

Spring 2006

## Happy Spring

Spring has come again, and brings with it hundreds of reasons to smile. I can't help but feel refreshed when I look around and see flowers that are starting to bloom and hear the sound of birds singing in the nearby trees. This is a time for playing outdoors – gardening, picnicking with friends and family, and my personal favorite – a round of golf! Whatever you love to do in the spring, enjoy the season, and do it in good health. Happy spring to all of you!

## Implanting New Services!

I wanted to take a moment to share with you some exciting news! I have found an increasing need in our area for quality implant dentistry – so much so that I am now a member of the International Congress of Oral Implantologists and have begun personally overseeing implants in my patient cases that require them.

What are implants? Implants are substitutes for teeth and they are today's best alternative to your natural teeth. Instead of replacing a missing tooth with a removable device, implants offer a permanent or secure solution for replacing these teeth. Patients with implants find that they work just like their normal teeth – eating and chewing is completely normal, there is no need for distasteful adhesives, and implants can actually help maintain the facial bone structure and tissues.

## New Email Address

Just sending our readers a news flash – Jenny has a new email address! If you would like to sign up for confirmation service for your upcoming appointments via email, or if you simply have

any questions and would like to communicate with Jenny by email, you can now reach her at **[jenny.drnorton@gmail.com](mailto:jenny.drnorton@gmail.com)**. We look forward to hearing from you!

## New Additions

Dr. Norton is proud to announce the newest addition to the Norton family! Congratulations go out to Dr. Norton's son, Scott and his wife Kim – they recently welcomed son Benjamin Ethan Norton into the world on March 27th. Weighing in at six pounds, thirteen ounces and 18 ½ inches long, this is the second child for Scott and Kim, who live in Louisville. Ben was born on Dr. Norton's mother's birthday. Her name was Edith, hence the name Ethan in her honor.

## Feeling the Strains of Stress?

In today's day and age, the hustle and bustle of everyday life can take its toll on all of us. Stress and tension can do a lot of damage to a body – and I have found the signs of stress increasingly prevalent in my dental cases. The motion of grinding teeth and clenching jaws can lead to muscle strain and cramping in the face and neck areas, create tension headaches and often times lead to the erosion, deterioration and fracturing of your teeth.

Many people don't even know that they suffer from these symptoms

until they talk to a dentist or specialist. If you think that you may be suffering from any of these problems, there are a lot of things that can be done to help. Our office can help you prevent this type of damage – through simple devices such as bite guards for when you sleep, aversion therapy and so much more. It's just one more way that we continue our pledge of helping you keep your teeth for a lifetime. Please feel free to call us at any time to discuss this, or ask one of our staff members at your next office visit.

**Helping people keep their teeth for a lifetime.**

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