You might never picture this, but our team must also stay on top of our regular dental appointments! The last thing we want is to be having the “time of our lives” and suddenly have a painful dental problem.

Being proactive about your dental health is always the way to go. What can you do? Brush after meals and floss daily (that’s the obvious one). Watch for any abnormalities such as tender gums, bleeding (or a pinkish tinge to your toothpaste when brushing), food that is catching on dental work, or any sore in your mouth that doesn’t heal after two weeks. Wear a mouthguard if you’re playing sports where there’s even a small chance of contact – we can custom-make one for you. And keep your regular recall appointments with us.

As always, if you need to see us on short notice, it’s never too late. Give us a call. We’ll fit you in and keep you smiling!

Yours in good dental health,

Drs. Mark Hildahl,
David Keup, and
Jock Stevick

Introducing A New Dentist

To Souris Valley Dental Group

We are pleased to announce a new dentist joining our team here at Souris Valley Dental Group. **Dr. Jerick Hensen** will begin his practice with us in July. Dr. Hensen is a recent graduate of dental school from Creighton University School of Dentistry. He will be available and helping patients in our office providing a wide range of dental services.

Dr. Hensen is from our area, growing up in Glenburn, ND. Jerick graduated from both MSU-Bottineau and MSU-Minot prior to attending dental school. He and his wife Hope (originally from Tioga), have returned to the area along with their new son Huntley. Both have family in the area.

Jerick is an avid sportsman and outdoors person. He is an active hunter and fisherman, and enjoys many sports. He has served as a referee in high school sports prior to attending dental school. While in school, Jerick also spent a considerable amount of time serving as a volunteer in providing dental care to underserved populations.

We would like all of you to help us welcome Dr. Jerick Hensen to our dental family as he continues the tradition of excellent dental service to the people we are privileged to serve.
Scientists consider wisdom teeth to be no longer useful... like your appendix, tailbone, and ear muscles.

1. Also called the third molars, wisdom teeth are the last teeth to erupt, usually around 17-21 years of age.

2. “Impacted” means the tooth is blocked from growing into its normal position, resulting in sideways growth or partial eruption. This can lead to pain, inflammation, infection, and cysts that damage adjacent teeth and jawbone health.

3. The solution is monitoring. We’ll keep an eye on your wisdom teeth and your oral health in general to intercept any problems before they intercept your smile.

Crowns can not only completely rejuvenate a smile... they can change your outlook on life. Are you missing teeth, causing you to be self-conscious? Do you find yourself covering your smile? Don’t be embarrassed any longer – we can help.

Crowns & bridges can give you the smile of your dreams!
- Fix stained or worn-down restorations that add years to your appearance
- Correct teeth that are tilting and shifting because of a gap
- Repair teeth that have been severely damaged through decay, grinding, a bad bite, injury, or medications.

Call for a consultation today.

Cleanliness Is Next To... The easiest thing ever!

The best toothbrushing techniques are actually very logical because they’re based on which surface you’re brushing.

OUTSIDE SURFACES – With your brush at a 45° angle, gently brush along the gumline in a circular motion.

INSIDE OF TEETH – Same as outside surfaces. For the back of your front teeth, brush up and down.

BITING SURFACES – With bristles at 90°, use a back-and-forth motion.

FLOSSING ONCE A DAY... ensures you don’t miss cleaning up to 35% of your tooth surfaces!
A Little Bit Of Heat

That can help your smile!

The iron content in broccoli can help reduce enamel erosion by approximately 50%, while wasabi (green horseradish) has antimicrobial properties that help prevent cavities. What could be better than a recipe that combines both like this one from the American Academy of Cosmetic Dentistry?

Broccoli With Wasabi Sour Cream Sauce

Ingredients:
1 bunch broccoli (about 3 stocks)
¼ tsp sea salt
¼ cup sour cream
2 Tbsp water
1-2 tsp wasabi powder
6 drops stevia or 1 Tbsp of sugar

Directions:
1. Wash & slice broccoli into bite-sized pieces. Steam until tender-crisp.
2. Blend wasabi powder, water, salt, stevia or sugar, & sour cream. Add more wasabi for extra heat.
3. Toss broccoli in sauce ... & enjoy!

Give Gum Disease The Old Heave-Ho

Nearly all of us will experience gingivitis, the early stage of gum disease, but did you know that half of the population aged 30 or older already have periodontitis, the more advanced form of gum disease?

Gum disease is a chronic inflammatory condition that attacks your gums and your teeth’s supporting structures (bones and ligaments) … and possibly your entire body. It doesn’t have to be that way. Excellent home care including daily brushing, flossing, and rinsing, plus recare visits with us, can reverse and even prevent gingivitis and periodontal disease.

WATCH OUT. GUM DISEASE IS SNEAKY…

1. It appears silently without symptoms and progresses slowly so you hardly notice. Eventually swollen and bleeding gums and bad breath become part of “the norm.”

2. Although caused by bacterial infection and inflammation, the severity of the disease can be greater due to inherited susceptibility, smoking, inconsistent home care, diet, and medications.

3. In addition to spoiling your appearance, gum disease has been linked to, and may exacerbate, many systemic illnesses including diabetes, cardiovascular diseases, osteoporosis, cancers, dementia, and Alzheimer’s.

BRUSH • FLOSS • SMILE
Office Information

Souris Valley Dental Group
Mark Hildahl, DDS
David Keup, DDS
Jock Stevick, DDS
Jerick Hensen, DDS
1300 37th Avenue SW
Minot, ND 58701-7240

SUMMER HOURS
Dr. Hildahl’s & Dr. Hensen Office Hours
Mon 1:00 pm – 9:00 pm
Tue/Wed/Thu 7:30 am – 4:00 pm
Fri 8:00 am – 12:00 pm

Dr. Keup’s Office Hours
Mon/Tue 8:30 am – 5:00 pm
Wed/Thurs 8:30 am – 3:00 pm

Dr. Stevick’s Office Hours
Mon 8:00 am – 7:00 pm
Tue/Wed/Thu 7:30 am – 4:00 pm
Fri 8:30 am – 12:00 pm

Phone Numbers
Dr. Hildahl (701) 852-5595
Dr. Keup (701) 852-3013
Dr. Stevick (701) 852-5595
Dr. Hensen (701) 852-5595
Fax (701) 852-2669
Email svdg@minot.com
Website www.sourisvalleydental.com

Office Staff
Diane, Cheryl, Terrie, Cassie.......................Patient Coordinators
Sandy............................Business Coordinator
Cheryl, Angie, Jodi, Taya....Dental Hygienists
Becky, Margaret, April, Lindsey, Carmen,
Krystal............................Dental Assistants

Fun In The Sun

Exposure to the sun causes 90% of skin cancers, so it’s important to find ways to stay safe while having fun.

- Stay out of the sun from 10am to 2pm when its rays are most intense.
- Always wear a brimmed hat.
- Use a sunscreen with an SPF of at least 15 and one that protects against UVA/UVB rays.
- When possible, wear long-sleeved light-weight shirts and pants. Some athletic clothing is made with sun-blocking fabrics.
- Check your body regularly to identify skin changes. Report changes in existing moles or new growths to your doctor.

Remember to set a good example for the kids! As adults, we have an extra responsibility to practice what we preach.

Spreading The Word

Thank you so much

The power of the spoken word cannot be denied. When used to help improve the lives of others, words not only bring positive change, they often bring life-long results. And, when spoken as a referral or “personal testimonial,” all kinds of good things spring forth.

Do you know how we measure the quality of care we provide for you? Every time you return to our practice, give us your positive feedback, and tell your friends, family, and colleagues to come see us for their dental care, you are letting us know that what we do for you matters. Your support motivates us to continue raising the bar on the superior standards you expect.

Thank you, from all of us, for your feedback, loyalty, and ongoing new patient referrals.

Make Life Easier

With our online access

Welcome to our online family! We have recently transitioned to paperless charting, and with that have modified our online services. Did you know that Souris Valley Dental Group offers great online tools to help you stay in control of your dental health? You can:

- Get appointment reminders in email and text
- Request appointments online
- Securely access your complete treatment and account history 24/7
- Make payments online
- View estimated insurance balance

You can choose which communications you want to get, so please take a moment to activate your account and pick your password at:

https://patientconnect365.com/login/4771

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.