

## fromthedentists

### 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.*

*Yours in good dental health,*

*The Doctors & Staff of Souris  
Valley Dental Group*

## turnthepage

The grind of bruxism

The secret? Strength, of course!

Absolute discretion: dental implants

## Maximize Your Benefit

### Minimally invasive dentistry and your healthy future

If you've wondered why we encourage you to come and see us every three to six months, it's because we believe that cavities and oral diseases are *not* inevitable. Our team is committed to minimally invasive (MI) dentistry. This means that we are dedicated to using the least invasive procedures to create the maximum oral health benefits for you.

Of course that means using today's superior technology to remove less healthy tooth enamel than in generations past, but it means much, much more. Our team is committed to providing leading-edge dental care through ensuring:

- Adequate consultation time so that we can discuss your hopes and desires for your smile and oral health;
- Education and home care guidance to prevent gum disease and cavities;
- Regular recall examinations for the prevention of caries (decay), periodontal diseases, and other oral diseases;

■ State-of-the-art diagnostic tools, restorative materials, and precision equipment for earlier diagnosis and effective treatment plans which save more natural teeth and tooth enamel when intervention – even cosmetic intervention – is required or desired.

Your quality of life can be improved through optimal oral health. Research has linked gum disease to respiratory and cardiovascular diseases, cancers, and diabetes. With MI dentistry, many oral health concerns can someday be a thing of the past. In other words, our commitment to MI dentistry is a commitment to your healthy future!

Composite fillings look more beautiful than amalgam, and less healthy tooth is removed in order to prepare teeth.



amalgam



composite

*Thank you for all your referrals. We appreciate them!*



# Easy Care Cosmetic Dentistry

Use the oral care style that suits your smile!

Cosmetic dentistry has revolutionized our ability to restore appearance and function to your smile. We can give patients the look they want if they're dissatisfied with the look that nature gave them! Veneers, bonding, bridges, crowns, and orthodontics can close gaps, camouflage cracks, chips, and discoloration, and even straighten your smile.

Even though the materials used in restorations reject plaque-producing bacteria, it is still essential to protect gum tissue against periodontal disease. If you've been thinking that this means complicated home care, nothing could be further from the truth. Today there are many tools that make it *very* easy. Our team can help you with your restoration selection and your technique!

Tools For Easy Care		
<b>Veneers &amp; Bonding</b> Flossing and brushing with soft or ultra-soft brush Mild, non-abrasive toothpaste Electric toothbrush	<b>Crowns, Bridges, Implants</b> Interdental brush Sulcus brush Oral irrigator Floss & floss threader	<b>Fixed Orthodontics</b> Interdental brush Orthodontic toothbrush Multipurpose floss Oral irrigator Sulcus brush

## Bruxism & TMD

Get regular exams and prevent chronic problems

We are committed to preventive dentistry, so we are always on the alert for symptoms that could lead to chronic difficulties like temporomandibular joint disorder (TMD). This is a common problem that involves the joints used in chewing, swallowing, and talking. TMD can lead to localized symptoms or seemingly unrelated headaches or earaches. One of the first culprits we look for during regular examinations is *bruxism*.

Bruxism is the name for forceful grinding and/or clenching of your

teeth. Grinding is usually noisy; clenching is silent. Either can create so much stress on the jaw joints that patients experience serious and even debilitating muscle spasms and pain, common symptoms of TMD.

Many individuals are unaware that they "brux," so we look for telltale signs that include:

- worn-down teeth;
- sensitive teeth;
- chipped or broken teeth;
- cracked or loose restorations;
- scarring of the tongue and cheeks.

## Indirect Impact

In a car accident, it is not necessary to sustain direct impact or trauma to the face or jaw to cause Temporomandibular Joint Disorder (TMD) symptoms. Magnetic resonance imaging (MRI) has documented the relationship between cervical whiplash and TMD.

Whiplash injuries can also occur in sports or during falls.

Although earlier attempts to cure bruxism have ranged from sound alarms, electrical stimulation, psychotherapy, hypnosis, and drugs, we can now recommend simple, effective dental solutions. Some act like a crutch to rest the jaw joints while others encourage a natural reflex that stops your jaw automatically to protect your teeth and jaw joints.

We recommend regular dental visits so that we can monitor your oral health – and prevent little problems of all kinds from getting bigger.

# Have A Chili-Pepper Day! Endorphins rule

Chocolate-covered chilies could have a great future in dentistry. Both chocolate and chili peppers prompt the release of endorphins, nature's pain killers and mood boosters. Endorphins have been credited with enhancing our immune system, creating euphoria, removing superoxides that cause disease and ageing, and lowering blood pressure.

When you are stressed and nervous about a dental visit, your blood pressure can go up so that you produce more adrenaline. This can make it harder for anesthetic to work and increase behaviors like teeth grinding and clenching that can damage your oral health. We'd rather see you happy, relaxed ... and producing endorphins. You know we'll do our best to keep you smiling!

Endorphins are released  
in your brain by:  
sunshine  
exercise  
meditation  
massage  
smiling and laughing!



## Discreet Dental Implants

Anyone  
You  
Know?

You've probably met someone with a dental implant and didn't even know it. Completely natural looking, they have saved hundreds of thousands of beautiful smiles. Dental implants are on the leading edge of technology and use special biomaterials - and they can be placed in only one or two office visits!

You could be a candidate for dental implants. Call us for an evaluation. We'll happily answer your questions.

### What else?

- Implants are artificial tooth roots which anchor to surrounding bone and to which replacement teeth are attached.
- Permanent replacement teeth are translucent like natural enamel and are framed by your natural gum tissue.
- Implants are long-lasting and reliable.
- Implants can replace one tooth, rebuild an entire jaw of missing teeth, or secure dentures.

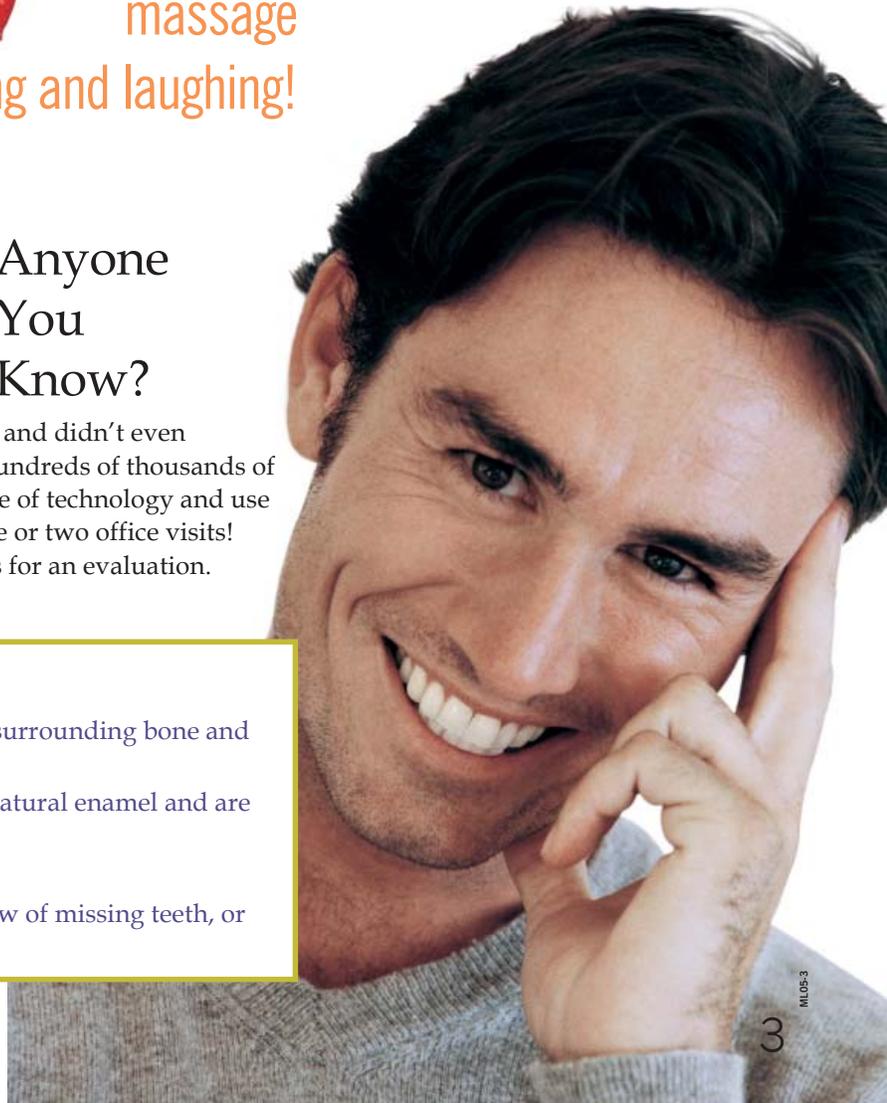
## The Secret Is Strength

Crown & bridge can  
restore your smile

A crown restoration or *cap* can do wonders for your smile! The benefits of this natural-looking and durable restoration are evident even for inconspicuous zones like your side or back teeth! A single crown or a crown and bridge will eliminate gaps, drifting, crooked teeth or a malocclusion (bad bite). The secret is in its strength.

A crown is used for protection and support when a tooth is weakened by a break, a fracture, or a very large filling. For one or more missing teeth, a bridge (one or more replacement teeth) can be anchored by one or more crowns.

Crowns and bridges restore tooth function and appearance. Beautiful materials that reflect light like natural enamel ensure the completely confident and natural-looking smile that everyone notices!



# Your Smile Foundation

Step by step. Smile by smile.

Most people are concerned about the appearance of their smile. In fact, in one survey, 80% of participants wanted to improve their smiles. We

## Periodontal Stages

Between your tooth and gums is a space called the *sulcus* which, when healthy, is a crevice about two to three millimeters deep. When tartar and plaque invade, it deepens and is called a pocket, providing an excellent hiding place for bacteria.

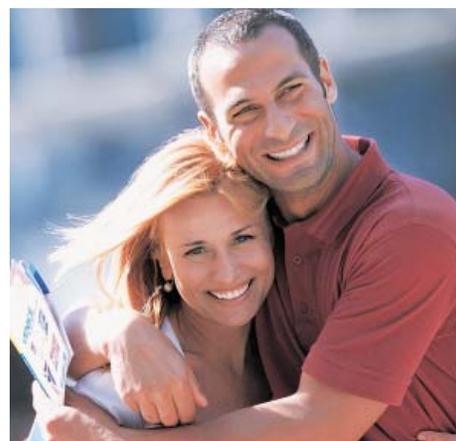


can give you a more attractive smile with procedures like porcelain veneers, gum sculpting, and dental implants.

But first things first... Appearance and oral health are inextricably linked. Pink, healthy gums and a strong, supporting bone structure – both key to optimal periodontal health – are essential before any cosmetic procedure will have the desired dramatic impact.

Periodontal disease occurs when the number of oral bacteria increases, and the balance tips from harmless bacteria to harmful bacteria that form a film called plaque. Without regular brushing and flossing, plaque accumulates and will transform into rock-hard tartar that can only be removed by dental professionals. Periodontal pockets develop and house an over-proliferation of bacteria which wreak havoc on your oral health.

Periodontal disease may be an autoimmune disorder in which immune



factors in the body attack a person's own cells and tissue. This may explain its link to systemic diseases including diabetes, cardiovascular disorders, cancer, and osteoporosis. Obesity, stress, poor nutrition, and smoking are all contributors to periodontal disease.

Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile. We are always happy to discuss your cosmetic dentistry options, but first, we want you to have a healthy foundation.

## office information

**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

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



Capital One/Healthcare  
 Finance

## Please Visit Our New Website

[www.sourisvalleydental.com](http://www.sourisvalleydental.com)



## Everyday Information...

For everyday use

■ Make sure your child wears a custom-fitted mouthguard when playing sports. They are the best protectors your child's teeth can have.

■ Never allow your infant to go to sleep with a bottle containing formula, milk, or juice. This habit can cause severe decay problems.

■ Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.

■ If your teenager decides that oral piercing is cool, please schedule an appointment with us. We might have more luck than you in convincing them that oral piercing is really dangerous.

■ Make sure you schedule regular checkups with our office. Early detection of oral problems can prevent complex and costly procedures.

