

fromthedentist

We're Declaring War... On Acid Erosion!

The hard working people here at *Souris Valley Dental* are dedicated to preserving the teeth of our patients. We encourage you to work on great home care and prevent dental disease. Our doctors and staff seek to provide up-to-date, appropriate treatment for the treatment of dental disease. We look for early signs of cavities, gum disease, crooked teeth, mouth cancer, infections, cracked or worn out fillings, wear on teeth, healthy jaw joints and muscles. We also strive to provide you with a great looking smile that you can be proud to show, and of course provide you with an efficient chewing system for better nutrition and overall health.

To help you with keeping your teeth healthy and strong, we are beginning a new campaign to make us all more aware of another factor in tooth loss- ACID EROSION.

We are all aware of acids that can dissolve tooth enamel during the process of decay caused by bacterial acids using foods- especially sugar- to eat holes in hard to clean areas on our teeth. Unfortunately,

we are noticing another kind of tooth structure loss in the mouths of our patients caused by dietary and stomach acids found in our foods. This is known as **DENTAL EROSION**. This loss of tooth structure is an irreversible loss of dental hard tissue due to a chemical process without any involvement of bacteria.

Where does this acid come from? There are two sources of this acid.

1. Intrinsic- comes from stomach acid either from gastric reflux or repeated vomiting. This highly erosive process produces a distinctive pattern of tooth erosion that can threaten the health of several teeth in the mouth of a person with these conditions. Other reasons can be caused by tooth grinding and clenching. We will discuss this in a later newsletter.

2. Extrinsic- (Dietary) this will be the focus of our efforts to inform our patients to make changes in their behavior and consumption of acidic foods.

Acidic strength is measured on the pH scale from 1 to 14,

with neutral (water) being the number of 7, and the strongest acid concentration being 1 (battery acid). Foods that have a pH of 4 or less are particularly damaging to healthy enamel. See the table on the back page to see the levels of several foods and beverages.

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Email Contest Has Winners...

We have an ongoing contest for our patients with email addresses. Register today to win one of our great prizes.

Grand Prize winners - Carmen Ruud along with her family - Garrett and Jace get free check-ups, cleanings and x-rays for one year!!!! Congratulations Ruud Family.

Thank you for all your referrals. We appreciate them!

Set The Trend

Select your cosmetic veneer option

There's a definite trend among men who choose to revitalize their appearance in the competitive workplace. They're opting for non-surgical procedures that increase facial volume and require only minimal or no downtime. For many, veneers are the non-surgical cosmetic option of choice. Here's why.

When veneers are bonded to your teeth, they can be matched to both the color and natural contours of the rest of your smile, and you can...

- ▶ **Look younger** by adding volume to the lower third of your face and minimizing fine wrinkles.
- ▶ **Camouflage** exposed roots and restore esthetic proportions to your smile.
- ▶ **Close gaps** between your teeth.
- ▶ **Repair** chips and cracks.
- ▶ **Straighten** slightly crowded or overlapping teeth without braces.
- ▶ **Brighten** your teeth and cover even severely stained teeth.

Veneers are hand sculpted from beautiful ceramics by trained technicians. Built-in translucence mimics natural enamel and allows some of the inner light to shine through.

Veneers really are *super* natural! Once applied, they act as a shield for your teeth. Porcelain material is highly resistant to oral bacteria and to permanent staining from smoking, coffee, tea, and food.

Men and women who want to look more successful and more energized in *any* environment can enjoy the advantages of even, straighter-looking, whiter teeth!

Please come and see us at our practice for a cosmetic veneer consultation.



BEFORE

look younger

close gaps

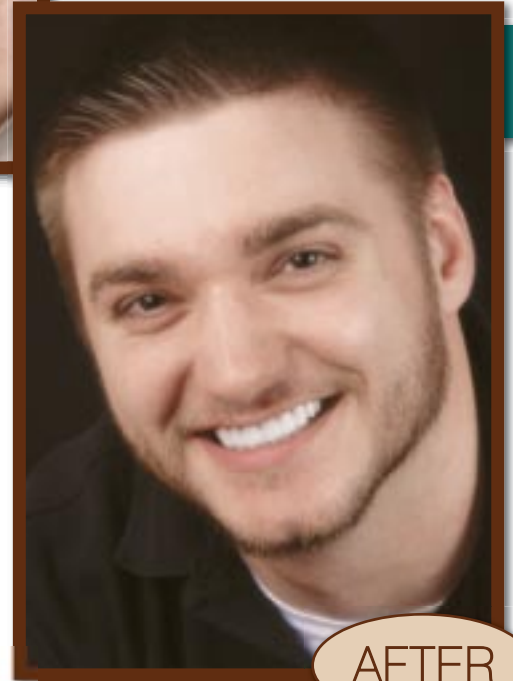
repair

straighten

brighten

camouflage

VENEERS



AFTER

Avoid Gum Disease

Here's how...

Chances are you will be affected by gum disease at some point in your lifetime. Initially it often appears without symptoms, but it is progressive and is the leading cause of tooth loss in adults. Furthermore, without treatment, bone loss in your jaw is inevitable and can alter your facial appearance, speech, and diet over time.

What We Can Do

Perform regular exams and cleanings to remove plaque, the disease-causing biofilm that builds up on your teeth and can harden into tartar.

Provide brushing and flossing instruction and explanations about your oral health needs.

What You Can Do

Schedule and keep regular dental examinations and cleanings to ensure the health of your smile! Remember, with early diagnosis, gum disease can be reversed!

Commit to a smile-saving routine of proper brushing, flossing, and healthy eating at home.





2 Quick Fixes Ready? Set. Go!

Your face is *the* most looked-at part of your body. And your mouth is the first feature that everyone looks at! Dramatically enhancing your smile can instantly lift your self-confidence, and you can even get transformative results over your lunch break.

These two tried and tested procedures will let you see a new you in no time and without invasive surgery...

Whitening - We can design and supervise whitening that may lighten your teeth by up to eight shades! Safe, reliable, and predictable teeth whitening technology may even remove stains caused by illness or medication.

White Bonding - We can cover the deepest stains by bonding material directly onto your teeth, and we can use it to replace older stained or silver fillings!

Choose one technique or two ... it's up to you!

What's On Your Menu?

Smile savers!

Brushing and flossing to remove yellowing plaque is an essential strategy to keep your brightest smile. But for at least some of the time, start dining *white... and light!*

Add low-fat milk to sugar-free coffee or substitute with skinny lattes.

Swap black tea for green which has beneficial antioxidant properties.

Switch from stain-producing desserts like blueberry or cherry pie to fresh or baked apples, pears, or gooseberries.

Rethink soy and Worcestershire sauces and consider yogurt or trans-fat-free oils flavored with white vinegars, herbs, or garlic.

Replace red wine with white, and dark berry juices with light.

Avoid...

■ hot and cold liquids that expand and contract tooth structure, creating fine lines and cracks into which stains can penetrate;

■ regular consumption of acidic foods and drinks that can soften enamel and encourage staining.

Suit Yourself!

4 ways to restore your smile

You know, when even one of your teeth becomes severely damaged or is lost altogether, it can affect more than your appearance and self-confidence. With time, your speech can be affected and your food choices limited. That's why restorations including fillings, crowns, bridges, and implants were invented. They can restore natural-looking form and function.

Here's how restorations work.

A **filling** is a restoration that repairs part of a damaged tooth. When modern composite or ceramic materials are combined with precision techniques, fillings can fit and fill most types of cavities without removing large amounts of healthy enamel. And they can be color-matched to look completely natural.

A restoration that strengthens and protects the tooth is called a **crown** and you may have heard it called a cap because it actually caps the entire tooth.

A **bridge** is a combination of crowns and artificial teeth that closes a gap left by a missing tooth (or teeth), restoring your smile and redistributing the workload.

An **implant** is an artificial crown and root which is permanently implanted right into your jawbone. Once placed, it acts like a natural tooth to avoid bone loss and prevent drifting of surrounding teeth. Different implant types and techniques are available to provide individual solutions, from replacing one tooth to anchoring dentures securely.

Whatever your need, restorative treatments can save time, money, and your smile!

IMPLANT & VENEERS



COMPOSITE FILLINGS





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Many of the foods we consume have various levels of acid, as well as several different types of acid. Types of acid include citric acid, ascorbic acid (Vit. C), phosphoric acid (soda pop), lactic acid, acetic acid as well as several others. They are added to foods for various reasons- like flavoring and preservatives. Other foods contain naturally occurring acids of various kinds- especially fruits and some vegetables. You might also look at some of the sour candies that are popular at this time.

Acids are prevalent in many of the foods and beverages we consume. Can we avoid them completely? Not likely. What can we do about it? Here are some suggestions.

Be aware of the composition of

snacks and beverages you consume “between meals”. Limit the snacking of acidic products like sodas, fruit juices, and sour candies.

Use water, sugarless gum, or other foods to “neutralize” the acid in your mouth after the consumption of the acidic products

Wait to brush your teeth for at least one hour after the consumption of acidic foods and beverages. (this may seem incorrect, but studies have shown our teeth are susceptible to abrasion and wear immediately following acid attacks)

Rinse with pH neutral fluoride gel or toothpaste twice daily.

Maintain regular dental visits to assess and minimize ongoing concerns.

office information

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Dr. Hildahl's Summer Office Hours

Mon 1:00 pm – 9:00 pm

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Fri 8:00 am – 12:00 pm

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Mon/Tue 8:30 am – 5:00 pm

Wed/Thu 8:30 am – 3:00 pm

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Sandy..... Business Coordinator

Cheryl, Angie, Jodi, Taya.....

..... Dental Hygienists

Becky, Margaret, April, Lindsey, Erin.....

..... Dental Assistants



Beverages	Acidic pH
Water	7.0
Sprite/7UP	3.4
Diet Coke	3.4
Diet Mt. Dew	3.3
Mt. Dew	3.2
Sports Drinks	2.9
Coke	2.9
Pepsi	2.5
Battery Acid	1.0
Tea	4.2
Beer	4.0
Wine	3.0
Coffee	3.0
Red Bull	3.2
Sour Candies	
Sweetarts	3.0
Sour Gummy Bears	3.0
Skittles	2.5
Starburst	2.4
Sour Skittles	2.2
Warheads	2.3
Laffy Taffy	2.5

Wonka Nerds	2.0
Warheads Sour Spray	1.6
Fruits	
Apples	3.5
Oranges	3.0
Bananas	4.5
Grapefruit	3.2
Pineapple	3.2

