

fromthedentists

Enjoy The Pace

Summer opportunities

I hope that summer provides as much of a slower pace for your family and friends as it does for mine. The tempo is more relaxed around the practice as well ... so it's a great time to schedule an appointment.

If you've been too busy for treatment, now is the time to call us. And if you're looking for a consultation, having unrushed time to think about your smile goals is ideal. It takes time for dental assessments and for your full involvement in treatment decisions. There's also processing for paperwork if you want to use your 2006 insurance before it expires on December 31st. Summer is the half-way point for most plans.

...But don't take half-measure in enjoying summer fun! Remember your sunscreen, drink lots of water, and enjoy summer and the sun to the fullest!

*Yours in good dental health,
The Doctors & Staff of Souris
Valley Dental Group*



Check our web site for more information about dental topics.
www.sourisvalleydental.com

Study: Inflammation

Worst heart attack risk

Associated Press Nov 2002

BOSTON: A landmark study offers the strongest evidence yet that simmering, painless inflammation deep within the body is the single most powerful trigger of heart attacks, worse even than high cholesterol. The latest research is likely to encourage many doctors to make blood tests for inflammation part of standard physical exams for middle-age people, especially those with other conditions that increase their risk of heart trouble. The study, based on nearly 28,000 women, is by far the largest to look at inflammation's role and it shows that those with high levels are twice as likely as those with high cholesterol to die from heart attacks and strokes. Over the past five years, research by Dr. Paul Ridker of Boston's Brigham and Women's Hospital has built the case for the "inflammation hypothesis." With his latest study, many believe the evidence is overwhelming that inflammation is a central factor in cardiovascular disease,



by far the world's biggest killer. Other possible triggers include high blood pressure, smoking and lingering low-level infections, **such as chronic gum disease**. Inflammation can be measured with a test that checks for C Re-active protein, or CRP, a chemical necessary for fighting injury and infection. For the first time, Ridker's study establishes what level of CRP should be considered worrisome, so doctors can make sense of patients' readings

Did You Know?? Chronic tooth infections can kill you

- 40% of deadly bacteria in your body comes from your mouth.
- Over 200 types of bacteria live in your mouth. Any tear in the gums allows this bacteria to go into your blood stream.
- Pregnant women with gum disease are 7 - 8 times more likely to give birth prematurely or have babies with low birth rate.
- Periodontal disease places you at risk of having a FATAL heart attack.
- Periodontal disease increases blood sugar making it more difficult for diabetics to control their sugar levels.

Thank you for all your referrals. We appreciate them!



Cause For Concern

Why should you be concerned about periodontal (gum) disease?

Periodontal disease is so common that estimates of those affected range from between 75% to more than 90%. It is an insidious bacterial infection that begins with no symptoms and can progressively affect the appearance of your gums, cause bad breath, and eventually lead to tooth loss which can affect your ability to chew, speak, and socialize. It causes progressive bone loss which can alter the proportions of your face. Periodontal disease has also been linked to cardiovascular diseases, diabetes, osteoarthritis, premature births, kidney disease, oral cancer, lung disease, and Alzheimer's.

What causes it?

Plaque, the soft thin film you may feel on your teeth, is a natural *biofilm* with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into *calculus* (or *tartar*) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums against the migration of oral bacteria into your bloodstream. The earliest and most common stage of gum disease is called *gingivitis*. As it progresses, it is called *periodontitis*.

How can you prevent or manage gum disease?

It's very important that you maintain a home care routine to prevent plaque from becoming calculus. Maintaining adequate nutrition and avoiding stress, teeth grinding and clenching, and tobacco can help. Keep your regular appointments so we can keep on top of things, because once calculus is formed, only your dental team can remove it. Thanks to modern dentistry, periodontal disease can be managed – and even reversed!

Go Pro-Active!

Prevent cavities and gum disease

We know that bacteria has been linked to cavities *and* gum disease. A pro-active approach to your home care routine will go a long way to preventing oral health problems that can affect your appearance and overall health.

- Brush to prevent the buildup of the bacterial biofilm that can contribute to cavities and harden into the tartar that causes gum disease.
- Floss to reach below your gumline and in-between teeth where your brush can't reach.
- Rinse with antibacterial mouthrinse. We can recommend alcohol-free products.
- Remineralize enamel that has weakened and become porous. We can help here in the office, and can recommend and prescribe fluoride gels, mouthrinses, drops, or tablets that will keep your teeth strong and resistant to decay.

Think Positive!

Benefit from a whole new point of view!

Can't you just *see* yourself tripping on your way across the stage? That kind of thinking can become a self-fulfilling prophecy – you just might *make* yourself fall down. Negative thinking happens to many people who are afraid to visit the dentist. We'd like to help you benefit from a *positive* self-fulfilling prophecy.

If someone you care about is prone to worrisome visions, they don't need to avoid or delay dental appointments. Encourage them to imagine a caring dental team that is trained to help ... modern dental technology that maximizes their comfort ...improved appearance and oral health. Good oral health benefits overall health! Encourage them to call us!

We can help replace

outdated fears and

imagery with

positive experiences.

Have you booked your

recare appointment?



It's In The Numbers!

One Tip You Might Not Know

● Cosmetic dentistry can plump out lines on the lower third of your face – without surgery!

Two Things You May Not Know About Facial Ageing

● The pull of gravity on facial tissues is *not* a significant component of facial ageing. Loss of fat beneath the skin and sun exposure play a bigger role.

● Your smile, dulled by age, can add years to your appearance.

Three Smile Spoiler Facts

● A smile that reveals discolored or cracked teeth, a receding gumline, or just a generally dull look has a subtle but profound effect on how old you look.

● Coffee, tea, smoking, red wines, and certain antibiotics are all contributors to a dimmed, stained smile which suggest ageing.

● Time and gum disease can shrink the underlying bone and gum tissue that hold your teeth in place, collapsing the proportions of your face, exposing teeth roots ... and adding years to your appearance.

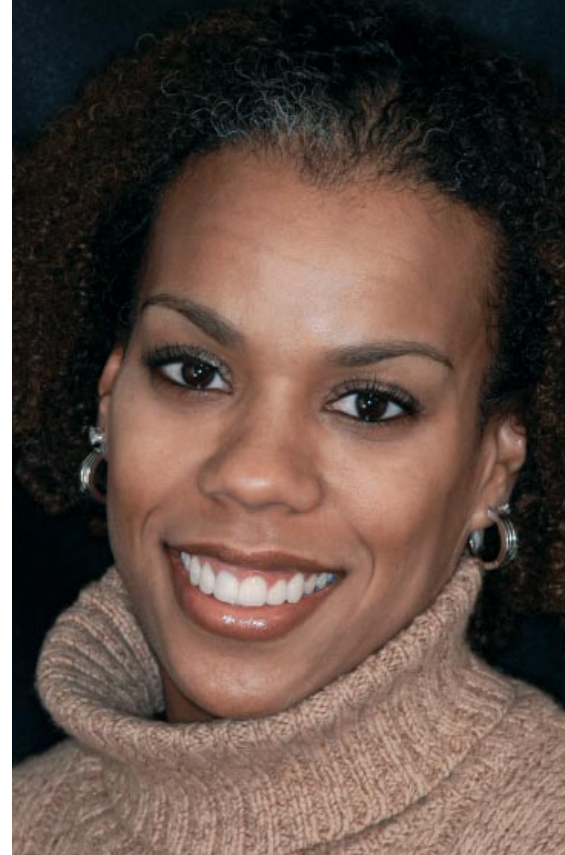
Four Beneficial Smile Solutions – Right Now!

● Professional whitening can lighten and whiten stains – even after root canal therapy.

● Natural-looking tooth-colored materials can replace silver fillings and even fill in chips and cover cracks so no one will ever notice.

● Bonding or veneers can plump out fine wrinkles by building up tooth surfaces, restore normal shape to worn-down teeth, and fix widely spaced teeth and gaps in your smile.

● Crowns & bridges and implants with modern natural-looking materials can close very wide gaps and restore function, appearance, and the proportion of your smiling face!



ONE
Beautiful
Smile!

INFORMATION OVERLOAD?

Ask your personal smile-consulting team!

As dental professionals, we find it ironic that in an era of unprecedented good health, people seem *more* anxious about illness. Could it be the overabundance and ease of access to information out there?

Self-directed research on the Internet or in health-reference texts can be very helpful ... but it can also be confusing and even seem contradictory without proper training. The media can also overwhelm by introducing statistics into everyday language or by presenting anecdotal accounts as factual.

How do you stay informed without feeling besieged by provocative headlines and unfiltered data? You can rely on us – your personal smile-

consulting team.

We will be happy to answer your questions and discuss your oral care options with you... accurately and concisely.



ARE YOU INCLUDED?
8 out of 10 Internet users have looked online for health information on various topics.

Study: Gum Disease Raises Death Risk In Diabetics

Severe gum disease may hasten death in people with diabetes, new study findings suggest

Reuters Health News July 2003

"Diabetic people with periodontal disease had increased death rates due to cardiovascular disease and renal (kidney) failure, which are two major complications of type 2 diabetes," said study author Dr. William C. Knowler. The findings underscore the need for good oral hygiene in diabetics are particularly prone to periodontitis, or gum disease, Knowler said in an interview with Reuters Health. Gum disease, characterized by red, swollen gums, is caused by a bacterial infection. And studies have indicated that infections and inflammation can promote blood-vessel damage in the heart and kidneys, said Knowler, chief of the diabetes and arthritis epidemiology

section of the National Institute of Diabetes and Digestive and Kidney Diseases in Phoenix. While gum disease might not be diagnosed until mid-life or later, infection with the bacteria that cause it can occur decades earlier. Combined with years of inadequate oral hygiene, infection can result in gingivitis, an early form of gum disease characterized by inflamed gums that often bleed easily. This form of the disease can usually be reversed with more careful brushing and flossing. But as the more aggressive periodontitis develops, the gums and bone surrounding the teeth can become seriously damaged, and teeth may loosen or fall out. Findings presented at a recent meeting of the American Diabetes Association: After adjusting for factors such as age, sex, duration of diabetes, obesity and cholesterol levels, the researchers found that **diabetics with severe gum disease were twice as likely as those without it to die from either heart disease or kidney failure.**

Chronic infections such as dental infections or chronic bronchitis may more than double the risk of stroke, according to a report in the journal *Stroke*. The findings are consistent with earlier reports

of a link between chronic infections and atherosclerosis. A study reported at the University of North Carolina showed increased risk of heart disease and stroke in people with periodontal disease. People with heart disease or a primary cardiac event are now being referred to periodontists to "get their mouth cleaned up." A new study in Germany by neurologist Dr. Armin Grau of Heidelberg University compared the rate of dental and other chronic infections. Those patients with frequent bouts of chronic bronchitis in the preceding two years had a 2.2 times greater risk for stroke or TIAs. In addition, those with poor dental status (linked to gum disease) were at a 2.6 times greater risk for stroke or TIAs. "Chronic infection is a treatable condition and for preventive purposes, it appears important to elucidate its role as a potential stroke risk factor," Grau and his colleagues conclude.

General dentists are now stating: "Before, we could tell people to brush and floss or you might lose your teeth. But now we are saying "Brush and floss, it could save your life."

American Heart Association Journal *STROKE* (1997, 28:1724)

officeinformation

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Dr. Hildahl's Summer Office Hours

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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 Summer Office Hours

Mon 8:00 am – 12:00 pm

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..... Dental Assistants



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Your Referrals Matter

Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.



Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!