

fromthedentists

Schedule Smarts

Avoid the rush!

With the coming arrival of warm weather and vacations, we all expect some disruption of routine in the pursuit of holiday fun. Most times this can work to your advantage. For example, we offer flexible scheduling for all of our patients. In fact, we encourage you to keep up with your recall appointments ... even when the dentist is on holiday!

Our dental hygienist helps keep your teeth and gums clean and healthy, and makes a general assessment of your mouth and overall health. The hygienist's key concern is the prevention of dental disease. The dentist's is the diagnosis and treatment of it. All of your x-rays and assessments are always reviewed by our entire team.

Call for a spring or summer appointment and avoid the back-to-school rush!

Yours in good dental health,

*The Doctors & Staff of Souris
Valley Dental Group*

turnthepage

Making a statement ... with veneers!

7 smile solutions ... 7 reasons to smile!

Natural radiance? Rely on us!

Sedation Dentistry

Helping you to relax

From the discovery of nitrous oxide as an anesthetic until the present, dentists have worked long and hard to diminish or eliminate patient pain.

In one study, 90% of the patients who experienced fearfulness about dentistry felt more comfortable when oral sedation was used to relax them. Anxious or even phobic patients often discover that sedation dentistry can offer the perfect, relaxing solution for maintaining good dental health.

We use oral sedation (pills) for many of our patients who are needle-phobic. Since patients can often undergo treatment for longer at one sitting, multiple procedures can be completed in fewer visits. Oral sedation is also very safe, and effective for several hours after the appointment.

How will you feel? Most patients feel that they have slept through the appointment. You will need someone



to bring you to our office on the day of your sedation appointment, and you must have someone take you home afterwards.

Oral sedation is a safe and effective way to reduce the stress and anxiety associated with the dental appointment ...it's just that easy. In addition, the use of nitrous oxide (laughing gas) will enhance the relaxation during the appointment, making the time in the dental chair a pleasant and comfortable experience.

The only thing standing between you and getting the dental care you want is a couple of tablets of medication. It couldn't be simpler.

Benefits of oral sedation include:

Elimination of fear, reduction of anxiety.

Reduction of anxiety about injections.

Increases comfort levels throughout treatment. Heightens relaxation.

Decreases gag reflex and saliva flow.

Increases sense of control.

Ability to adjust sedation requirements throughout treatment.

Fewer visits...



Seven Reasons To Smile

Communicate ... express yourself ... enjoy!

Why do *you* smile? Is it because you're greeting someone ... trying to reassure ... sharing joy ... covering embarrassment, sadness, or anger ... putting a good face on things, so to speak?

We'll guess you answered *yes* to all of these! And you're probably surprised at just how often you do smile!

Today we not only communicate with our smiles, we express ourselves with them. Like our clothes, hair, job, and home, smiles convey who we are.

We seek recognition from others, and smiles are one of the ways we find it. A smile is so important that it's the only facial feature humans can identify across the distance of a football field. Smiles make us feel good in another way... They release endorphins to give us a natural high.

That's a lot of good reasons why we want *you* smiling. And it's our pleasure to have just the smile solutions that will give you the feel-good recognition that a warm smile can provide.

1 Whitening Lightens the color of teeth that have darkened due to age, smoking, coffee, tea, medication, or endodontic treatment.	2 Crowns Cover broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color.	3 Veneers Cover front of tooth to mask discoloration and improve tooth shape through esthetically pleasing contours.	4 Bridges Replace one or more natural teeth by supporting a false tooth attached to one or two crowns.	5 Braces Correct crooked or crowded teeth, overbites, underbites, incorrect jaw position.	6 Composite/Inlays/Onlays Restore and strengthen decayed areas while looking extremely similar to original tooth color.	7 Bonding Masks discolored teeth, and can camouflage other flaws while straightening slightly crooked teeth.
---	---	--	--	---	---	--

Save Energy... Smile

Does it take fewer muscles to smile than to frown? Well, it depends on who you ask. There are 53 facial muscles, and deciding which are involved in frowning or smiling is a bit subjective. By some counts, it takes a mere 11 to smile and an enormous 12 to frown.

Don't feel like smiling? Studies show that even faking a smile can make you feel better ... and it only takes an energy-saving two muscles!

Tips for Lips! **Frame that smile!**

Poets have waxed lyrical about lips. So have anthropologists and zoologists. But *really*, who sees more lips than your dental team? Here are some of our favorite lip tips.

Moisten. Drink plenty of fluids and condition lips with balm.

Stop. Do not lick or chew your lips. The skin is very thin and is easily damaged.

Exfoliate. To smooth away roughness, take a clean, dry, soft or ultra-soft

toothbrush, then gently brush your lips for several seconds to keep the skin smooth.

Switch. Matte lipstick shades have less moisturizer than shiny, so alternate them periodically.

Prevent. Age lines around your mouth - and skin cancer - can be prevented by quitting smoking and wearing sunscreen. If you have some premature lines, cosmetic dentistry may even plump wrinkles out!

Sarcopenia

You can prevent it

Osteoporosis and the bone loss that precedes it directly affect the health of your jawbone and teeth. The inactivity that contributes to osteoporosis can also lead to *sarcopenia*, a loss of skeletal muscle mass that can result in muscle atrophy.

Both genders are affected, but women are at greater risk than men for both diseases because they start out with less muscle and bone mass. Sarcopenia sufferers have fewer reserves to fight illness when the body withdraws muscle protein to aid in healing and fighting infection.

One in three people over age sixty fails to eat the required amount of protein, a dietary risk linked to poor dentition.



Your overall health affects your oral health. That's why we encourage weight-bearing exercise and a healthy diet throughout your life.

How Radiant?

Rely on us

No matter how dazzlingly white you want your smile to be, you can rely on us for completely natural results. The flat, matte, chiclety-looking restorations and whitening effects of the past really *are* a thing of the past.

If you look closely, you can see that there is a slight color gradation in natural tooth enamel. Enamel appears dense from the gumline to the middle, and thinner and more translucent at the tips or biting edge. The enamel at the front of your mouth differs from the back.

Using clinical microscopes that show color, texture, and micro surface anatomy, scientists have developed whitening systems and restorative materials that can virtually replicate the real thing.

Translucent restorations like veneers, crowns, bonding, and dentist-supervised predictable whitening procedures, ensure a totally natural look.

Glitz or glamor?

Make a statement with porcelain veneers

Glitz is glitter. Glamor is gold. Glitz is a rock diva. Glamor is an unattainable film icon. Wherever you fit on the glitz-glamor continuum, there is no better way to express your personal style than with a gigawatt smile. And whatever your trademark, exquisite porcelain veneers are all

about *you*. These *before & after* photos prove that a picture is worth a thousand words. Please call for *your* consultation!

Veneers: What's So Special

- Hand-sculpted just for you.
- Long-lasting.

- Whitening adds youthfulness.
- Dramatically recontour your smile.
- Translucence and natural color create depth and high realism.
- Applying veneers doesn't involve moving your teeth.
- Won't stain/wear like natural teeth.
- Resists disease-causing bacteria.



Improve
teeth size & gumline



Transform
discolored & crowded teeth



Correct
spaces between teeth



Mouth-Body Connections

Important health links

Researchers are providing more evidence each day of an important connection between your overall health and your oral health. Here are just some of the ways in which periodontal disease, or gum disease, may affect other conditions you have, or those that you might develop.

With **heart disease and stroke**, the facts are compelling. People with periodontal disease are almost twice as likely to suffer from coronary artery disease as those with disease-free gums. One study found that 85% of heart patients studied had periodontal disease. The most likely explanation is that somehow plaque and oral bacteria find their way into the blood stream

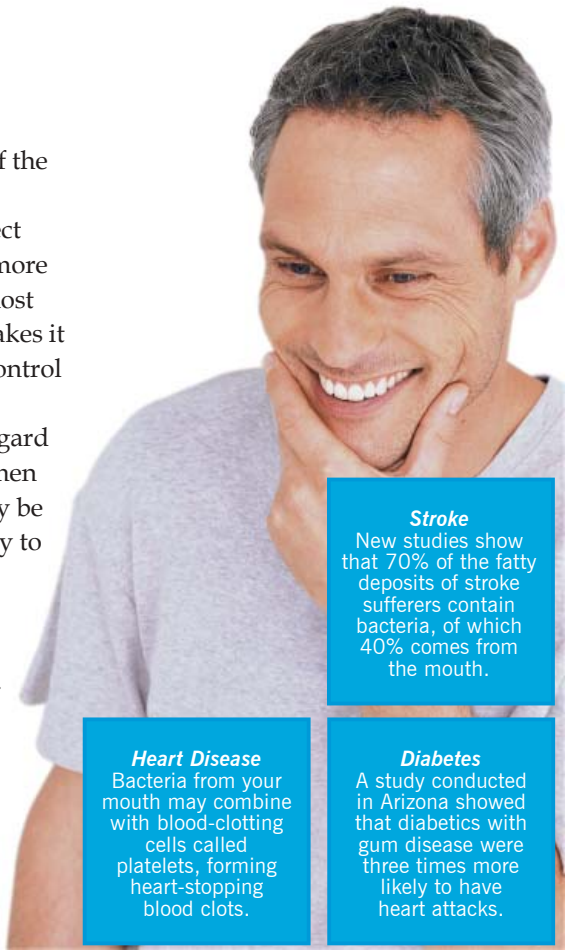
and contribute to the thickening of the walls of the coronary arteries.

Diabetes and gum disease affect each other equally. Diabetics are more likely to have gum disease than most people. And gum disease itself makes it more difficult for the diabetic to control blood-sugar levels.

The connection is clear with regard to **premature birth**. Pregnant women who have periodontal disease may be as much as seven times more likely to have a baby born too early. Why? Some research suggests that gum disease may increase levels of the biological fluids that induce labor.

There is also evidence that periodontal disease contributes to **respiratory diseases** and **osteoporosis**.

Simply put, periodontal health is a top priority for your overall continuing health.



Stroke

New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

Heart Disease

Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

Diabetes

A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

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 Summer Office Hours

Mon 1:00 pm – 9:00 pm
Tue/Wed/Thu 7:30 am – 3:00 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 – 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
Fax (701) 852-2669
Email hildahl@minot.com
After Hours Pager (701) 833-9758

Office Staff

Terrie, Cheryl Patient Coordinators
Sandy Business Coordinator
Cheryl, Angie, Jodi Dental Hygienists
Becky, Margaret, April, Lindsey, Rochelle
..... Dental Assistants



Healthy Teeth Diet

Ensure you have one!

Nutrition plays an extremely important role in oral health, particularly during childhood. The greatest single threat to the dental health of children comes from the excessive use of *non-milk extrinsic sugars* found mainly in sodas, juices, biscuits, cakes, candy, and table sugar. These sugars provide about 17% of the energy for most children. The figure should be no more than 10%.

What is also alarming is the practice of adding sugar to milk-related food and allowing kids to sip sugary drinks for prolonged periods.

The first line of defense, after cutting down on sugars, is to immediately brush the teeth.

A family plan to eat well, to follow a rigorous home oral care program, and to schedule regular dental checkups will go a long way toward a lifetime of shining smiles!

Recommendations...

Are appreciated!

Your personal recommendations can directly influence the decisions made by family, friends, and acquaintances to a far greater degree than any advertising campaign. This is true in every aspect of life, from decisions on which restaurants to try, to which professionals to use... including dentists. When you make an enthusiastic recommendation to family or friends, they will usually follow it. Our dental practice is living proof. The majority of new patients come from the recommendations of our patients, like you.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their recommendations.

Every recommendation and referral you give us is greatly appreciated and valued. *Thank you.*

