

fromthedentists

Following Through...

It's up to you!

Our goal is to help you have the best possible oral health for a lifetime. This requires a commitment from you to follow through with our treatment recommendations and home care program.

Some people are motivated by the knowledge that the longer they wait, the more dental repairs will cost. Untreated decay in one tooth will spread. Instead of one filling, you'll likely need a crown (increasing the cost by more than six times) or an eventual root canal (even more expense)! The early stages of gum disease are easy to treat with dental intervention and good home care. Without these therapies, tooth loss can result.

Whether you are motivated most by dollar savings or by a lifetime of attractive smiles, let us help you to follow through!

Yours in good dental health,

*Drs. Mark Hildahl, David Keup,
and Jock Stevick*

Winners of our email contest are:

Kevin and Julie Kouba family

One year of free preventive visits for the whole family.

Jerry Sahli

Free Oral B® 3-D electric toothbrush.

Karen Grosz

Free Oral B® 3-D electric toothbrush.

Make sure you fill out the entry form with your email address on your next visit to our office, or send it to: info@sourisvalleydental.com

You Deserve To Be Happy

Have you already done the groundwork?

The pursuit of health and happiness is a multi billion dollar business ... just ask the experts! Yet taking care of yourself, especially during stressful times, might be simpler than you think. How's this for a strategy? Stay positive and have faith in your own judgment and ability to act.

We think you've likely given some thought to self-improvement *and* you understand how to go about it. For example, any one of these five positive steps could start you on the path to boost your health and self-confidence...

■ **Get more active.** Control your weight, fight diabetes, improve cardiovascular health, build strong bones, and provide stress relief.

■ **Vary your diet more.** Include five fruits and vegetables a day to maintain oral health, a healthy weight, and promote vigorous cardiovascular, immune, and nervous systems.

■ **Stop smoking.** It wreaks havoc with your health and has been linked to gum disease as well as some cancers.

■ **Keep your regular medical and dental checkups.** Research has linked gum disease to other health problems including heart disease and stroke, respiratory diseases, cancers, osteoporosis, diabetes, and complications during pregnancy.

■ **Re-sculpt your mind.** Through relaxing meditation, you can actually rewire your brain to think more positively throughout your life.

A positive attitude and good health can't solve all the world's problems... or yours. But they can provide a strong foundation for building the happiness you deserve.



Thank you for all your referrals. We appreciate them!

PROJECT SMILE POWER

Which of these strategies would you pick?

If the conspicuous black triangles that have opened up between your teeth are closing down your smile, it's time to take some bold action. Whether your gums have receded due to gum disease, brushing too hard, or tooth loss that your ageing restorations just can't hide, designer dentistry can open the door to a younger, revitalized – and smiling – you.

Here are some leading-edge cosmetic solutions we can provide.

Restore gums that have receded and prematurely aged your appearance. When the gums draw back, your teeth can appear much longer. Once exposed, sensitive root surfaces are susceptible to caries and can turn hot or cold foods and drinks into an endurance test. With time,

your teeth can loosen because as the gum recedes, so does the supporting bone.

Prevent or **Camouflage** visibly sunken gums caused by missing teeth. This unsightly outcome of gum and bone loss can be apparent around the edges of your older restorations. Replace them with modern, natural-looking crowns, bridges, or permanent implants that prevent bone loss as well as rejuvenate your appearance.

Sculpt your smile to make short teeth look longer and create symmetry in an uneven gumline. You may have perfectly healthy gums and teeth, but the radiance of your smile can be overshadowed by an excessive or uneven amount of gum tissue that can be permanently corrected.



Plugged In Or Unplugged

Which are you?

1. Electric toothbrushes with timers can help you to brush as long as you should (2 or 3 minutes).
2. Electric brushes with pressure sensors signal to prevent you from brushing too hard.
3. Whether you use a manual or electric toothbrush, you need to be gentle with your gums.
4. The ideal manual brush has soft rounded-tip nylon bristles.
5. Hard and medium bristles can cause irreversible damage to the gums which can lead to receding gumlines and exposed roots.
6. Worn bristles clean about 30% less effectively and provide a breeding ground for bacteria.
7. Replace your toothbrush every 2 or 3 months.
8. Remember, neither manual nor electric brushes can replace flossing.
9. The **most** important part of home dental care is **regular brushing** with *your* preferred toothbrush, combined with daily flossing.

STEP UP TO THE WINNER'S CIRCLE!



Winner Takes All!

Turn dreary into dramatic

You've stepped out of your comfort zone – now step up to the winner's circle! You've been challenging yourself to improve, to take better care of your health and your appearance, and now it's all about the possibilities. Whitening, bonding, and veneers can add sizzle to your smile and fortify your renewed and well-earned confidence.

After all, it only makes sense – the more life you live, the more your smile does! Enamel tends to darken and yellow over time, particularly if you...

- consume coffee, tea, red wine, or dark fruits and juices;
- use tobacco products.

Take charge again...

Brighten your teeth by up to eight shades quickly, reliably, and safely.

Camouflage more serious staining with bonding and correct chips, gaps, and other smile flaws at the same time!

Say goodbye to old silver fillings with bonding materials matched to your enamel or with beautiful porcelain inlays or onlays.

Go even more dramatic with beautiful **natural-looking** porcelain veneers that can...

- Make your teeth stronger, **whiter**, and more resistant to plaque-causing bacteria;
- Restore **symmetry** and **proportion** to receded gums or re-sculpt the shape of your teeth;
- **Disguise** crowded or overlapped teeth without braces.

Victory is sooo sweet. You do deserve a reward today – call us for your cosmetic consultation.

Set Your Sights On Health

Easy does it!

Eco-gastronomy. Yummy. Tired of life in the fast lane and fast, fast food? **The Slow Food Movement** was created to counteract exactly that, in the belief that the food we eat should taste good and be produced in a clean, environmentally friendly way. Protecting the heritage of local foods, tradition, and culture means that pleasurable dining – along with oral and overall health – can be yours for the asking.

No wonder that today the Slow Food Movement has spread from Italy to 132 countries. Celebrations of gastronomic and biological diversity are held in exciting and exotic centers like Turin, Toronto, and San Francisco.

Whether you travel the world or visit your local Farmer's Market... *slow down*. See the sights. Savor the incredible aromas and flavors of just-ripe just-picked and oh-so-good-for-you slow foods.



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?

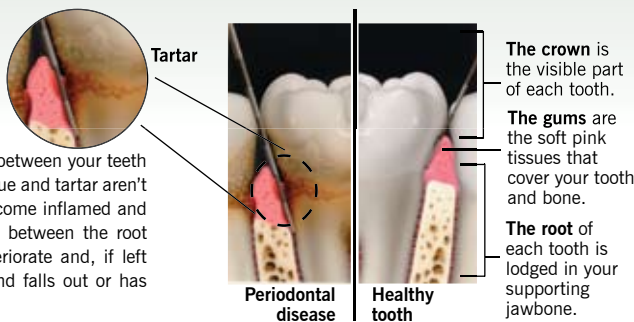
Plaque, the soft thin film you may feel on your teeth, is a natural biofilm with its own ecosystem of bacterial environments. If this film is allowed to build up, it hardens into calculus (or tartar) which can cause gum inflammation and bleeding. Calculus can damage the natural seal formed by your gums 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!

Periodontal Disease vs Healthy Tooth & Gums

Gingival pockets are the small spaces between your teeth and gums where debris collects. If plaque and tartar aren't removed from these pockets, gums become inflamed and the pockets of bacteria extend deeply between the root and gum. Bone and gum tissues deteriorate and, if left untreated, the tooth becomes loose and falls out or has to be removed.



officeinformation

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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 Office Hours

Mon 8:00 am – 12:00 pm

5:00 pm – 8:00 pm

Tue/Wed/Thu 8:00 am – 4:00 pm

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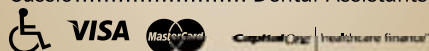
Sandy..... Business Coordinator

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

..... Dental Hygienists

Becky, Margaret, April, Lindsey, Erin,

Cassie..... Dental Assistants



Economic Smiles

...On your kids' oral health

Why is it so important for your kids to come see us regularly? Because keeping their oral health in check now can save you major expense later. Sugary foods and drinks cannot be monitored full-time. When plaque – loaded with bacteria – is not completely removed, it calcifies into tartar that you cannot get rid of at home. We can remove it, preventing and even halting cavities and gum disease.

It's also important to...

- Have your child's bite assessed early to possibly intercept the need for orthodontics down the road;

- Fit your child for a sports mouthguard to prevent and lessen injuries to their teeth, jaw, and head;

- Get maximum insurance benefits by planning for the year ... now!

Providing prevention protects your child's teeth. You'll be so glad you did!

Wise UP

Wisdom teeth

Wisdom teeth are pretty elusive. They are the last teeth to erupt, often in the late teens or early twenties, and the only way to anticipate their timing is by dental examination where we can address the problems that often develop, including teeth that are impacted (unable to come in or are misaligned), grow sideways, emerge only part of the way through the gum, and those that remain trapped beneath the gum and bone. In addition, complications could include damage to adjacent teeth, infection, and pain, swelling, jaw stiffness, and even general illness. Temporomandibular Disorder (TMD) symptoms (tender jaw muscles and joints, limited jaw opening, and unexplained facial or head pain) can also be caused by wisdom teeth.

Close monitoring by our team are sometimes enough to keep wisdom teeth on the straight and narrow.