

# Celebrate Dental Health Month!

## Dr. Christine Hopkins Improves Overall Health and Lives

**H**ave you ever wondered about the true state of your oral health? Have you wondered if your big, beautiful smile conceals larger issues that exist beyond the untrained eye? The American Dental Association has designated February as Dental Health Month, in order to raise awareness about good oral health and the true impact it has on your quality of life.

“Often times a patient’s oral health is a reflection of his or her overall health,” said Dr. Christine Hopkins of Advanced Dental Center. “Recent research shows a link between periodontal (gum) disease and cardiovascular disease, stroke, respiratory infections, diabetes, osteoporosis, HIV and adverse pregnancy outcomes. Also, neuromuscular dentistry can radiate pain and problems for patients throughout their entire bodies. Our team is specially trained in diagnosing these overall health issues early to get you on the right treatment plan.”

Dr. Hopkins said she protects her patients’ oral health by investing in technology that helps to identify concerns and provide patients with a better understanding of what is happening in their mouths. “My patients’ best interest is my top priority,” explained Dr. Hopkins. “I help them truly comprehend their oral conditions and any recommended treatment plans, so that we can work together to achieve the best possible results.”

### WHERE YOUR DENTAL HEALTH MEETS YOUR OVERALL HEALTH

The statistics among United States’ adults are staggering—more than 15 percent suffer from chronic facial pain, approximately 12 million struggle with sleep apnea, and more than 75 percent are affected by some form of gum disease.

“It’s unbelievable how many patients unknowingly suffer from oral conditions that harm their overall well-being,” Hopkins said. “Many have been misdiagnosed for years and feel resigned to suffering through their symptoms. When our team correctly diagnoses their pain or underlying problems and begins treatment, you can see the wave of relief that ripples throughout their lives. Those are our favorite success stories.”

To minimize the risk of other health complications, Dr. Hopkins recommends that patients brush their teeth, floss regularly, use mouthwash, and attend regular dental visits for their oral health evaluations.

“It’s also important not to delay or deny any treatment your dentist recommends,” Dr. Hopkins said. “This can cause a major detriment to your health. Always considering overall health, I recommend what is in my patients’ best interest at all times.”

### CARE AND TECHNOLOGY THAT IMPROVES LIVES

At Advanced Dental Center, all patients are active participants throughout their appointments and their treatment plan developments. First, patients’ concerns are listened to and addressed. Next, they undergo a thorough oral exam and discuss any findings with Dr. Hopkins. Working together, Dr. Hopkins and her patients develop the best treatment plan to fit each patient’s individual needs. Patients leave Advanced Dental Center truly understanding and feeling confident about their treatment and care. To aid in patient education and early diagnosis, Dr. Hopkins readily invests in the latest advances in dental technology, including intraoral cameras, digital X-rays and DIAGNODent.

“Intraoral cameras give my patients a first-hand view of what I see, which helps them visualize as I walk them through a treatment plan,” explained Dr. Hopkins. “I can show them exactly where problems will exacerbate if they delay treatment and can explain the increased discomfort and associated cost.”



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## Learn some important facts about how your oral health impacts your overall health:

- Untreated sleep apnea patients may experience cardiovascular problems, headaches, memory/concentration challenges, impotence and weight gain.
  - People with periodontal disease are twice as likely to suffer from heart disease.
  - TMJ symptoms include migraines, dizziness, body stiffness, depression, difficulty sleeping, limited jaw mobility, numbness in hands and more.
  - People with periodontal disease are more likely to suffer from a stroke.
  - Pregnant women who have periodontal disease are 700 percent more likely to have a baby born too small and too early.
  - Those with diabetes are more likely to have periodontal disease. Severe periodontal disease can increase blood sugar, raising the risk for diabetes complications.
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Digital X-rays allow Dr. Hopkins to more closely view each tooth's surface and to notice concerns before they become problematic. This technology also saves the patients time, emits less radiation and is more environmentally friendly than traditional X-rays. The DIAGNOdent allows Dr. Hopkins to find cavities on the chewing surfaces of back teeth, even when they are just beginning—cavities that would have been missed by previous detection methods.

Advanced Dental Center takes patients' blood pressure and vital signs at every appointment to check for any changes or abnormalities. "Our team also performs a biopsy if any type of oral lesion is found," Dr. Hopkins said. "This precaution ensures the earliest diagnosis possible and earliest treatment, if needed. I have great relationships with physicians in other fields of medicine and enjoy working with them to give my patients the best treatments possible."

### TOP EDUCATION LEADS TO TRUST

Educated at the University of Texas Health Science Center in San Antonio (the top dental school in the nation), Dr. Hopkins graduated with eight prestigious awards and went on to earn a certificate in Advanced Prosthodontics. Only two percent of dentists in the United States have completed the level of training and education that Dr. Hopkins has undergone, making her the obvious choice to take care of your restorative, cosmetic or preventative dentistry needs.

Take advantage of the latest in dental technology and visit a dentist who cares about you, Dr. Christine Hopkins of Advanced Dental Center. 📍



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