create good design using the industry standard products from Adobe. There are, of course, lots of guidelines and rules that govern what makes "good" design but they can be learned as well.


The profession of graphic design has seen huge changes, driven by technology. There is one thing that has not changed about it, however. That one thing? Ideas . . . conceptualization. What good does it do for a product, service, etc., if a compelling idea doesn't drive it? That's where the rubber meets the road, so to speak. "Ideation" is where LA Creative excels.

Ideas can come from anywhere. Sometimes the best ideas are found in the simplest things. Remember that seashell on the front of this pdf portfolio? How would you describe it besides the obvious such as beige, holey, or maybe even ugly? Did you notice the texture? What about the age? Is it weathered? How about seeing it as a habitat?

I've kept that shell as a reminder to look past the obvious, to not be too quick to label someone or something. Perspective can be golden for your own self awareness as well as design success for your clients.



This cell
phone
Did Not
survive
the
Derailment
... neither did
the **Engineer.**

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