

fromthedentists

The Best Thing To Do Come on in!

Every dentist hears amusing and creative excuses for missed appointments – you know, variations on the dog ate my homework theme. Some patients just flat out admit they had something better to do. But the real truth is they only think they’ve got something better to do. Your oral health is precious – and without regular care – precarious.

Let us explain. Your body is its own ecosystem. If the bacterial balance of your oral environment is lost, it can lead to painful cavities and gum disease with tooth and bone loss. It may affect your general health. The more you postpone, the more extensive and costly treatment can become.

Please don't miss appointments because you're nervous about a treatment or expense. We care about your oral health and we care about you and your family. We'll work something out together.

Yours in good dental health,

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

Winners of our email contest are:

Oral-B® 3-D Toothbrushes:

- Norval and Carey Semchenko
- Robin and Joan Roberts

FREE Whitening for Life System

- Sarah Musser

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

Heads Up On Hearts

Gum disease can predict heart disease

Research suggests that *periodontal* (gum) disease is a stronger predictor for heart disease than other standard markers. These markers include high levels of fibrinogen (a clotting factor), or low levels of good cholesterol, or high triglycerides which are a form of fat in the bloodstream. In fact, people with periodontal disease are almost *twice as likely* to suffer from coronary artery disease that can lead to heart attacks and stroke as those with healthy gums.

What to do? Floss. That's right... dental floss could save your life. Dental floss is the only way to remove plaque between the teeth where your brush can't reach.

What else? Brush regularly and keep your regular recare visits. There are no symptoms when periodontal disease begins, but we can diagnose it and treat it early.

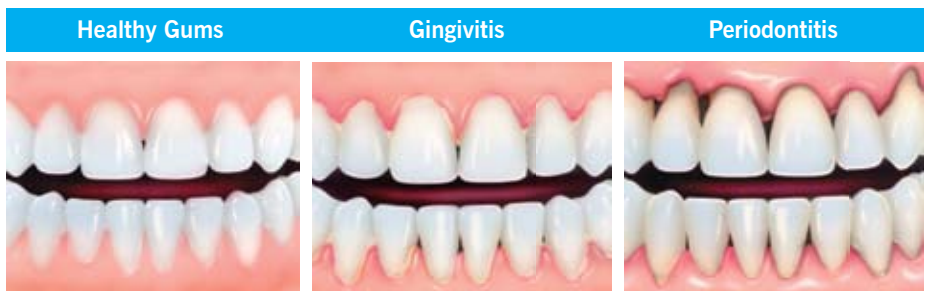
No symptoms? That's right. Swollen, bleeding gums usually only show when plaque, an invisible sticky film of bacteria has hardened



into tartar. Once plaque has been allowed to build up and calcify, only we can remove it. In the meantime, your health and appearance will be affected.

My appearance? Red, receding gums, bone loss, and missing teeth result if gum disease is left untreated. Periodontitis also causes bad breath.

...Now that we all know gum disease is associated with cardiovascular diseases, if you think you're due for a recare appointment or you have symptoms of periodontal disease, please give us a call!



Thank you for all your referrals. We appreciate them!

4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

Floss each tooth thoroughly with a clean section of floss...

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



Are You Progressing?

Why the answer just might surprise you!

Periodontal disease. The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This 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.

Periodontal disease is progressive...

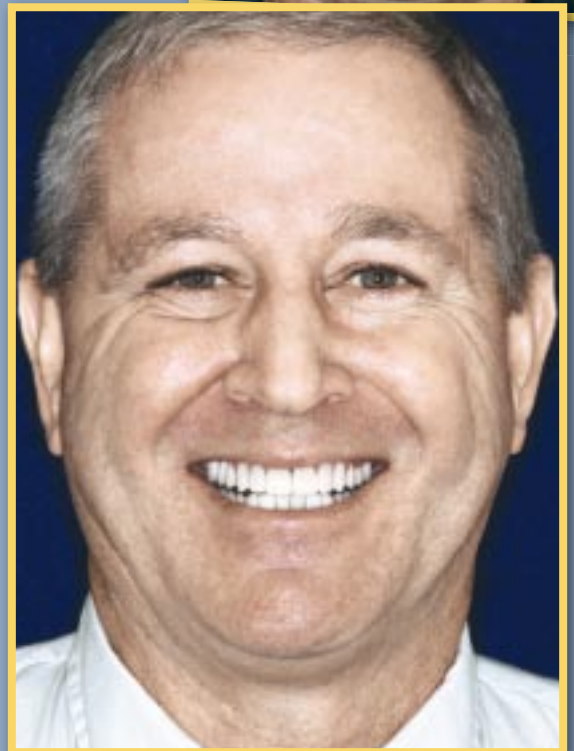
Gingivitis: Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

Periodontitis: This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

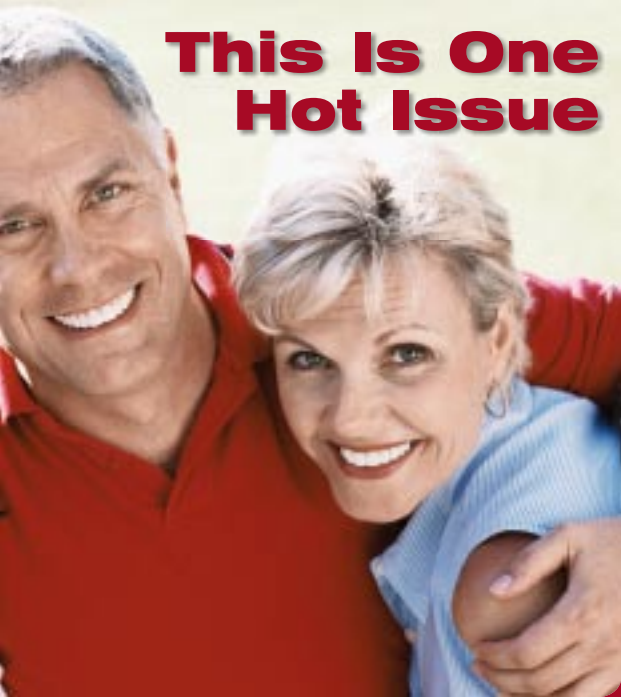
There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

Call us for an appointment – any time!



This Is One Hot Issue



Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

Gum disease has been associated with inflammatory diseases that include...

Osteoarthritis and **rheumatoid arthritis**

Diabetes

Cardiovascular diseases

Lung infections

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

Practice Makes Perfect

Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

Live Life Well

Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



Odyssey® Diode Laser

Comfortable, preventive, flexible care



We're pleased to announce that we've added a leading-edge laser system to our practice. The *Odyssey*® Diode Laser is very patient-friendly. It provides you with comfortable, preventive, minimally invasive treatment options. It provides us with greater flexibility in administering them.

The term "laser" stands for light amplification by stimulated emission of radiation – a device that produces and amplifies light. The Odyssey Diode Laser's wavelength has been precisely calibrated for soft-tissue applications.

The light can be focused into a tiny point to do very fine, exact work. It is so precise in dental surgery that there isn't as much tissue swelling and there's less need for sutures. It is gentle on soft gum tissue and can stop bleeding from even the tiniest blood vessel. The heat from the laser also has



a sterilization effect. Many patients report a pleasant anesthetic effect, as the laser seems to desensitize the area being worked on.

We have many uses for our soft tissue laser. We remove diseased gum tissue to prevent gum disease, painlessly remove canker sores, and we can even help cold-sensitive teeth. The laser is also excellent for cosmetic dentistry such as recontouring a "too gummy" smile.

The leading edge technology of the Odyssey Diode Laser is just one more way that we're making your visits more comfortable while increasing the level of care we provide.

officeinformation

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

Office Staff

Diane, Cheryl, Terrie.....

..... Patient Coordinators

Sandy..... Business Coordinator

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

..... Dental Hygienists

Becky, Margaret, April, Lindsey, Carmen,

Cassie..... Dental Assistants

Cell Phone Alert!

Turn-off & tune out

A recruitment company surveyed 6,000 people about their pet peeves in the workplace. Number one? The distracting jangles from cell phones, particularly in small workspaces. In a dental operator, this is more than alarming ... it can be downright dangerous. That's why it is our policy that all cell phones must be turned off when entering the treatment rooms.



Our clinical team must focus very intently while operating with sharp or high-speed precision equipment in a sensitive and even delicate area – the inside of your mouth. You can imagine the potential for problems if a team member is suddenly startled in the middle of a procedure.

If you expect a genuine emergency call, please talk to our receptionist. But otherwise, we appreciate your willingness to turn off your cell phones.

Your Dental Insurance

Get the most

The signs of fall signal back-to-work and back-to-school for many of us. They should also be a cue to make a dental appointment because your dental insurance has seasons too. More than 90% of dental plans are based on a calendar year. If you do not use the benefits you are entitled to, they are gone as of December 31st. Your benefits are not carried forward into the next year.

If you are thinking about getting some dental care sometime this year, now's the time. Many treatments can take weeks to complete once treatment options are sorted out and insurance considerations are resolved. That's why it's especially important to come in for a visit to get things on the go as soon as possible, before your dental insurance expires. **So give us a call!**



VISA

