

fromthedentists

Schedule For Summer *Avoid the rush!*

With the arrival of summer, 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 summertime 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 - including the dentist upon return from vacation.

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

Yours in good dental health,

*The Doctors & Staff of Souris
Valley Dental Group*

turnthepage

Beat VSCs ... and breathe easy!

Is your smile telling secrets?

When *one* is one too many!

Souris Valley Dental Group

Family wins Open House Grand Prize

The office of Souris Valley Dental Group is proud to announce the grand prize winning family at our special open house drawing. The Mike Bohan family - Mike, Barb, Kara, and Kelsey - were the winners of the Grand Prize drawing. They will receive "FREE" preventive care visits for one year- including all cleanings, fluoride treatments, sealants, x-rays and check-ups for the whole family. We are glad to provide them with another year of great dental care.

Other winners during our open house promotions were: Tooth whitenings - Tom Lautenschlager and Tim Greenheck; Electric Oral-B toothbrushes- Margaret Anderson and Chris Greenberg; Free Massages - Chad Oswalt and Lorna Nordlinder; kids winner - Space Aliens Certificate - Damyn Boyce.



*The
Mike Bohan
family*



*Our New
Reception
Area*

Thanks to all of you who have visited our new office. Please stop by for your own tour whenever you are in the neighborhood.

Thank you for all your referrals. We appreciate them!

9

Risk Factors

Could *you* lose teeth to gum disease?

Periodontal disease is the leading cause of tooth loss and it has been linked to systemic diseases as well as toxemia and premature births. Gum disease develops gradually over time

if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria. If you or someone you love fits any of these nine risk

indicators identified by dental experts, you or your loved one could be susceptible to gum disease and the tooth loss associated with it.

1
Are you older than 35?

2
Are you male?

3
Have you never received – or avoided – dental care?



4
Have you never – or only irregularly – used dental floss?

5
Do you smoke? Have you ever?



6
Do you have diabetes?

7
Do you have high blood pressure?

8
Do you have rheumatoid arthritis?

9
Do you have gum disease around your front teeth?



These findings make perfect sense. We know that gum disease occurs when oral hygiene is neglected. We also know that men tend to be less conscientious about oral health care.

Gum disease has been linked in studies with diabetes, cardiovascular diseases, and arthritis. But if you don't fit these categories, don't be smug. No one is immune! In fact, teenagers can get

periodontal disease and virtually all adults will have some aspect of it at some point. What can you do? *A lot!* Brush, floss, and rinse, and maintain your regular dental visits!

flossing

Eschew This

Ask us how!

Which of these tools would be part of your "top ten" to use when dental floss just isn't handy?

- (1) screwdriver (2) earring (3) needle (4) key
- (5) paper clip (6) matchstick (7) nail file
- (8) pencil (9) card (10) none of the above

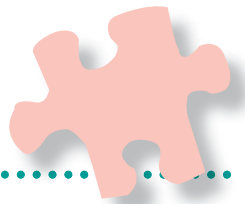
We hope you picked (10) *none of the above!* Believe it or not, over 60% of participants in one survey admitted to using at least one of these potentially gum-damaging methods to remove food from between their teeth. Another 23% just left the food there – increasing the risk of disease and bad breath!

Flossing once a day is essential to oral health, removing food and plaque buildup from between your teeth.

Ask us about flossing instructions and safe flossing alternatives.



Is Something Missing?



Crowns & bridges can bring back your beautiful smile!

A lot of life can happen to a person over the years, and some of it can definitely show up in your smile. Teeth can weaken due to cavities, root canal treatment, and unexpected trauma like a sports injury or accident, and even restorations can deteriorate or detract from your smile. The great news is that today's *crowns* and *bridges* can be very effective methods to prevent the shifting of teeth, bite problems, and altered appearance that accompanies damaged or missing teeth. Here's a rundown on crowns and bridges.

● A **crown** is a strong replica of a normal tooth, and it can be made of gold or other metals but is usually made from materials that look like your natural tooth enamel. It can be used to cover, strengthen, and

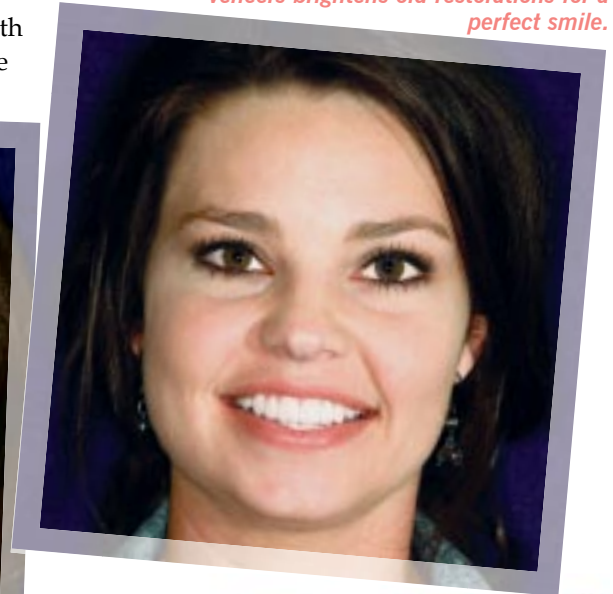
protect a damaged tooth.

● To fill in gaps, crowns are combined with an appliance called a **bridge**. Crowns are placed on the teeth on either side of the space and artificial teeth are attached to them, bridging the gap. They look and feel like your own teeth, and no one would know there were ever any teeth missing. A stable, fixed bridge

has no clasps that show, and is usually preferred to a removable bridge.

Whether your teeth are damaged or missing, crowns and bridges are accessible and attractive in a range of materials to suit your smile needs.

New crown & bridge technology plus veneers brightens old restorations for a perfect smile.



It Could Be Related!

Dental origins

Millions of people suffer from discomfort that only *seems* unrelated to dentistry. Do you have any of these symptoms? Tender jaw muscles... restricted jaw opening ... clicking or grinding jaw joints ... earaches... facial or head pain? Call us. Dental intervention may help.

Here are some discomforts that may be dental in origin...

● **Temporomandibular Disorder (TMD)** can create head, jaw, and ear pain when the jaw joints located just in front of your ears become misaligned or traumatized, or when surrounding muscles become strained.

● **Chronic Heavy Snoring** can interrupt breathing and usually occurs when your lower jaw and tongue drop back during sleep.

● **Headaches** can be related to TMD, interrupted nighttime breathing, and nighttime tooth grinding.

Don't Hold Your Breath!

Dine with friends

A yellow, sulphurish-smelling stain which has survived on an arctic glacier has been linked to extraterrestrial life. You've probably felt a little alien yourself if you've experienced yellow stained teeth or bad breath from volatile sulphur compounds (VSCs) in your mouth. We can help with oral hygiene but you're on your own with what you eat!

Volatile sulphur compounds are infamously present in some popular foods like onions and garlic. Both foods are low in calories and fat and have no cholesterol, but contain fiber, vitamins,



minerals, and antioxidants. Many people simply can't do without their intense and wonderful flavors.

What can you do about garlic or onion breath?

- Feed them to other people so no one will notice?
- Eat a bouquet of parsley?
- Your best bet is to brush, floss, and rinse!

Hazy Days...

Aren't lazy days any more!

As more and more people just like you are paying closer attention to their health and well being they're becoming more active too. This is especially true in the summer months when playing outdoors is that much more enjoyable! Your children are out of school and they're hiking and biking, swimming and rollerblading. You may be running and cycling, playing baseball or soccer. Whatever the sport, make sure you and your children play it safe and watch for hazards.

To avoid chipped or cracked teeth, or in the worst-case scenario, an unexpected visit from the tooth fairy, protect your child's teeth and your own with a sports mouthguard. We can make and custom fit mouthguards right in our office! At the same time, we can clean your teeth to ensure your smile looks as healthy as you do! We can even recommend some simple procedures to help whiten and brighten your smile. If you have any concerns or questions about your smile we would be happy to set up a consultation. We'll discuss the various treatment options available to you. So put your right foot forward this summer, followed by your left, and have a few laughs too ... because hazy days aren't lazy days any more!



Seasonal Tooth Tips

- Go for brushes with soft nylon bristles.
- Replace your brush about every three months.
- Never use your teeth to open things.
- Use a fluoride toothpaste.
- Floss every day.
- See your dentist regularly!

office information

Souris Valley Dental Group

Mark Hildahl, DDS

David Keup, DDS

Jock Stevick, DDS

1300 37th Avenue SW

Minot, ND 58701-7240

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 Summer 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

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Office Staff

Diane, Cheryl Patient Coordinators

Sandy Business Coordinator

Cheryl, Angie, Jodi Dental Hygienists

Becky, Margaret, April, Lindsey, Kelli
..... Dental Assistants



Summer Rules!

Sun Protection

The great outdoors holds a special allure during the summer. Whether it's backyard barbecuing or spending days at the beach, everyone can benefit from sun protection for skin, eyes ... *and lips*. Most of us take extra care against sun exposure on weekends, but sun damage that can lead to cancer – including *lip cancer* – slyly builds up daily.

Experts recommend that everyone wear protective clothing, sunscreen with an SPF of 15 or higher (including on your *lips*), a hat that shades the face, neck, ears, *and lips*, and sunglasses that block all UV rays.

In addition, avoid the midday sun when you can. Teach kids the shadow rule: if your shadow is shorter than you are, the sun's rays are at their strongest!

Be prepared and stay prepared. Use these tips every day!

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 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!