



THE *Power* OF PREVENTION

BY GRANT ZELLNER

PHOTOGRAPHY BY AIMEE LOUISE PHOTOGRAPHY

Lately, you may have noticed that many dental practices are offering certain types of specialized treatment. Cosmetic practices deliver stunning results through smile makeovers and other aesthetic treatments. Restorative practices offer healing through crowns, bridges, and implants. Through new technologies and techniques, you can have a beautiful, functional smile – easier than ever before.

Still, dentists are adamant that the spotlight should never be taken off the importance of regular, preventive care. And, while most practices offer general dentistry, many people neglect the regular care that can prevent harmful dental conditions, and go much more than six months between visits.

Dr. Christine Hopkins of Advanced Dental Center in Plano agrees that consistent, preventive care is key. In her office, patients have access to state-of-the-art cosmetic and restorative dentistry, and every patient – even those just seeking a dentist for regular checkups – receives focused, preventive care beginning with his or her very first visit.

It all starts with a comprehensive evaluation. This gives Dr. Hopkins and her team a holistic picture of the patient's health and dental history, as well as a current assessment of the condition of the patient's teeth and gums. From this evaluation, Dr. Hopkins can create a unique, preventive program for each individual patient – one designed to preserve natural teeth and to prolong the life of any restorations such as crowns or bridges.

“We emphasize a personal relationship and a relaxing, non-clinical environment,”

said Dr. Christine Hopkins



"I had a great experience with Dr. Hopkins. Now I can't stop smiling!"

- Ashley, Actual Patient

KNOWLEDGE IS ESSENTIAL

A patient's six-month hygienic cleaning and polishing is only a part of a typical preventive plan. Dr. Hopkins utilizes several forms of technology to better diagnose and inform her patients.

Digital photographs, as well as the use of an intraoral camera, help patients see exactly what Dr. Hopkins sees. By using these images, Dr. Hopkins can educate patients about any developing problem areas or about any teeth that need immediate treatment.

"This way, our patients can see their teeth for themselves and can agree to the treatment rather than feeling pressured or uninformed," said Dr. Hopkins.

Dr. Hopkins also utilizes digital radiographs (X-rays) in her practice. Digital radiographs provide her with instant images to use during diagnosis. They also expose patients to less radiation than traditional, film-based radiographs. This benefit allows the patient to have a fresh set of radiographs taken at each visit, if necessary. The patient and Dr. Hopkins are able to catch any negative conditions in their infancy, making treatment less invasive and more effective.

Advanced Dental Center also believes in the importance of fluoride treatments for adults as a major preventive measure. Fluoride helps to add minerals back into the teeth, while reversing the damage made by cavity-causing acids. Fluoride also protects the natural tooth structure beneath fillings and crowns and guards against tooth sensitivity.

COMFORT IS KEY

Throughout each patient's visit, Dr. Hopkins and her team focus on their patient's comfort.

"We emphasize a personal relationship and a relaxing, non-clinical, environment," she said. "We try to give much more individualized

attention than other practices. Everyone here knows you by first name. We think that's important. We value those relationships."

In today's economy, Dr. Hopkins agrees that patients must also be comfortable with the financial aspects of their dental care.


"Our customized treatment plans always take things like insurance benefits and 'flex plans' into account," she said. "We help patients fit their care into their personal financial calendars."

PREVENTIVE DENTISTRY IS ACTIVE TREATMENT

Dr. Hopkins is a prosthodontist whose advanced skill makes her one of the preeminent implant and reconstructive specialists in the country. At Advanced Dental Center, patients – even those with severely debilitating conditions – have access to life-changing cosmetic and restorative treatments. However, preventive care remains a central focus of the Advanced Dental Center team.

Preventive dentistry guards against the formation of bacteria that cause cavities and that can lead to gum disease. In addition, numerous studies have linked poor dental health to diabetes, heart disease, and other general health problems. Patients who maintain regular, preventive care regimens enjoy a higher quality of life and reduce the odds that they will need dramatic treatment down the road.

"The greatest defense against poor dental health and disease is prevention," said Dr. Hopkins.

As a prosthodontist, Dr. Christine Hopkins graduated with eight prestigious awards from the top dental school in the nation, while also earning her certificate in Advanced Prosthodontics and a Masters in Science in Oral Biology. Only two percent of the dentists in the United States have this level of education and experience, and Dr. Hopkins remains at the forefront of her field through extensive continuing education. 

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