

## fromthedentists

### Ask The Dentist

#### Toothbrush decisions...

*"What kind of toothbrush should I use? How often should I change it? Should I use an electric or a manual? Which brush do you recommend?"*

The ideal manual brush: soft, rounded tip and nylon bristles. Replace it when bristles become frayed, or least every three months. And keep your toothbrush to yourself.

Electric toothbrushes: Effective in preventing and even reversing gum disease. We recommend the *Braun Oral-B™*. It's great for many conditions, including braces, bridges, crowns, and other dental appliances. Most patients who switch to electric have considerable improvement in oral hygiene. Get a model that has a 2- to 3-minute timer. Electric brushes don't reach between your teeth - keep flossing!

Please call us if you have any other questions about brushing.

*Yours in good dental health,*

*The Doctors & Staff of Souris  
Valley Dental Group*

## turnthepage

7 Hot Smile Solutions!

More reasons to quit smoking now

Take your healthy smile on vacation

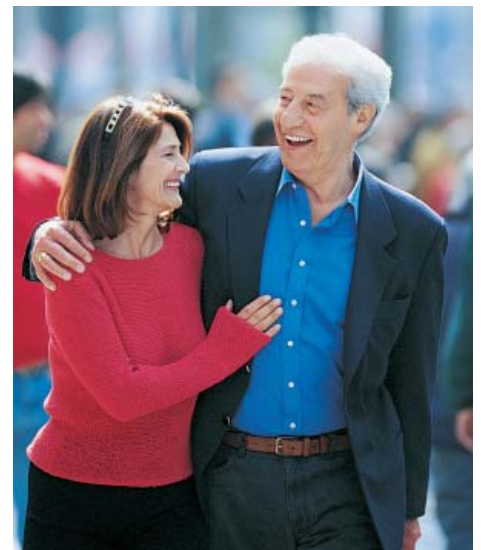
## Caring For Your Health...

### Includes establishing an oral health routine

Someday, when you visit your family physician for a routine check-up, your blood work could mean a referral to us for a periodontal screening. In a fascinating Japanese study, researchers found yet another link confirming the relationship between oral health and overall health.

They examined and measured the oral health and tested the blood of subjects for 37 items used in routine tests. The test results and oral health scores were compared. Here's what they discovered.

- If the results were considered healthy, the oral health was also healthy.
- If the test detected systemic abnormalities, the person also had serious symptoms of periodontal disease.
- Males were reported to have more serious symptoms of periodontal



disease than females of the same age group.

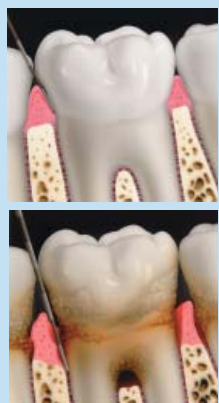
#### Gum disease has been linked with:

- cardiovascular diseases;
- obesity;
- diabetes;
- osteoporosis;
- oral cancer;
- Alzheimer's disease;
- unintended weight loss.

Every prospect of finding other accurate predictors like these blood tests for gum disease adds to the potential for early dental intervention and increased overall health. In the meantime, brushing twice a day, flossing once a day, and twice-yearly dental checkups are the best defense against the tartar and plaque that build up to cause periodontal disease and tooth loss.

If you have any questions, please give us a call.

### Periodontal Stages



Between your tooth and gums is a space called the *sulcus* which, when healthy, is a crevice about two to three millimeters deep. When tartar and plaque invade, it deepens and is called a *pocket*, providing an excellent hiding place for bacteria.

## Beauty & Perception

The word "esthetics" comes from the Greek *aisthetis* which means perception through the senses. We judge beauty with all of our senses, and appearance, in particular, with our eyes.

You may not have noticed the slight but significant facial differences that contribute to our perception of masculinity and femininity. In dentistry, the biting edges of men's teeth are usually straight while women's tend to be curved. The second incisors (teeth on either side of the front teeth) are wider on men and narrower on women. The eye-teeth tend to be more dominant in males, and male tooth enamel tends to be thinner, affecting color.

Taking these differences into account is just one of the ways that we help you to achieve a balanced, natural smile that matches your perceived ideal.

## Oral Health Tips For Jet Setters

You can take your good habits with you!

Whether for business or pleasure, an overnight or extended stay, many people travel year-round. Thanks to the global village, even business travel can take us to exotic locales.

In one study, 91% of the participants continued with their home oral care routine while they were traveling. Excellent news. Brushing, flossing, and rinsing are still the best strategy to prevent periodontal disease, the leading cause of tooth loss among adults, and a contributor to systemic diseases like diabetes, osteoarthritis, and cardiovascular disease.

Here are some travel hints – all are valuable whether you're at home or away.



### Crooked

...due to shifting and crowding. Adults can often avoid braces with **bonding** and **veneers**, restoring alignment, balance, and symmetry.

## Smile Concern.

### Shape

**Veneers** reshape teeth and are matched to your tooth color.

### Discolored

...due to silver amalgam fillings. Modern **composite** or **white filling materials** that match your natural tooth color are virtually invisible.

### Stains

...due to age, smoking, coffee, tea, and red wine. **Whitening** can safely and comfortably brighten teeth. **Bonding** with a tooth-colored plastic, or applying porcelain **veneers** can whiten while hiding flaws and improving tooth shape.





## Your LIPS Speak Volumes

Your lips frame your teeth, drawing attention to, and even enhancing, your smile. That may be why women who don't usually wear makeup often wear lipstick. Men are also paying attention to their lips. In one study, 30% of men used lip moisturizers at least once daily.

Lip cosmetics may enhance the frame, but cosmetic dentistry can complete the picture. Non-surgical dental techniques like bonding and veneers can actually plump out tissues and reduce lines and fine wrinkles for women *and* men, adding the appearance of volume to lips. Teeth whitening can safely add sparkle and glamor to any smile.

So whatever your gender, consider enhancing your smile!



## Say Goodbye To Wrinkles

Great news! If you quit smoking, you can avoid premature wrinkling.

Science has long known that long-term smoking causes wrinkles to appear earlier on smokers' faces than non-smokers', and earlier on women's faces than men's.

Research shows that **the gene that is implicated in wrinkles from sun exposure is highly active in smokers and silent in non-smokers.**

The gene is involved in destroying collagen, the structural protein that gives skin its elasticity. Everyone should wear sunscreen, but smokers in particular because of this highly active gene. Smoking can also damage skin

through the dehydrating effects of nicotine and through constriction of the skin's vascular structure.

There are other esthetic reasons to quit smoking. The smell gets in your hair. **Smoking stains teeth and contributes to bad breath.** But most importantly, and much beyond esthetics, smoking has been **linked to heart disease, periodontal disease, and cancers, including oral cancer.**

We provide a **free oral cancer examination** as part of your regular dental appointment. And **we can remove yellow nicotine stains from your teeth.** But only *you* can stop smoking.

# Smile Solution!



## Missing

**Implants** have become the treatment of choice for millions of people who have replaced teeth while actually strengthening bone. **Crown and bridge** treatment can close gaps by cementing a replacement tooth or teeth between two crowns that cover existing teeth.

## Chips & Cracks

**Bonding** and **veneers** can hide these flaws and strengthen your teeth.



## Gummy

**Gum recontouring** can show the natural length and beauty of your teeth to give you a natural-looking, balanced smile.

# New Method For Dental Phobics!!!

If you or someone you know has a paralyzing fear of dental procedures, we may have a solution for this problem.

Many people avoid and neglect their dental health because of a fear of dental visits. This phobia can be linked to many possible causes, like unpleasant experiences as a child. For many people, this fear has caused them to suffer unnecessarily with dental problems. Often times, small dental problems are left untreated, and they become even worse, making the treatment more complicated and uncomfortable, as well as more expensive.

We may have a solution for those with this phobia. Souris Valley Dental is now equipped and trained to provide

*Sedation Dentistry.* This term describes the method of taking a pill prior to the dental visit that will place the patient in a state of *hypnotic relaxation*. The person isn't actually put to sleep, but their deep relaxed state often results in the patient sleeping through the entire procedures. They are still able to hear the dentist ask for their help, but are not fully aware of their surroundings. Often times, one or two appointments can correct several years of neglect. The

patient will go home following each visit without really remembering much of the treatment.

A careful medical assessment is required prior to any use of the sedation medication; in addition, the patient is monitored during the entire procedure, to make this a safe, comfortable and successful process.

If you, or someone you know could use this type of treatment, please call our office to schedule a consultation.



## office information

### Souris Valley Dental Group

Mark Hildahl, DDS

David Keup, DDS

Jock Stevick, DDS

601 18th Ave SE, Suite 101  
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### 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 – 12:00 pm  
5:00 pm – 8:00 pm  
Tue/Wed/Thu 8:00 am – 5:00 pm  
Fri 8:30 am – 12:00 pm

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Email hildahl@minot.com  
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### Office Staff

Terrie, Cheryl ..... Patient Coordinators  
Sandy ..... Business Coordinator  
Cheryl, Angie, Jodi .... Dental Hygienists  
Becky, Margaret, April, Fallon, Rochelle ..  
..... Dental Assistants

## Delighted With You

### That's a fact

On average, during the day, your mouth swallows 2,000 times, which helps flush out bacteria. At night, it swallows only 20 times, allowing bacteria to build up. That's why it's so important to brush before sleeping...

We just love sharing these factoids with you. And we appreciate it when you share our delight and commitment with your friends, family, and colleagues.

Your enthusiasm is contagious and encourages your friends and family to come and see us. We know that feeling comfortable with your dental team makes visits more enjoyable and less anxiety-filled. And that a personal recommendation from a friend is the most credible form of advertising.

So, we are thankful for the great compliment of your continuing referrals.

## Is It Safe?

### Tooth whitening

Modern whitening procedures and techniques, supervised by us, can have a dramatic effect on your smile in a very short time. Generally, whitening is successful for at least 90% of patients. But we know that some of you have concerns about the safety of whitening.

Tooth whitening involves the lightening of dental discoloration by application of a whitening agent. The newer products are a vast improvement over some of the older techniques because they're safer and give more predictable results. Still, tooth whitening is a serious business, and there are some over-the-counter commercial whiteners that could cause you harm. Please schedule a consultation with us to make sure if you are a candidate for whitening, and which procedure suits you and your smile best.

