

## from the dentists

### Autumn Again

#### *It's checkup time*

The seasons have rolled around and fall, the season of reflection, has returned. Holidays are wonderful, but regular habits like brushing and flossing can get neglected. Because we usually consume more sugary snacks and beverages, we put even more stress on our oral health. Your whole family will need their after-summer dental checkup.

Are your children playing any contact sports this fall? They'll need to be fitted for proper mouthguards if they play football, soccer, hockey, basketball, or even track and field. We can custom fit and supply the safest mouthguards available right here in our office.

So when the autumn leaves swirl, look forward ... to your healthy smile! With proper home care, regular visits to our office, and mouthguard protection, you'll be flashing those pearly whites *every* season!

*Yours in good dental health,*

*The Doctors & Staff of Souris  
Valley Dental Group*

## Don't Let Your Insurance Company Spend **Your \$**!!

**As the end of the year arrives, you may be about to  
LOSE your INSURANCE BENEFITS!!**

Collectively, and without a word of warning, last year our patients lost over 1/2 million dollars of benefit. Most plans don't allow you to carry over your unused benefit past December 31st. So if for example, you have \$500 of benefit remaining, and some treatment not yet done, **it's like they're reaching into your pocket on January 1st and stealing your \$500.**

Because so many of our patients realize this at the last minute, December can sometimes be almost impossible to schedule your necessary treatment before the end of the year. Rather than waiting until the last minute, we hope that this reminder will encourage you to call today to schedule your most convenient time.

So check out your family, or call our office today to see if there is any unscheduled work that needs to be done before the end of the year, and **SAVE YOUR MONEY.**

And of course - thanks for being a patient in our office.

*The staff of Souris Valley Dental Group*



# The Forgotten Feature

Don't let your lower teeth spoil your smile

Your lower teeth are special. They are the first to come in – and the first to be forgotten. Have you ever seen a dazzling smile dim when stained, worn, uneven lower teeth come into view? That doesn't have to happen to you. Here are some popular cosmetic techniques to get your bottom teeth – and your entire smile – in tip-top shape.

**If...** stained or metal fillings are ageing your smile, consider white composite fillings and tooth-colored porcelain inlays that are so natural looking, they are virtually invisible.

**If...** your teeth are stained and discolored, consider teeth whitening. It is the number-one cosmetic dental procedure because it is so easy and so effective! Say goodbye to stains from food, beverages, nicotine, root canal treatments ... and age!

**If...** your teeth are chipped, cracked, or spaced, consider bonding materials that cover these flaws. They're tooth-colored, and look and feel just like your own enamel. Also consider porcelain veneers which are ultra-thin, hand-sculpted shells which cover the front surface of teeth.

**If...** your teeth have been weakened by root canal therapy, clenching, grinding, or an impact injury, consider metal-free crowns which entirely cover the affected tooth to restore appearance and function. They're strong restorations, with a very natural look.

Each of these esthetically pleasing techniques whitens or protects or strengthens your smile. The restorations even resist the bacteria that cause gum disease. You can double the wattage of your smile with a cosmetic dental makeover – from the bottom up!

# Dry Brushing Works

## Brush without toothpaste first

According to the *American Dental Association*, adults are flossing and brushing more. Other research reports that brushing *first* without toothpaste or water can reduce plaque deposits by 67% and gum bleeding by 50%! Dry brushing your teeth first adds only 90 seconds to your home care routine. Here's how it works.

- Starting with the inside surfaces of your teeth, place your dry brush at a 45° angle so it's half on the gum and half on the tooth.
- Gently vibrate the toothbrush bristles in a forward and backward motion, working some of the bristles under the gum.
- Brush the inside surfaces of your teeth, the outside, and the biting surfaces.
- **Repeat the process – this time, using toothpaste and water.**

Always floss daily and clean your tongue. If you can't brush, rinsing with water after eating can reduce bacteria by 30%.

*Art conservators have restored stained, darkened masterpieces using information from the library of the American Dental Association. Modern teeth whitening techniques are considered both gentle enough and powerful enough to restore some drawings that were formerly considered "lost causes."*

# Breaching The Barrier

Hospitable microbes encourage gum disease



## Archaea. är'kè-ə

Now you know a word that hasn't even made it into many mainstream biology textbooks. You might want to remember it though. It may have important implications for the future of your oral health.

Archaea is a class of microbes that look like bacteria but are actually completely different. Commonly found in nature, they have never been associated with disease. But now, for the first time, these microbes have been

linked with periodontal (gum) disease. The more abundant the archaea in the mouth, the more severe the gum disease. Scientists suspect that the archaea microbes do not directly cause gum disease but contribute to it by creating a friendly environment for the bacteria that do cause it.

When bacteria are allowed to build up on your teeth, they create plaque, an invisible sticky film that can harden into tartar. Over time, tartar damages your gums which are a natural barrier that protects the inner tissues of your mouth. When this barrier is breached, harmful germs can cause bone loss, tooth loss, and may even enter your bloodstream.

How can you prevent progressive periodontal disease? Don't let your home care routine lapse. Brushing morning and night, flossing once a day, getting enough rest, and eating nutritiously are important steps for good dental care. Be sure to maintain your regularly scheduled visits with us to help control the bacteria-producing plaque and tartar buildup on your teeth and below your gumline.

# Dispelling The Myths

Don't let anxiety interfere with your life

Avoiding dental visits can actually interfere with your life because poor oral health can negatively affect your overall health. Here are some misconceptions people have about their dental anxiety.

**Myth:** Dentists don't like to treat fearful patients.

**Fact:** Our team will welcome you. We understand your need for trust, and we are committed to building a relationship with you.

**Myth:** In today's world, avoiding the dentist is rare.

**Fact:** Studies suggest that about 20% of people worldwide are afraid of the dentist. That is more than a billion people!

**Myth:** There's something wrong with me if I'm afraid of the dentist.

**Fact:** Fear is an emotion. People who are anxious about dental visits are as normal as anyone else.

Together we will create the care strategy that works for you.

# Gain Your Health

## Quit smoking

Since tobacco use is the leading cause of oral cancer, it's definitely worth it to rise to the challenge. Weight gain has been cited by many smokers as the primary reason they won't quit.

First, it's been estimated that you would have to gain about 125 pounds to put your health at a comparable risk to smoking. The average weight gain after quitting is only 5-10 pounds.

As your energy levels increase, you will begin to feel better and more interested in physical activity...

- A moderate increase in physical activity can help keep weight off.
- Eliminating 200 calories of food intake per day may negate the extra calories acquired from not smoking.

Strive for success by planning a diet and fitness program *before* you quit. And never take a "pass" on your regular oral health exams.





# Just What You Asked For!

## Faster, safer, & environmentally friendly radiographs

We learn a lot about your oral health through a visual examination of your teeth and gums. But even with 20/20 vision, there are things that can't be seen with the naked eye. Technological tools are invaluable in helping us detect potential trouble, and by far the most effective of these is the *dental radiograph*, or x-ray.

We are now able to offer our patients a new type of x-ray, the *digital radiograph*, which offers benefits beyond the traditional x-ray. We place a sensor that is about the size and shape of a domino on the inside of your cheek. It sends signals to a computer which are translated into large, crisp, electronic pictures of your

teeth, supporting bones, and gums. The pictures can be enlarged and colored for clarification and are stored in your file for future reference.

Because digital radiographs require 90% less radiation than traditional x-rays, you can relax ... the radiation is so low, you no longer have to wear a lead apron and we don't have to leave the room!

The digital radiograph makes it easier and less expensive to detect, diagnose and plan treatment long before problems become visible to the naked eye.

We'll recommend digital radiographs periodically, as you need them. It's the best and safest way to guard your smile against unexpected problems!



## officeinformation

### Souris Valley Dental Group

Mark Hildahl, DDS

David Keup, DDS

Jock Stevick, DDS

601 18th Ave SE, Suite 101

Minot, ND 58701-6732

### Dr. Hildahl's Office Hours

Mon 1:00 pm – 9:00 pm

Tue/Wed/Thu 8:00 am – 5:00 pm

Fri 8:00 am – 12:00 pm

### Dr. Keup's Office Hours

Mon/Tue 8:30 am – 5:00 pm

Wed/Thu 8:30 am – 3:00 pm

### Dr. Stevick's Office Hours

Mon 8:00 am – 12:00 pm

5:00 pm – 8:00 pm

Tue/Wed/Thu 8:00 am – 5:00 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

Fax (701) 852-2669

Email hildahl@minot.com

After Hours Pager (701) 833-9758

### Office Staff

Diane, Cheryl ..... Patient Coordinators

Sandy ..... Business Coordinator

Cheryl, Angie, Jodi ..... Dental Hygienists

Becky, Margaret, April, Lindsey, Rochelle .

..... Dental Assistants



Capital One/Healthcare Finance

## Imagine...

What change would most improve your smile power? Be sure to ask us... We can help!



## Office Changes

**Terrie is moving** ... after 23 years of dedicated and friendly service to the patients and practice of Souris Valley Dental, our friend and colleague Terrie is moving on (and away from Minot). Terrie is returning to the Spokane, Washington area where her family lives. We are all going to miss her friendly and helpful manner.

**Diane is returning** ... Diane is training in our office to take over the position of patient coordinator. She is originally from this area, and recently returned after living in Colorado and Minnesota. We welcome Diane to our practice, and look forward to her contributions to our practice.



Terrie is working with our new patient coordinator – Diane – in learning the systems for patient care at Souris Valley Dental.

