

GRAHAM T. EGGER, DDS

COSMETIC, IMPLANT & RESTORATIVE
FAMILY DENTISTRY

FROM THE DENTIST...

WINTER 2024



Dear Patients and Friends,

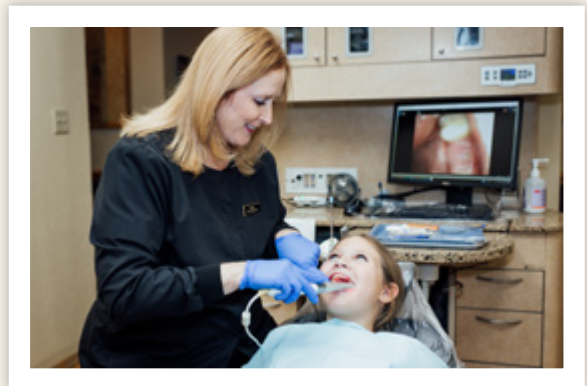
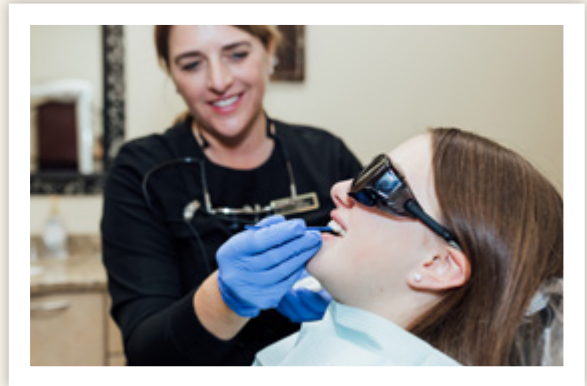
We are ecstatic to be leaning into 2024, which means this is the start of our third year in Colleyville! It's been a joy to get to know all of you better - and truly by the fourth or fifth meeting, it becomes easier to quickly recall the meaningful details that make each patient's story unique - family members, exciting milestones, upcoming or past vacations, hobbies, etc. We know building a relationship with you is more of a marathon than a sprint, and it just takes time to develop trust and comfort - we are excited to see when foundation is being laid and it's starting to happen!

The next time you are in the office, you may notice that we have two signs that display our Vision Statement. This was something that we brought from our Washington practice, but it essentially describes our treatment philosophy and goals. It helps serve as a guide and aspirational target for how we hope to conduct ourselves on a daily basis. Back in January 2022, we did a group exercise where we took time for each team member to pick a word from the vision that resonated with them - it was fun to see what stood out to each person for what they could truly embrace and own. If you are curious what they were - we'd love you to ask us at your next appointment!

Relationships and the sense that our patients are known as an individual is a high priority and aim for us. We know it's also important for you to have an idea of who we are as individuals. Please feel free to visit our website - grahameggerdds.com to find updated bio's of each of our current team members. Below, find a little family update of what has been happening in this stage of life for Shannon and I, along with the girls. We want to do our part in the relationship so you can feel connected to us too - not many industries allow for this personal connection over years anymore, but it truly is one of the things we value about dentistry the most.

We pray your New Year is off to a great start, and we look forward to hearing about it soon!

With gratitude,
Dr. Egger



Please visit our website at www.GrahamEggerDDS.com

JOIN US IN WELCOMING BEATRIZ & MICHELLE!



Pictured from left to right; Kristen, Beatriz, Renee, Dr. Egger, Shannon, Lisa, Mayra and Michelle

VISION STATEMENT

We are a legacy dental practice built on relationships.

Our passion is providing exceptional comprehensive dentistry in a gentle manner and comfortable environment.

As a team we are committed to knowing our patients as individuals, earning their trust through our high standard of integrity, and delivering the best health care possible.

Our patients value our services and our time. They will partner with us to achieve optimum oral health because they recognize the benefit to their overall health.

We serve real people, with real lives, by creating authentically beautiful smiles that inspire confidence.

We are thrilled to introduce two new team members! Please read below to learn more about Beatriz (dental assistant) and Michelle (front office). We are truly so happy to be working together and our passion and goal is to serve our patients well!



Beatriz

FAVORITES

HOBBIES: cooking and baking

FOOD: Italian food

HOLIDAY: Thanksgiving

GETTING TO KNOW BEATRIZ!

How long have you been in the dental field and what do you like most about it?

I've been a RDA for 12 years. My favorite part of my career is getting to know and understand patients to help them feel as comfortable as possible during their appointment.

Do you have a favorite development in dental technology?

The ability to have 3D imaging is pretty cool if you ask me! I love this because it helps our doctors better diagnose and treatment plan for each patient's individual needs.

What do you like best about working in this office?

My favorite thing about working with Dr. Egger is that I truly feel like I'm a part of something greater. Working with a Team that treats patients with true compassion and takes their time to provide personalized care makes it a joy to be here.



Michelle

FAVORITES

HOBBIES: Crafting, Live Concerts, Traveling and Comedy Shows

FOOD: Italian, Mexican and Steak

PLACES TO VISIT:

Back home to see family

HOLIDAY: Valentine's Day

GETTING TO KNOW MICHELLE!

Tell us a little about yourself:

I have four kids and six grandkids. My hometown is Peoria, Illinois. I moved to Texas in July 2021 and I will be 50 this coming April!

How long have you been working in the dental field, & what do you like most about it?

I have been working in dentistry for 23 years, all in the front office. I love interacting with patients, developing a rapport with them, and seeing them smile.

Do you have a favorite development in dental technology?

Everything- But I especially love implants!

What do you like best about working in this office?

Dr. Egger and Shannon are amazing, and I love the camaraderie with my co-workers!

WHAT TO EXPECT AT EACH AGE

DID YOU KNOW THAT FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH?

In honor of that, we thought we would do a little segment on "what to expect" for each stage of development - a lot happens in the mouth between birth and age 18!

Also, we would be happy to see your kids and grandkids! We are a family dental practice, and would love to make it a great experience! Bonus: most pediatric offices don't routinely have hygienists (RDH) performing your child's cleaning-but the cost is the same or more! You will get more education and value by establishing care here as soon as comfortable!

We love our periodontists-and definitely still refer to them when the occasion calls!

Age 0 – 3 years

WHAT TO EXPECT AT YOUR CHILD'S APPOINTMENT:

- Getting familiar with the dental office from a young age is a helpful thing, and having a positive experience can go a long way in reducing dental fears later in life. A ride in the chair, trying on gloves and a mask, and meeting "Mr. Slurpee" the suction, are all part of the introduction to the dental environment.
- Oral hygiene instruction will be given to parents on how to care for your child's teeth during this stage.
- The dentist will do an exam, and while "counting their teeth", will be looking for any areas of decay and also will be checking that their teeth are erupting in a normal fashion.

WHAT'S HAPPENING IN THEIR MOUTH:

"Baby teeth" or primary teeth can appear as early as four months or as late as one year, but on average the first tooth will erupt at about six months of age. These teeth are important for your growing infant in helping them to chew food and to form sounds in speaking. They also are helpful in holding space for permanent teeth. Typically, your child will have all 20 primary teeth by the age of three.

DENTAL EXAM AND CLEANING RECOMMENDATION:

The American Dental Association recommends that your child be seen by a dentist sometime between when their first tooth erupts and their first birthday. After that first exam, we recommend at least once a year until age 3.

Age 4 – 6 years

WHAT'S HAPPENING IN THEIR MOUTH:

For most of this stage, your child will enjoy a break from getting any new teeth. The primary teeth are all in and usually are pretty easy to clean. Towards your child's sixth birthday, you can expect them to have their first permanent molars erupt behind their last primary molars. At about the same time, you might notice some wiggly front teeth on either the top or bottom arch.

DENTAL EXAM AND CLEANING RECOMMENDATION:

On average, we recommend your child be seen once every six months; depending on amount of decay or possible other concerns, maybe more frequently.

WHAT TO EXPECT AT YOUR CHILD'S APPOINTMENT:

- Your child will continue to get familiar with the dental office environment. Rather than hearing from friends or siblings about "the dentist", it is important that they develop their own impression. Positive early experiences can help greatly in reducing later dental anxiety.
- X-rays may be attempted, especially as your child nears age 6. Radiographs are the best way to detect early decay, and also allow the dentist to see how permanent teeth are developing.
- Your child might have their teeth "painted" with pink disclosing solution; this allows them to visibly see where they are missing with brushing. The dental assistant or hygienist will help to show them how to brush and floss the plaque ("cavity bugs") off. They will also "tickle" and clean their teeth by polishing them with a soft rubber cup and paste.
- The dentist will do an exam checking all the teeth for decay and eruption cycle, and also look for sores or abnormalities inside and outside the mouth.
- Fluoride Varnish, also known as "tooth vitamins", is painted on the teeth as a preventative measure to protect against decay.

WHAT TO EXPECT AT EACH AGE



Age 7 – 12 years

WHAT'S HAPPENING IN THEIR MOUTH:

This is a stage of huge transition in your child's mouth, with lots of primary teeth being lost and new, "adult" teeth coming in. While the Tooth Fairy is getting her workout, this is also a very important time to establish proper cleaning habits and techniques, primarily related to brushing and flossing. Your child's second permanent molars typically come in around age 12, and most/all baby teeth have been lost as well.

DENTAL EXAM AND CLEANING RECOMMENDATION:

We strongly encourage appointments at least every six months, and sometimes depending on homecare or whether your child is in braces, every four months. This allows us to monitor closely the eruption cycle, protect newly erupted teeth with fluoride varnish and sealants, and detect and treat cavities early with the help of x-rays.

WHAT TO EXPECT AT YOUR CHILD'S APPOINTMENT:

- Dental Radiographs or "X-rays" on a yearly basis typically, but dependent on individual and decay rate.
- Disclosing solution used to identify areas being missed at home. Homecare instruction given by dental hygienist or assistant, including proper use of toothbrush and floss and recommended frequency. Individualized instruction for hard to get areas or specific circumstances.
- Polishing and instrumentation to remove food debris, plaque and calculus (mineralized, hard deposit on teeth). Evaluation of gum tissue to monitor health and watch for possible mouth sores, gingivitis (gum tissue infection) or unusual cases of juvenile periodontitis (loss of bone supporting teeth).
- The dentist evaluates hard and soft tissues of the mouth, including the tongue to look for abnormalities. Each tooth is examined for possible decay, and a general overview of eruption cycle and jaw and bite formation will be assessed.
- Fluoride varnish is applied to exposed surfaces of teeth to protect against decay and help re-mineralize weakened enamel.



Age 13 – 18 years

WHAT'S HAPPENING IN THEIR MOUTH:

Typically, your child will have all their adult teeth by age 13, though they may be in various stages of coming in. This is an important time to evaluate how their "bite", or occlusion, is developing. Around age 16 to 20, your child might become aware of his third molars, or wisdom teeth, erupting behind their last permanent molars. Wisdom teeth are unique in that depending on the size of your child's mouth, they might erupt or may stay impacted. Some people have only one or two wisdom teeth, and others can have extra wisdom teeth called supernumerary teeth.

DENTAL EXAM AND CLEANING RECOMMENDATION:

We strongly encourage appointments at least every six months, and sometimes depending on homecare or whether your child is in braces, every four months. This allows us to monitor closely the eruption cycle, protect newly erupted teeth with fluoride varnish and sealants, and detect and treat cavities early with the help of x-rays.

WHAT TO EXPECT AT YOUR CHILD'S APPOINTMENT:

- Dental Radiographs or "X-rays" on a yearly basis typically, but dependent on individual and decay rate. A panoramic film might be recommended to monitor development of third molars.
- Disclosing solution used to identify areas being missed at home. Homecare instruction given by dental hygienist or assistant, including proper use of toothbrush and floss and recommended frequency. Individualized instruction for hard to get areas or specific circumstances.
- Polishing and instrumentation to remove food debris, plaque and calculus (mineralized, hard deposit on teeth). Evaluation of gum tissue to monitor health and watch for possible mouth sores, gingivitis (gum tissue infection) or unusual cases of juvenile periodontitis (loss of bone supporting teeth).
- The dentist evaluates hard and soft tissues of the mouth, including the tongue to look for abnormalities. Each tooth is examined for possible decay, and a general overview of eruption cycle and jaw and bite formation will be assessed.
- Fluoride varnish is applied to exposed surfaces of teeth to protect against decay and help re-mineralize weakened enamel.

EGGER FAMILY UPDATE

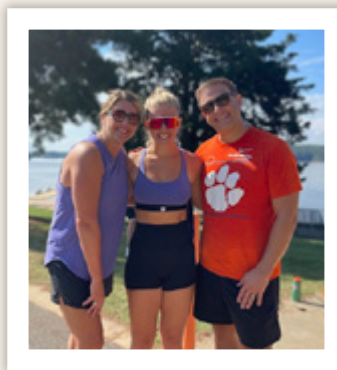
One of 2023's major accomplishments was that we finally got a family photo - in cowboy boots - at the Stockyards! This was something our girls had envisioned ever since moving to Texas in Fall 2020, and with the Stockyards being one of their favorite places, and all things country a major draw, helped us feel one step closer to formalizing our new identity as proud Texans!



In August 2023, Dr. Egger and Shannon were thrilled to stand alongside their oldest daughter, Lauren, as she celebrated her White Coat ceremony and the beginning of her two-year dental hygiene training at the University of Oklahoma's Health Sciences College in downtown OKC. It was a very proud moment to add another family member to the dental provider lineage - and we love hearing her enthusiasm about all she is learning, and now practicing on her own patients!



In October 2023, Dr. Egger and Shannon were able to fly back to Clemson, South Carolina to be a part of Parents Weekend with their second daughter, Camille, who is both a scholarship rower and a nursing student there. New this year was a chance for the parents to step into the boat with their athletes and attempt to race other boats - this was a crack up, and we were blessed that no boats crashed or capsized, though there was a close call or two! Dr. Egger and Camille even led the final team chant before we parted - it was a great experience for the memory banks!



Also in later October 2023, Dr. Egger and Shannon enjoyed going to Southlake Carroll's Homecoming parade for the third time with their two younger daughters, Ashley and Madeline (who are currently a junior and freshman in high school respectively) - and then a few days later enjoyed taking pictures as they headed off to the Homecoming dance. This has been such a fun tradition to learn about, in particular the mums! It hasn't gotten too crazy yet, but we understand that senior year can mean some pretty dramatic displays, so we are starting to save now! The four of us are also very much looking forward to heading to Ecuador over Spring Break 2024 with Christian Medical and Dental Society's Global Health Outreach (GHO). We would covet your prayers as we step out in faith to serve the people of Ecuador, addressing dental needs and teaching basic components of dental hygiene. It will be an adventure to remember!



Final note for 2023: after a three year campaign by our daughters to add another girl to the mix - we got a puppy! A silver lab named Hazel now keeps us busy walking and being out in the neighborhood! There is something special about having a dog in the home!



LET'S TALK TOOTHPASTE

with Lisa



Are you grappling with issues like tooth decay, dry mouth, or sensitivity? Don't worry, you're not alone, and there are practical solutions to help you achieve a healthier mouth. Let's explore some options together!



FLUORIDEX | Flavor: Mint | Ages: 12 and up

Ever heard of Fluoridex? It's like a superhero for your teeth! Specifically designed for those at high risk of cavities or with a history of decay, Fluoridex is a prescription-strength toothpaste packing a punch with 1.1% sodium fluoride. This powerhouse provides a daily defense by putting a stop to bacterial mischief and enhancing remineralization. Bonus: If you struggle with sensitivity, Fluoridex has got you covered with 5% potassium nitrate.

CLINPRO 5000 | Flavors: Vanilla Mint, Bubblegum | Ages: 6 and up

Meet Clinpro 5000 - the toothpaste with the perfect blend of science and nature. Clinpro 5000 is clinically proven and boasts prescription-strength magic with 1.1% sodium fluoride and Tri-Calcium phosphate. This dynamic duo strengthens enamel, fights off cavities, and even works its magic on those pesky white spot lesions that love to hang around after braces.



PREVIDENT 5000 DRY MOUTH | Flavor: Soothing Mint | Ages: 6 and up

Dry mouth got you feeling parched? Prevident 5000 Dry Mouth is here to rescue you! Whether it's due to not sipping enough water, hot and dry weather, or medication playing tricks, dry mouth can leave you vulnerable to tooth decay. This toothpaste is your hydration hero, offering significant remineralization with 1.1% sodium fluoride. Plus, it's SLS-free, so it's kind to your tissues and won't leave you feeling like the Sahara.

MI PASTE | Flavors: Mint, Strawberry, Melon, Vanilla | Ages: 7 and up

Now, let's talk about MI Paste - the cool, water-based crème that's not a toothpaste but offers a unique solution. Applied after brushing, MI Paste is like a breath of fresh air for your teeth. With 0.20% sodium fluoride, calcium, and phosphate, it releases essential minerals that not only combat cavities but also do a fantastic job reducing sensitivity, protecting against acid attacks, reversing white spot lesions, and relief to dry mouth. MI Paste also comes in a fluoride-free option, making it suitable for pregnant individuals or those with Hashimoto's.



I hope this information helps you navigate the options available through our office. Remember, we're here to work with you and find the right solution for your specific needs. Feel free to reach out for personalized guidance on achieving a healthier smile!

OFFICE INFORMATION

GRAHAM T. EGGER, DDS

COSMETIC, IMPLANT & RESTORATIVE FAMILY DENTISTRY

SMILE TEAM

DENTIST/BUSINESS OWNER:

Dr. Graham T. Egger, DDS

FRONT OFFICE: Kristen and Michelle

ASSISTANTS: Mayra and Beatriz

HYGIENISTS: Renee, Lisa and Shannon

OFFICE HOURS

MONDAY: 8:00AM - 4:30PM

TUESDAY: 8:00AM - 4:30PM

WEDNESDAY: 8:00AM - 4:30PM

THURSDAY: 8:00AM - 4:30PM

FRIDAY: CLOSED

LOCATED ON BROWN TRAIL



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Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.