

fromthedentists

Get The Most

Your dental insurance

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 2006 dental insurance expires. So give us a call!

Yours in good dental health,

The Doctors & Staff of Souris Valley Dental Group

**SPECIAL
ANNOUNCEMENT!**

We are moving into a new building in January. Watch for more details in our next issue.

Reward Yourself

Cosmetics puts sizzle into your smile

A symbolic pat on your own back is nice, but a real reward is better. You and you alone have been brushing, flossing, and maintaining a good oral home care regimen ... even when you'd rather just flop into bed. Don't you think you deserve some smile sizzle? Give yourself the gift of a great-looking, ego-boosting cosmetic dental procedure!

■ Teeth whitening is by far the most popular way to make over a smile. Daily indulgences like drinking tea, coffee, and red wine will gradually stain your teeth. Your toothbrush alone can't combat ageing, medications, or heredity.

■ 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. Today's materials are so well-crafted and so translucent that they reflect light



like the enamel you were born with.

■ White fillings can make your teeth look like you've never had a cavity filled, and they may make your teeth stronger as well as immaculate looking.

■ Your smile can communicate "natural" even if your teeth have lived life to its fullest. Dentists use crowns to repair severely damaged teeth, and

bridges and implants can replace gaps. Non-surgical tooth lengthening can reveal your beautiful enamel to re-balance too-short or worn-down teeth.

Go ahead. Reward your great behavior. Ask the dentist about putting some sizzle back into your smile!



Thank you for all your referrals. We appreciate them!



Men's Health Not Improving

Better oral health can make a difference

Research conducted in the United Kingdom suggests that men's health has not improved since the 1970s, and heart disease is still the leading cause of death for men in North America where a third of men with diabetes don't know that they have it, and men are twice as likely as women to develop oral cancer. What does this have to do with dentistry? Plenty – because more men than women have gum disease, and gum disease has been linked with oral cancer, heart disease, diabetes, kidney disease, and Alzheimer's. Periodontal disease can be prevented and controlled with regular brushing and flossing as well as regular visits to our office.

Good oral health and a healthy lifestyle that includes exercise and excellent nutrition can go a long way toward keeping men – and their families – healthy.

BIG...BIG...BIG

Sometimes it's the smallest things that pack the biggest wallop. For example, improving a very minor smile flaw can result in a big gain in self-confidence and make a difference in how you are perceived by others. Today, dentistry can restore your self-assurance – and your biggest smile – with non-surgical cosmetic makeovers. Here are some proven techniques that can provide big results. So, please – don't hide your smile. Instead, let us help you to pick the best strategy for your unique smile!

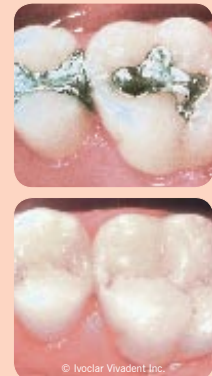
Teeth whitening

removes stains on enamel & lightens pigmentation by up to 8 shades with our supervision. Whiteness depends on the degree of discoloration & whether your teeth are dimmed by ageing, food, nicotine, or root canal treatment. The process is safe, speedy, & dependable.



Metal-free filling materials

create an appealing & natural look. They are strong & durable, & can look as good as – or better than – your own teeth!



Translucent **veneers**, **bonding** materials, and non-metallic **crowns** can conceal many imperfections. Are your teeth stained, worn, chipped, or cracked? Look totally natural with any of these custom-made restorations. Are your teeth slightly crowded, uneven, or irregular? We can re-fashion your smile ...without braces!



CANCER ALERT

A Brazilian study has linked oral cancer with the regular consumption of foods high in animal fat and saturated fat, including bacon, cheese, pork, and fried foods. Although people who smoke or use smokeless tobacco remain at highest risk for oral cancer, experts estimate that about 35% of cancers can be linked to diet.

We already know that...

- poor nutrition can negatively affect your immune system's ability to resist disease;
- decreased intake of vitamins and minerals can lead to mouth sores and a breakdown of gum tissues which can contribute to oral cancer;
- a diet high in starch or sugar promotes tooth decay.

We perform an oral cancer exam on all adult patients in our practice at each recall visit. We'll show you how to conduct a self-exam at home.

the truth

About Craniomandibular Dysfunction

What Is Craniomandibular

Dysfunction? CMD describes a collection of symptoms which occur when the chewing muscles and jaw joints do not work together correctly. It is also called Temporomandibular Syndrome or Temporomandibular Joint Disorder (TMD). By including a reference to the cranium or head, CMD evokes the relationship between the jaw, its joints, and the muscles and nerves of the face and head.

What Causes CMD?

The temporomandibular joints are at the ends of your jawbones, just in front

of your ears. They attach your jaw to your skull. Muscles that attach to both the bones and joints allow you to open and close your mouth. Any problem which interferes with this complex system may result in Craniomandibular Dysfunction.

What Are CMD Symptoms?

Clicking or popping of the jaw joints, pain in or around the jaw joints, and locking or limited opening of your mouth can be associated with a jaw problem. However, muscle spasms can create other symptoms that are less obviously bite-related and include...



How Can We Help? After a thorough examination and discussion of your symptoms, we will review dental treatment options with you, including stabilizing your bite to relieve any strain.

COOL



CLEAR

Drinking water has become very trendy. In some shops, entire aisles are dedicated to bottled water. But tap or well water from a good source is just as good for you ... and for your mouth.

Water is essential to maintain your oral and overall health. On average, human body weight is 50-75% water - or about 10-12 gallons. The specific percentage varies for each individual.

WATER

- won't stain your teeth;
- is an effective rinse when there's no time to brush or floss;
- is essential in saliva production, neutralizing tooth-attacking acids and protecting teeth and gums from cavity-causing bacteria;
- prevents *xerostomia* (dry mouth) which can interfere with speaking, eating, chewing, and swallowing;
- maintains your mouth's pH balance to fight enamel erosion.

Give Yourself A Treat

Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

■ The word *periodontal* literally means

"around the tooth."

- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.
- There are many forms of periodontal disease. The most common ones are *gingivitis* and chronic *periodontitis*. Left untreated, both these diseases can lead to tooth loss.

Gingivitis is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.

officeinformation

Souris Valley Dental Group

Mark Hildahl, DDS

David Keup, DDS

Jock Stevick, DDS

601 18th Ave SE, Suite 101
Minot, ND 58701-6732

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

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
After Hours Pager (701) 833-9758

Office Staff

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



Capital One/Healthcare
Finance

Relationships Inspire

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

Stressed Out?

Call us!

Did you ever think that a dental visit could help you to deal with symptoms of stress? People who are under a lot of pressure grind their teeth, bite their cheeks, and neglect their usual oral health routines like home care and dental visits. Research shows that stress weakens your body's immune system, creating a gateway for an oral bacterial infection that can lead to inflammation of the gums, bleeding gums, and eventually, even to loss of teeth and supporting bone.

There is no single, all-purpose solution to handling tension, but besides booking a dental appointment, here are a few suggestions that could help...

- Don't rely on your memory... write it down.
- Break large tasks into bite size portions.
- Set priorities in your life.
- Get enough sleep.
- SMILE!

Give Yourself A Treat

Perio health creates the best cosmetic results

A cosmetic procedure like teeth whitening can give you the great looks, self-confidence, and motivation to take care of your oral health. We're all for that! But we'd like to remind you that only natural tooth structure will lighten. If you have calculus on your teeth, having them cleaned first will achieve the best results.

Calculus is also commonly called tartar, and it builds up when you miss removing bacterial plaque during your usual brushing and flossing routine. Removing hard yellow tartar has to do with a lot more than looks. Tartar causes periodontal or gum disease. Here are some interesting facts.

■ The word *periodontal* literally means

"around the tooth."

- Periodontal disease is a chronic bacterial infection that affects the gums and bone supporting the teeth.
- There are many forms of periodontal disease. The most common ones are *gingivitis* and chronic *periodontitis*. Left untreated, both these diseases can lead to tooth loss.

Gingivitis is the mildest and earliest form of periodontal disease. It causes your gums to become red, swollen, and bleed easily with virtually no pain. **Chronic periodontitis** is present when gingival inflammation has progressed to within the supporting tissues of the teeth causing gum recession and bone loss.

In most cases, periodontal disease is reversible with professional treatment and good oral care at home.

officeinformation

Souris Valley Dental Group

Mark Hildahl, DDS

David Keup, DDS

Jock Stevick, DDS

601 18th Ave SE, Suite 101

Minot, ND 58701-6732

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

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

After Hours Pager (701) 833-9758

Office Staff

Diane, Cheryl Patient Coordinators

Sandy Business Coordinator

Cheryl, Angie, Jodi Dental Hygienists

Becky, Margaret, April, Lindsey, Rochelle ..

..... Dental Assistants



Capital One/Healthcare
Finance

Relationships Inspire

We thank you!

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships!

When you return time after time, we understand that you are expressing your trust in our professionalism. When you refer your friends and family, we understand that you are placing your relationships in our care.

These relationships are important to us, and we look forward to meeting the people you send our way. We will always provide the same kind of reliability, friendly service and professionalism to them as we give to you. No exception!

Your referrals are most welcomed, and we thank you for them.

Stressed Out?

Call us!

Did you ever think that a dental visit could help you to deal with symptoms of stress? People who are under a lot of pressure grind their teeth, bite their cheeks, and neglect their usual oral health routines like home care and dental visits. Research shows that stress weakens your body's immune system, creating a gateway for an oral bacterial infection that can lead to inflammation of the gums, bleeding gums, and eventually, even to loss of teeth and supporting bone.

There is no single, all-purpose solution to handling tension, but besides booking a dental appointment, here are a few suggestions that could help...

- Don't rely on your memory... write it down.
- Break large tasks into bite size portions.
- Set priorities in your life.
- Get enough sleep.
- SMILE!