

## fromthedentist

### You Could "Win" A Year Of Free Preventive Care For Your Family

*Or Some Other Great Gifts Or Prizes...*

We are beginning to collect **email addresses** of our patients to help us provide timely information and educational information to you-our patients.

Each month we will award a great prize to a lucky winner of a drawing among all the patients who provide our office with their **email address**. Each time you visit our office you can enter the contest. In addition, every family member is eligible to enter.

To kick off this contest- our first prize to be awarded on April 30 will be:

### An entire year of "free" preventive care for the whole family.

The winning entry will receive free preventive visits, examinations, fluoride treatments, necessary x-rays or pictures for the entire family for one year.

We will continue the contest with similar great prizes for the next year. If you have an **email address**, make sure you get it to us at your next visit- or send it to us at [info@sourisvalleydental.com](mailto:info@sourisvalleydental.com). We will enter you in the contest once we have your address.

# WHITENING!<sup>TM</sup> for life

## New Program Takes Off At Souris Valley Dental

We have been overwhelmed with the interest in our new patient appreciation program- Whitening for Life. We initiated this program in early December, and over 100 patients have enrolled in this exciting and innovative program.

Our goal is to give all of our patients the best dental health and appearance. This smile revival program allows many of our patients to keep a youthful, healthy looking, bright smile. Our gift to you- our great and faithful patients- also helps to promote preventive dental care. The WFL program helps motivate you to keep your regular preventive visits, and maintain that great smile.

This special promotion is only \$99 to get started. We will provide all the materials and instruction to get you started. We will even keep providing free whitening material at each recare visit in the future. All you need to do is maintain your regular schedule of visits to keep your benefits.

If you or someone you know would like to brighten their

smile, make sure you call our office or ask during your next visit- and take advantage of the "Whitening for Life" program offered exclusively at *Souris Valley Dental Group*.



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

FAQ

**Q How often should I brush my teeth?**

**A:** Brush gently at least twice a day for at least two minutes, and floss once a day, ideally at bed time.

**Q My teeth are too close together to floss. What can I do?**

**A:** If you're not flossing you're missing about a third of your tooth surfaces where your brush can't reach! Waxed floss can be easier to use, but there are other types to suit different needs - tape, thread, unwaxed, and shred-resistant.

**Q How do you floss wide spaces between teeth?**

**A:** You can substitute floss with an interdental cleaner which is also effective with crowns, bridges, and braces.

**Q Should I use an oral irrigator?**

**A:** Oral irrigators are very effective for cleaning around braces and between teeth. They can also be used to clean periodontal pockets and to apply prescription medication.



**So Much In Common**  
About gum disease, diabetes ... and you!

*Periodontal (gum) disease can alter your glucose metabolism even if you are not diabetic.* This is worrisome because experts believe this could lead to prediabetes in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can be a precursor to Type 2 diabetes.

The relationship between periodontal disease and diabetes has been studied extensively for more than fifty years. Each arrives silently ...is chronic ... epidemic ... and has been associated with chronic inflammation.

■ Gum disease is an infection that occurs when the bacteria in plaque, the film on your teeth, is allowed to build up and inflame your gums. It can lead to tooth loss and bone loss, and has been linked to cardiovascular

and other systemic diseases including diabetes.

■ Diabetics with periodontal disease have *two* chronic conditions which may affect each other.

■ People with prediabetes or diabetes are likely to have periodontal disease more often and more severely than people without.

■ Diabetics with periodontal disease have more difficulty controlling blood sugar levels. This perpetuates the risk of recurring gum disease and increases the risk of other diabetic complications during every stage of life, including childhood and pregnancy.

Gum disease can arrive without symptoms, and has been linked to both prediabetes and diabetes. It's in everyone's best interests to have regular oral exams.

**Grin & Bear It** ...for oral health!

Exercise benefits run more than skin deep. Exercise contributes to the reversal of ageing at the cellular level. *Astounding!* Whether you perform aerobics for cardiovascular stamina or anaerobics for strength, your exercise program could jumpstart your quality of life.

When weight-bearing exercises are incorporated into your fitness program, they can also ward off thinning of the bones, or *osteoporosis*, which has been linked to poor oral and overall health.

How do weight-bearing exercises improve bone density? They work your bones and muscles against gravity. In

reaction to the exerted force of your body mass and the pull of your muscles, the bone adapts by building more cells which increases sturdiness.

So do pushups, lift weights, or even cartwheel into your stronger, more-energized future. You'll eat better, sleep better, and smile more!



# Be The Best You Can Be

## Leap into your future with a smile!

Are you one of the fitness generation who might live to be a dynamic and healthy 100? Be bold. Take advantage of dentistry and infuse your smile with the same dramatic longevity and high-energy impact as the rest of you. And let's be honest ... a youthfully incandescent smile is always a head-turner!

**Teeth whitening** is the eye-catching cosmetic procedure that's most commonly requested by both men and women, and it's often very appropriate just before a restorative procedure. That way, when we match natural-looking **white fillings** and other restorative materials to enamel shades, yours will be at its very brightest.

### For example...

**Create your dream smile** by camouflaging imperfections with **porcelain veneers** that have been custom crafted by hand especially for you. When permanently attached to the front surfaces of your teeth, your smile will look whiter, straighter, and more pleasingly proportioned.

**Update your look** by replacing unflattering older crowns that no longer match your smile with **metal-free porcelain** or **resin crowns**. Or consider these natural-looking restorations to save and strengthen cracked or broken teeth, or to bridge gaps.

**Lead the pack** with the leading-edge solution for teeth replacement. Permanent **dental implants** look completely natural, save supporting bone, and prevent further damage to your smile.

Make your zest for the best work for you. Live life to the fullest ... and smile, smile, smile!



Dare to turn heads with a smile that's been radiantly rejuvenated!



## Crown Classics

### Smile with style

Vintage is in, from cars and imported perfumes to red carpet couture. But please – not for your smile! Conspicuously old-school crown restorations can make you self-conscious, add unwanted years to your appearance, and really date your image. Contemporary crowns, on the other hand, will fast-forward your look from antique to chic!

You see, advanced materials now allow light to shine through in the same way your natural tooth enamel does. Leading-edge techniques allow us to match the color and contours of the rest of your smile in only a visit or two. You end up with a restoration that's strong enough to protect and save your tooth, but is really natural looking. Unprecedented!

So modernize your smile with beautiful crown restorations. They're strong *and* stylish.



# Is Your Smile ... Spotted?

## We can help

It was a great photo. You were caught in the middle of a "full-on" laugh. Then you noticed the old, silver, amalgam fillings and realized that your entire dental history is on display! No need to be self-conscious any longer. There is a simple and attractive solution to the problem.

According to research, the demand for natural-looking tooth colored, bonded fillings has surpassed the silver mercury fillings by a 3:1 ratio. In some countries, the use of the silver mercury fillings has been declared unsafe and illegal. The tooth colored fillings are actually bonded to the surrounding tooth structure. This makes the tooth stronger, less prone to leakage, and reduces expansion stress.

An added benefit is the elimination of the black and gray color that seeps into the surrounding tooth structures, and makes the fillings *invisible*.

Because of these advantages, we are rarely using silver mercury fillings for our patients. The inherent weaknesses the silver fillings develop, and the problems with recurrent cavities around and underneath the fillings along

with expansion stress fractures, have made them less desirable as an option. Unfortunately, some insurance plans do not pay for the improved, tooth colored restorations at the same rate as the older methods. This sometimes means some extra expense for you the patient. We feel strongly that the extra investment in your teeth is worth more than you spend. If your plan still chooses to pay for *less than average quality* materials and methods, you should speak to your employee benefits department to help them update your dental benefits plan. The plans cannot dictate to you the treatment you receive, only what benefit they will cover.

We do not compromise in quality of care for our patients. If you want to use the silver mercury fillings due to your outdated insurance company policies, we will help you find a dental office to provide this care. As always, we invite you to visit with our office staff if you have questions about your dental coverage.



## 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  
Website 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



## Time Management

### It's a good thing!

Just as we need to keep your general medical history up-to-date to provide you with the best care possible, we need keep your contact information current. This allows for better time management and with it, better managed patient care.

Please be sure to notify us of any changes in your mailing address, phone numbers, and email or text messaging addresses if you use them. This will allow us to be quickly responsive about scheduling and keep you informed about any changes that could affect you. Indicating your preference for how we contact you is important.

This is just as much a part of our ongoing commitment to excellence as our state-of-the-art technology and our philosophy of excellent patient care.

It's great when you stay in touch. We're always happy to hear from you.

## Am I Covered?

### Will my insurance pay?

Like most consumers nowadays, you need to know how much your insurance will cover and what is the balance. With hundreds of different dental plans, the variables are endless. To help you determine the answers, we need your help. Please bring us your policy number, your ID number, and your booklet from your insurance company. If you do not have information, your employer or insurance company can supply it.

Once we have your plan information, we'll have a good idea as to what treatments are covered at what percent. We can even forward a treatment plan to your insurer before work is done. They'll let you know what their financial support is.

Please help us to help you better. Bring your booklet and information to your next visit!