

## fromthedentists

### Smile Facts

#### *Did you know that...*

- More than 92% of adults agree that an attractive smile is an important social asset.
- Sometimes teeth do not fully erupt from the gums, resulting in a gummy smile. In many cases this can be fixed by a simple cosmetic procedure.
- Many adults are unaware that they are still candidates for braces and an improved smile at almost any age!
- 85% of people agree that an unattractive smile makes a person less appealing to people of the opposite sex.
- From the distance of a football field, the only facial characteristic we can notice is a person's smile.
- Three quarters of adults believe that an unattractive smile can hurt a person's chances for career success.

We are smile experts, and we're enthusiastic about helping to make your smile sensational!

*Yours in good dental health,*

*The Doctors & Staff of Souris  
Valley Dental Group*

## turnthepage

**Don't gamble with your oral health!**

**What do we find hiding inside your mouth?**

**Is your smile slowly eroding?**

## Souris Valley Dental Group Is Proud To Announce Our New Location

As many of you know, we are moving our dental practice to a brand new facility. We will be closed the week of January 15, 2007 while we move. Our new modern state of the art facility will be larger and more spacious to allow us to serve you better.

**Our new office is located at:  
1300 37th Avenue SW**



We will be easy to find just south of the YMCA - and west of the Super Wal-Mart. It will be easily reached by either using 16th Street or 37th Avenue.

We invite all of you to a special Open House for our patients and their families on

**Tuesday January 30th, 2007 from 5:00pm to 7:00pm**

We will have snacks and refreshments, and our great staff will be giving tours and demonstrations of our new facility.

**Mark your calendars for Tuesday January 30th and stop by for a tour and open house.**

*Thank you for all your referrals. We appreciate them!*



# Access This Now!

A factory already exists that can mass-produce cells of a donor so that they can be transplanted to repair bone and gum tissue as well as erase wrinkles and other effects of ageing. Even so, it will be some time before this technology will be readily available to everyone. You can access – right now – modern cosmetic dental techniques that can prevent and plump out the wrinkles and lines that can prematurely age you. With crown and bridge restorations that replace teeth and preserve bone ... you will look great!

**A crown protects and strengthens a tooth by covering it and improves its appearance by restoring its form and dimension. A bridge secures the crown to adjoining teeth. Crown and bridge treatment is recommended for teeth that...**

- are broken or cracked, or are structurally weakened by large fillings;
- have been weakened by root canal therapy;
- are misshapen and discolored.

In addition to looking naturally beautiful, there is another terrific benefit to a crown and bridge restoration. Thanks to their strength and durability, you may avoid more complex and expensive treatments later!



## Let Your String Sing!

What's the first thing you search for when you get a piece of spinach caught in your teeth? Dental floss – naturally! It may surprise you to learn that food removal isn't the only reason you need to floss. It's to remove the bacterial plaque that builds up on your teeth. Even if you were fasting, you'd still need to brush and floss!

In fact, if you're not flossing, you're missing about 35% of tooth surfaces that brushing alone can't reach. And if you have a dental restoration like a crown and bridge, flossing will let you pay special attention to the gumline.

There are many flossing products designed for individual needs and preferences.

Ask us – we'll be happy to give you advice!

## The Price Of Excess

Erosion of dental enamel is caused by a chemical process involving acids and not by the bacteria that cause cavities nor by clenching or grinding your teeth. Sometimes it is caused by foods; sometimes by acid reflux (from your stomach) which is commonly caused by excess consumption of acidic foods and beverages.

Saliva can naturally restore a temporary acid imbalance ... but it can't challenge constant assault.



**The Academy of General Dentistry has identified acids in these common foods...**

- Soft drinks – phosphoric acid
- Fruit and fruit products – citric and malic acids
- Fermented products (yogurt) – lactic acid
- Grapes and wines – tartaric acid

**And recommends that after eating or drinking, you...**

- Brush using a fluoride toothpaste
- Rinse with water for 30 seconds
- Chew sugar-free gum to stimulate saliva flow

# NO PAIN DOESN'T MEAN NO PROBLEM!

If you are tempted to skip appointments because you don't feel pain and can't see anything wrong, think again. What you can't see or feel can cause the most trouble! These dental problems can be treated, and often reversed, if spotted early.

## Here's What We See That You Can't

- A dental examination can detect deterioration in fillings, crowns, and restorations.
- We may spot root cavities (decay on the roots of your teeth) which are exposed by receding gums.
- Close inspection can reveal periodontal pockets caused by gum disease, and we may even identify the early warning signs of oral cancer.
- We may find new decay under the gumline or hidden under existing fillings – two places you just can't see!
- Your teeth may have hairline fractures or signs of enamel erosion.
- We can diagnose an impacted wisdom tooth that is ready to make its presence known ... although you may not feel it yet.
- The onset of gum disease, called *gingivitis* in its early phase, often goes undetected by patients. We can check for any tell-tale signs so that you can take action to prevent its progression toward periodontitis.

## Gambling With Your Oral Health?

Gum disease is the leading cause of tooth loss

In addition to breaking down the connective tissues that support your teeth, the bacteria responsible for gum disease can actually destroy the underlying jawbone. For many people it comes as quite a shock to learn that insufficient bone can limit their restorative options. Over time, bone loss also alters bite which can affect ability to chew and speak ... and cause a "collapsed" facial appearance. You've probably seen someone who looks like that.

All of this can be prevented by taking care of your oral health with a consistent home care routine and regular office visits. Why is coming to see us regularly so important? Plaque is the bacteria-loaded biofilm that you can feel when you run your tongue across your unbrushed teeth. If not removed, it will calcify into tartar that you cannot get rid of at home. We, on the other

hand, can remove it. We can even reverse gum disease if caught in time!

Periodontal disease affects up to 90% of the population. It doesn't just affect your appearance - it can affect your overall health as it has been

linked to diabetes, premature birth, cardiovascular and kidney diseases, Alzheimer's, and oral cancer. Don't gamble on your luck. Make sure you take as many preventive measures as possible, and keep your appointments!



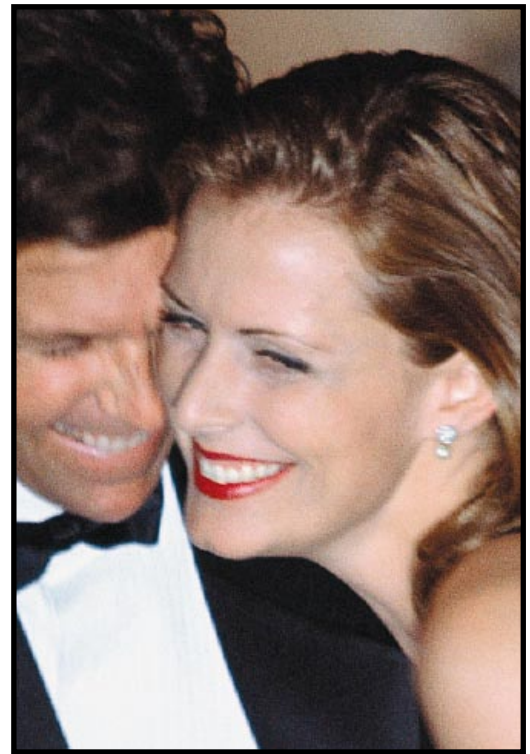
# New Year's Resolutions

## How about a new smile for the new year?

The start of a new year is always buzzing with promises to make positive changes and pledges to drop bad habits. Weight loss, quitting smoking, exercise, and better eating – these are often among the top New Year's resolutions. We'd like to suggest a resolution that's guaranteed to put a smile on your face. Paying attention to how and what you eat, proper brushing, and taking advantage of cosmetic dental services are all ways to give yourself a brighter, whiter, and happier smile.

A healthy attractive smile can do as much for your sense of self-esteem as any resolution. The best part is that you don't have to do it all by yourself. We can show you how to eat and brush better by choosing healthy foods and using fluoride and soft bristles. Talk to us about it at your next appointment, or if you prefer, call us to set up something sooner.

We can also introduce you to some of the cosmetic dental services that can whiten dull teeth, fix gaps, chips, and crooked teeth, and give you the smile you've always dreamed of. Resolving to improve your teeth is a lot easier than many resolutions, and the benefits will give you a reason to smile and feel good for years to come.



**Fact: What can take months or years wearing braces can be corrected in as little as two or three visits!**

## office information

### 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 – 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](mailto:info@sourisvalleydental.com)

Website [www.sourisvalleydental.com](http://www.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



## RAZZLE DAZZLE

### Whiter teeth win

Let's be honest: even the healthy, young, and attractive want to look MORE healthy, young, and attractive. According to a study by *Procter and Gamble*, it may be as simple as flashing a healthy, dazzling smile. The study asked people to rate two photos of the same subject. Respondents were not informed that a slightly whiter tooth color had been added digitally to the teeth in one of the photos. The results? An overwhelming majority – 90% – thought the enhanced photos showed healthier, more attractive people than the photos of the same people with duller, less white teeth, regardless of age, gender, or ethnic background. The whiteness of your teeth *does* affect how other people see you.

If you want a razzle-dazzle smile, come in and ask us about your options.

## Recommendations... Are appreciated!

Your personal recommendations can directly influence the decisions made by family, friends, and acquaintances to a far greater degree than any advertising campaign. This is true in every aspect of life, from decisions on which restaurants to try, to which professionals to use... including dentists. When you make an enthusiastic recommendation to family or friends, they will usually follow it. Our dental practice is living proof. The majority of new patients come from the recommendations of our patients, like you.

We truly appreciate the powerful influence of our patients, and are so thankful that they find us deserving of their recommendations.

Every recommendation and referral you give us is greatly appreciated and valued. *Thank you.*

