

## fromthedentist

### New Program Exclusively For *Souris Valley Dental Group*



We are proud to announce a new program offered exclusively to patients here at *Souris Valley Dental*. Beginning now- we are beginning the "Whitening for Life" program in our office. This is our way of giving something back to all of you- our great patients!

Just what does that mean? Well, we all know how important our smiles are in everyday living. It is one of the most important things people see when they meet you. Studies have

shown that either the eyes or the smile are the first thing we look at when meeting someone. People with pleasing smiles are more confident, seem happier, and are more successful in business. We want all of our patients to be proud of their smiles- and to have a confident, successful appearance.

How does the program work? Each patient that enrolls in the program will get the materials they need to create a "whiter, brighter smile" in only a few days. We provide the materials to accomplish this, and keep supplying the materials for as long as you are enrolled in the program!!!! Once

enrolled, you never need to pay for the whitening materials again. And here's the best part- it will cost a one time initial fee of only \$99. (*less than half the normal cost of whitening*) Once enrolled- you only need to continue your regularly scheduled recare visits to keep getting "free" whitening materials for life to keep your smile looking great.

Make sure you ask us about the "Whitening for Life" program at your next visit- or call today to get started.

(patients with existing whitening trays are automatically enrolled for no extra charge)

A photograph of a snowman standing in a snowy winter landscape. The snowman is wearing a red knit hat with a white pom-pom, a green scarf, and has blue buttons for eyes and a carrot nose. It has stick arms. The background shows snow-covered evergreen trees and a bright, overcast sky.

*Wishing you and your family the Very Best during this Holiday Season!*

*The Doctors & Staff of  
Souris Valley Dental Group*

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

## **G**oodbye "Type A" Stress

Hello DERPS!

Ambitious, stressed-out Type A personalities are probably grinding their teeth at being overshadowed by stressed-out Type D's ... anxious gloomy worriers, ERs ... the emotional responders, and Type P pessimists. All of these personality types are at risk for stress-related illness!

The majority of us will occasionally clench or grind our teeth during stressful times, but out-of-control teeth grinding can wear down enamel and weaken fillings and crowns. That's costly for your dental and overall health – and your appearance.

Relax! We can help rebuild your worn smile by bonding a composite resin that is strong and attractive. We can also place ceramic crowns or overlays to save and protect your natural tooth ... without metal ...so your smile looks completely natural!

## *Fabulous Lips!*

Now that you have the dazzling smile you've always wanted, we know that you'll want to keep it that way! When you perform your home care routine, don't forget to protect your lips – the perfect frame for your perfect new look.

We need sunlight to synthesize vitamin D, but too much sunlight can burn our skin, prematurely age, and cause skin cancers. Moisturizing chapped lips is always a good idea, but remember – winter or summer – when you apply sunscreen to your face, include those lips!

And women, why not benefit from all of the technology that lipstick manufacturers have invested in so you can wear special sunscreen lipsticks? You can still enjoy the great outdoors... and wonderful textures and colors that can enhance your glorious smile!

**Glorious smile!**



## **Crown Your Day!**

*Light up your beautiful smile – discretely!*

Are you afraid you'll be noticed if you change your smile? Well, when you see how great your new smile looks, you'll probably want to be noticed! Modern restorations that use crowns – like dental implants and crowns and bridges – look discretely natural and can light up your smile ... like nobody's business! Here's how...

**1** A **crown** will cover your damaged tooth so that it will appear completely normal again and likely be even stronger than the original. Fabulous materials like porcelains and ceramics are not only strong enough to withstand natural biting pressure and resist chipping, staining, and cracks, but they are truly beautiful and translucent like natural enamel.

**2** When there is an actual gap that needs closing, a **bridge** that combines crowns on your supporting teeth to strengthen them, and artificial teeth to span the gap, is an excellent alternative.

**3** A crown can also be integrated into a dental **implant** which is an artificial tooth implanted right into your jawbone. Because it is anchored into your bone, it helps to prevent the bone deficiency that can accompany the loss of a tooth. An implant can be an alternative to, or used with, a denture or bridge.

We can help to restore your beautiful smile for a lifetime. Please see us soon for a consultation ... you will really notice a difference!

# Don't Pout!

## Stay stylish with sculptured veneers!

Just like you, cosmetic dentistry keeps on moving forward. We know that the last thing you want is a smile that looks older and less stylish than the rest of you. Whether fashionably full lips are on your agenda or not, you'll be satisfyingly surprised to see how cosmetic veneers disguise teeth flaws and brighten your smile!

Materials and techniques continue to improve to look more naturally beautiful so that your natural beauty can shine through. Today's ultra thin veneers can be sculpted to meet different needs and can even be bonded to your existing bridgework!

Here are some of the ways that cosmetic veneers can boost your smile wattage:

Lighten and brighten teeth that have become stained from coffee, tea, red wine, or even tetracycline.

Conceal chips, gaps, and uneven teeth.

Revitalize tired-looking crowns and bridgework.

Enhance a lovely smile by brightening and re-proportioning until it's downright gorgeous!

Believe it ... both men and women today are gorgeous ... healthy, physically fit, and knowledgeable about what they need and what they want.

Let us help you to make good decisions about the best type of veneer to suit your goals and your lifestyle!

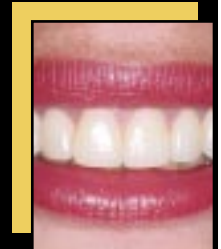


## Smile Talk

Color has a lot to say!

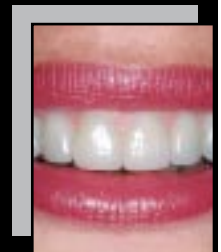
Healthy adult teeth naturally contain a mixture of yellow, red, and gray shades. Teeth whitening can work wonders – no matter how your teeth look on the color spectrum.

**Yellow?** The dentin is revealed when enamel is thinned, usually due to ageing or brushing too hard.



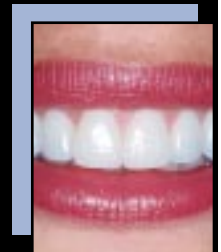
Yellow

**Gray?** It's likely that you have experienced tetracycline damage – probably sometime during your youth.



Gray

**Blue?** Some studies show that too much unsupervised whitening can give teeth a blue hue – boo hoo!



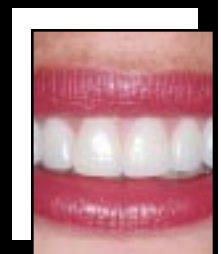
Blue

**Beige?** Could be too much coffee, tea, or red wine, or due to smoking or chewing tobacco.



Beige

**White?** You probably have a great home-care routine, keep regular checkups, and accept professional dental advice about tooth whitening.



White

# Let's Get Motivated

Follow through - your smile is worth it!

A lifetime of excellent oral and dental health is within the reach of most of us, even if we've had some history of neglecting our teeth. And perhaps the first and most important step we can take is to set realistic routines for at-home care of our oral health.

*Give us a call, and let's get you started! The ultimate reward? Your own beautiful smile, greeting the world every day! ...Now there's motivation!*

For a good home care program to work we need to find ways to motivate ourselves to make certain we follow through. Certainly, understanding some of the consequences of oral health neglect can have a galvanizing effect. For example, research suggests that gum disease, which affects roughly three out of four adults, may be associated with increased health risks. Long term and short term studies have made associations between gum disease and stroke, heart disease, diabetes, and osteoporosis, just for starters. And knowing that paying just minutes of attention a day - brushing twice, and flossing once - will help you keep your own teeth all your life is a powerful incentive.

Healthy lifestyle choices can also be inspiring: exercise, good nutrition, and moderate alcohol intake are all important parts of our overall and oral health. Still, there really is no substitute for a strict smile regimen of cleaning, flossing, and rinsing, along with a program of regular dental checkups.

## 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 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 - 7:00 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 [info@sourisvalleydental.com](mailto:info@sourisvalleydental.com)

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

After Hours Pager (701) 833-9758

### Office Staff

Diane, Cheryl ..... Patient Coordinators

Sandy ..... Business Coordinator

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

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



## Grin & Beer It

### Rooting for root beer

We've all heard it ... soft drinks are loaded with acids that harm teeth, yet it is difficult to say no to a delicious cold soda on a hot day. But wait ... according to the *American Academy of General Dentistry*, in a recently published report, root beer may be the safest soda to drink for teeth. Root beer, it turns out, is not carbonated and, therefore, does not contain acids harmful to teeth.

Surprisingly, the most acidic sodas are the non-colas, and that includes diet versions. Colas though acidic, are less erosive, but root beer products win the day.

So, while the ADG warns that, "...the acidity in all soft drinks is enough to damage your teeth," if you must have a soda, cola is safer, but root beer is best.

## Exceeding Expectations

### Our daily pledge

It's a matter of great personal and professional pride to me and to my team that we provide you and your family with personal, customized attention and the highest quality of care. Do you know how we decide what constitutes excellence in care for you? Every time you return to our practice, give us your positive feedback, and refer someone you know to us, you're telling us that we're continually raising the bar.

Your support motivates us to work hard to provide the services *you want* ... and to keep them up to the superior standards *you expect*. In turn, our commitment to continuing education and leading-edge dentistry keeps our practice unique.

*Thank you*, from all of us, for your wonderful feedback, your loyalty, and your ongoing referrals.