

fromthedentists

Accept Our Gratitude... For your referrals

We'd like to thank all of you for sending your family, neighbors, and even business colleagues to our office. These referrals mean a great deal to us! They tell us that we're doing a great job for you and your family, and that you trust us to do the same for other people in your sphere of influence.

That's why we are so committed to continuing education and to leading-edge technology, procedures, and materials. And it's also why we work so hard to streamline recordkeeping and claim processing to keep your visits hassle-free.

Yes, we *really* appreciate the new business you send us! As professionals, the real brass ring is knowing that our team is providing gentle, caring, and excellent dentistry to you and yours.

Yours in good dental health,

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

Winners of our email contest are:

Oral-B® 3-D Toothbrushes:

- Missy Barden
- Sonja Mickelson

Free Preventive Care For One Year (cleaning, exams, fluoride, x-rays):

- Gary and Caroline Levi

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

Just Like A Splinter

Periodontitis: silent and progressive

Everyone has had a splinter under their skin at one time or another. The tiny culprits often turn up silently, and it's only later that you notice the irritation. If left untreated, the wound can become inflamed and even infected – your body's natural response to an invading foreign substance. That's when a commonplace nuisance can become an uncomfortable and potentially serious problem. That's how *periodontitis* – or gum disease – works.

When plaque, an invisible, sticky bacterial film, is allowed to build up on your teeth, usually around the gumline, it can harden into an unattractive yellowish substance called *tartar* or *calculus*. If ignored, calculus accumulates between the tooth and the gum creating pockets of infection, causing swelling, tenderness, and even bleeding – just like a nasty splinter.

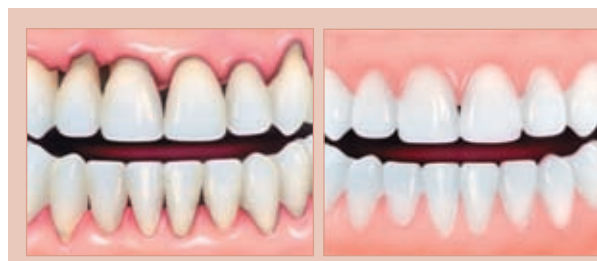
Periodontal disease has been called *the silent disease* because it arrives unannounced and can worsen with little or no initial discomfort. Although initially quiet and unassuming, it is the leading cause of tooth loss



among adults, it can destroy bone and supporting tissues, and it has been linked to life-threatening illnesses like heart disease and stroke, diabetes, and cancer, as well as to premature births.

Only a dentist or hygienist can remove calculus. But the best cure is prevention through regular brushing and flossing. Like a splinter, it's best to remove plaque before the nuisance becomes a problem.

Could it be time for *your* professional cleaning? Please call us for a consultation.



LEFT: Without brushing and flossing, bacteria have the potential to damage your gums which could eventually lead to tooth loss.

RIGHT: Research has shown that we see teeth as whiter when they are surrounded by pink gums.

Thank you for all your referrals. We appreciate them!



White Wine

Say it isn't so!

If you're a connoisseur of the grape, so to speak, you should know that in addition to all the good things wine has to offer, it doesn't have to be red to cause stains on your tooth enamel. Alas, white wine can also create rough spots and grooves that enable staining chemicals in tea, coffee, and other beverages and foods to penetrate deeper into your tooth enamel.

Even so, red wine, long known to stain teeth, should still be seen as more hazardous to whiteness because it contains *chromagen*, a richly colored substance.

Still, you don't need to stop enjoying wine in moderation. The best way to prevent staining caused by wine, and coffee or tea for that matter, is to rinse often, brush regularly, and ask us about dentist-supervised teeth whitening products.

About Bad Breath

Don't be misinformed

How we process and cope with information has acquired its own academic discipline: *information environmentalism*. Because there is such an excess of information consuming the airwaves, we need to be conscious of – and challenge – what we're absorbing. Well, there's a lot of misinformation about bad breath out there, and that matters to millions of people who experience chronic halitosis.

No matter what the ads say, eating mints or other scented candy, chewing gums, or beverages can only temporarily mask bad breath ... not fix it.

Bad breath that lingers can be caused by:

- bacterial plaque and food particles on and between your teeth;
- untreated gum disease;
- bacteria you haven't brushed away from your tongue.

Here's good information for you. Regular dental visits and scrupulous home care can keep your breath fresh and your smile sweet!

Your Wordless Smile Others will listen ... and look ... at you!



The image you project *is* worth a thousand words. It takes mere moments to make a first impression, and according to a UCLA study, only 7% comes from our spoken words. Body language accounts for more than half of that initial impact! Since your smile is always the first thing people notice, maybe it's time to spark up the power and turn up the volume.

Whitening is by far the most popular way to make over a smile from boring to beaming. Your grin can dim just from enjoying your tea, coffee, wine, or juice that gradually stains and abrades your teeth enamel.

We can...

- Whiten these accumulated surface stains;
- Remove stains trapped in micro-cracks in tooth surfaces;
- Remove discoloration caused by ageing, illness, medication, or heredity.

That's not all! We can help you decide on your best whitening option...

Bonding and veneers are completely natural-looking and can correct the appearance and function of cracked, chipped, or unevenly spaced teeth without surgery or braces.

White fillings can strengthen your teeth – and they'll look like you've never had a cavity.

Crowns can repair severely damaged teeth, and when combined with bridges and permanent dental implants, can replace gaps.

So, please – go ahead. Give yourself the gift of a great-looking makeover like the one in this after photo. Without saying a word, your smile will shout, "I'm the best I can be!"

Your Crowning Achievement

Making strong choices can be beautiful

Many believe that yoga offers the inner harmony and body awareness required to achieve a healthier and more-fulfilling approach to life. Getting in touch with yourself helps to define and refine your esthetic perception, deal with the moment, and look to the future with greater clarity. This can help you to find the confidence to make long-term choices that will enhance your oral health and create your strongest most-beautiful smile.

Like your choice to have a strong body and mind through yoga, choose strength, longevity, and esthetics with beautiful porcelain and ceramic crowns that look so natural no one will guess you have them. Besides being durable, they are highly resistant to bacteria, chipping, staining, and cracking.

Crowns are versatile as well...

1 Protect your damaged tooth by capping it with a crown.

2 Close a gap due to decay, genetics, or an accident with a crown plus a bridge. This excellent option can prevent your other teeth from drifting and altering your ability to chew, speak, and socialize.

3 Create a new tooth with a crown attached to a "root" implanted permanently into your jawbone. These *implants* can also be used to secure a denture, and several crowns can be attached to an implant bridge.

We'd be proud to help you reach your personal best and to keep your distinctive esthetic. Please feel free to ask for a consultation!



Before



After

Crowns

WE'VE DONE THE MATH About popcorn

Believe us when we say that we understand the attraction of buttery-smelling popcorn. North Americans consume 54 quarts per person each year and about 70% is cooked and eaten at home. Sad to say, we don't recommend it.

Here are 5 reasons why:

1. Popcorn is the #1 cause of tooth fracture.
2. Kernels get lodged in between teeth and between the cusps of teeth.
3. Hulls can get jammed under the gum and irritate the tissue, which can eventually lead to infection.
4. Sharp bits can scrape and irritate your tongue.
5. Rough edges can damage cosmetic restorations.

It's hard to give up a satisfying snack ... but why not consider fresh raw fruits and vegetables or low-salt pretzels? And if you can't always brush and floss, please rinse with water afterwards!



BOTTOM LINE? DENTALLY SPEAKING, POPCORN JUST DOESN'T ADD UP.

A Smile Is Never Trivial

But here's some implant trivia

In 1952, a Swedish Professor Per-Ingvar Brånemark had a lucky accident. He discovered that titanium bonded irreversibly to living bone tissue. The first practical application of *osseointegration* was the implantation of new titanium roots in 1965. Here are some more dental implant facts...

- A dental implant has two parts: a root made of biocompatible metal, and a custom-made tooth crown which is attached to it.

- Dental implants can anchor dentures or replace the form and function of only one tooth up to an entire jaw of teeth.

- The oldest known implant patient is 88; the youngest 15.
- Implant-supported dentures behave more like natural teeth, overcoming problems associated with bone loss, gum soreness, and difficulty with chewing and speaking.
- In one survey, patients who had their prosthetic appliances replaced with implants rated them nine out of ten – second only to natural teeth, and far above the two out of ten for their prosthetics!



Dental implants are minimally invasive:

- Dental implants require only normal brushing and flossing to maintain oral health.
- Because implants are anchored into the bone like the roots of your teeth, they act like natural teeth and preserve and strengthen the underlying bone. This avoids the bone loss which is otherwise inevitable with tooth loss.
- There is no need to shape or reduce healthy teeth enamel from adjacent teeth.

officeinformation

Souris Valley Dental Group

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Dr. Hildahl's Summer Office Hours

Mon 1:00 pm – 9:00 pm

Tue/Wed/Thu 7:30 am – 4:00 pm

Fri 7:30 am – 12:00 pm

Dr. Keup's Office Hours

Mon 1:00 pm – 4:00 pm

Tue/Wed 9:00 am – 3:00 pm

Thu 9:00 am – 1:00 pm

Dr. Stevick's Summer Office Hours

Mon 8:00 am – 7:00 pm *

Tue 7:00 am – 1:00 pm

Wed/Thu 7:00 am – 4:00 pm

* Closed from 1:00 pm to 3:00 pm.

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Office Staff

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Sandy..... Business Coordinator

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

..... Dental Hygienists

Becky, Margaret, April, Lindsey, Carmen,

Cassie..... Dental Assistants

Maximize Your Benefit

Minimally invasive dentistry and your healthy future

If you've wondered why we encourage you to come and see us every three to six months, it's because we believe that cavities and oral diseases are not inevitable. Our team is committed to minimally invasive (MI) dentistry. This means that we are dedicated to using the least invasive procedures to create the maximum oral health benefits for you.

Of course that means using today's superior technology to remove less healthy tooth enamel than in generations past, but it means much, much more. Our team is committed to providing leading-edge dental care through ensuring:

- Adequate consultation time so that we can discuss your hopes and desires for your smile and oral health;
- Education and home care guidance to prevent gum disease and cavities;
- Regular recall examinations for the prevention of caries (decay), periodontal diseases, and other oral diseases;
- State-of-the-art diagnostic tools, restorative materials, and precision equipment for earlier diagnosis and effective treatment plans which save more natural teeth and tooth enamel when intervention – even cosmetic intervention – is required or desired.

Your quality of life can be improved through optimal oral health. Research has linked gum disease to respiratory and cardiovascular diseases, cancers, and diabetes. With MI dentistry, many oral health concerns can someday be a thing of the past. In other words, our commitment to MI dentistry is a commitment to your healthy future!