

fromthedentists

Ensure Your Insurance *No time like the present*

Most insurance companies base compensation on a calendar year, therefore fall means you have just *four months left* to use this year's benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? When you file your insurance booklet here with your records, we can review your treatment and cost options in advance. If you don't have a booklet from your employer or insurer, simply ask for one, then bring it in to us. We look forward to seeing your smile.

Yours in good dental health,

*The Doctors & Staff of Souris
Valley Dental Group*

turnthepage

What have you been hiding?

The perfect fix for men of action!

Know the 3 ways to trick time!

Student Accident Insurance - A Great Deal!



**Dr. Hildahl
always
purchases this
policy for his own
children. There
must be a good
reason. You
should, too!**

It's not very often when a great deal comes along. That's what makes this so special. *The DSC of North Dakota (Blue Cross Dental)* has an offer that anyone with school age children needs to know about. They have a Dental Accident policy that is *only \$15 per year*.

This policy is good for any accident involving the teeth of a student enrolled in preschool, elementary and high school, college or even post-college. It is also available to school employees. *Even if you have a regular dental insurance, you need this policy!!!*

There is no deductible. It covers 100% of the treatment for any accident to the teeth - even if it happens outside of school hours. Also, even if there is treatment that might be necessary a few years later, following the development of the permanent teeth, the same policy will cover the cost of this treatment. **What a bargain!!**

If you have any children in school, or are a full time employee of any school, please look into this policy.

We have the applications at our office - or they are available at the Blue Cross offices across the state.

Thank you for all your referrals. We appreciate them!



Test Your HCQ!

Regular dental visits and a scrupulous home hygiene program can keep your breath fresh and your smile sweet! How's your HCQ – Home Care Quotient? Take our quiz and find out.

Bad breath can be:

- caused by plaque and food particles on and between the teeth;
- a warning sign of gum disease (*gingivitis or periodontitis*);
- caused by bacteria that wasn't brushed away from your tongue;
- all of the above.

The number-one cause of tooth loss in adults is:

- car accidents;
- advanced age;
- gum disease.

Plaque, the thin film of bacteria that you can feel on your teeth, can begin to form within:

- 48 hours of brushing;
- 24 hours of brushing;
- seconds of brushing.

No matter what your score, just remember to brush, floss, and rinse ... and never share your toothbrush. Oral bacteria can be passed to others which can potentially spread periodontal diseases!

Answers: all of the above; gum disease; seconds of brushing

Take Years Off!

Rejuvenate your smile

Make no mistake – crowns do rejuvenate smiles. Although the primary purpose of a dental crown is to protect and strengthen teeth, you'll love your improved great looks too!

Crowns are an attractive time-tested option for teeth that have been severely damaged or weakened by trauma, root canal treatment, or too much filling. They can also support bridges that fill gaps and be attached to dental implants to rebuild and enhance your smile.

Crowns have come such a long way from the all-metal originals, through porcelain fused to metal, and finally to all-ceramic or all-porcelain. Today, replacing outdated crowns is a surefire way to take years off your appearance.



New beautiful natural-looking front crowns are enhanced by veneers on the molars.

Type Of Crown: **All-Metal**

Benefits: Often made of gold (which is strong and long-lasting and will not wear down opposing teeth), they can also be made of less expensive metals or a mix of gold and alloy.

Type Of Crown: **Porcelain Fused to Metal**

Benefits: Porcelain creates a more natural look than all-metal crowns, and though the metal limits translucency, it adds strength, which is particularly useful at the back of the mouth.

Type Of Crown: **All-Ceramic or All-Porcelain**

Benefits: Translucent porcelain with opalescence looks the closest to natural teeth enamel, will not wear down opposing teeth, and there are no tell-tale dark metal margins at the gumline as sometimes occurs with porcelain fused to metal. These crowns are strong, long-lasting, and youthful looking.

Increase Your Shelf Life

Transcend trans fats!

You know, without fat in your diet, your skin could become dry and flaky, and you could experience hair loss. Your oral health could also suffer from lowered resistance to infection and diminished ability to heal. But too much fat also creates health problems. In particular, trans fats have been receiving a lot of bad press lately.

Trans fats contribute to heart disease and are linked to inflammation which can damage body tissues including your gums, increase the risk of other chronic diseases, and accelerate ageing. Also called hydrogenated (or partially hydrogenated) oils, trans fats were invented to increase product shelf life. So they really are everywhere!

What to do? Read labels. Use alternatives to palm kernel and coconut oils. Exercise, eat a balanced diet, keep regular dental appointments, and keep smiling!

Hide 'n' Seek

Which strategy is best for you?

Sometimes it's what's hidden that makes all the difference ... even with something as intimately connected with your looks as cosmetic dentistry. It could be superior bonding materials beneath veneers that help them to stay whiter longer, an improved teeth whitening formula, or exquisite craftsmanship using leading-edge labs and technology. And sometimes, it's revealing what's hidden that can make your smile more alluring, especially when it's your beautiful teeth enamel hidden by a too-gummy smile.

Let us custom-design your smile makeover program with products and techniques that will suit your smile best. Please come see us for a consultation.



Here are some designer smile procedures that will give your smile eye-catching appeal:

Lighten stained, discolored, or dull teeth more comfortably, faster, and more predictably than ever before.

Change old, conspicuous fillings to strong, long-lasting tooth-colored restorations of porcelain or composite resin.

Renew severely damaged or broken teeth with porcelain or resin crowns, implants, or bridges.

Design your smile to permanently correct gaps, crooked, chipped, or discolored teeth with custom-made porcelain veneers that cover flaws.

Sculpt your smile to make short teeth look longer and restore symmetry by reshaping your gums.

Straighten your smile and close gaps by repositioning your teeth with orthodontics.



Assert Yourself!

Try whitening

They say that "macho" is making a comeback ... in a good way. Modern macho men are still sensitive and caring but they are also very capable men-of-action. These are men who "clean up good" - rather than men who are just good at cleaning up - and who are focused on their appearance. Think George Clooney. Think Matthew McConaughey. For men who don't want to spend a lot of time with potions and lotions, teeth whitening could hit just the right note for healthy, attractive, and rugged good looks.

Teeth whitening produces the best results when done under a dentist's supervision to remove stains and re-charge your smile batteries. And you get to decide whether to lighten by up to about eight shades, or only a few.

Assert yourself. *Smile!*

The *Wow* Factor

Choose to improve with advanced esthetics

It's true. You can choose to look and feel better. Advances in cosmetic dentistry take only a minimal investment of your time, and the rewards in well-being and self-confidence are well worth it. You can choose to trade in your tarnished smile for a smile that will wow everyone – including yourself.

Tea, coffee, red wine, or tobacco can gradually leave surface stains that are easy to remove with professional intervention. While age or inherited dull tooth enamel can also dim your smile, you don't have to live with it! Advanced esthetics can also boost smiles that have lost their sparkle due to root canal treatments, fluorosis, or

tetracycline use. Here's what some of the most popular cosmetic dental treatments can do for your smile...

- Erase unattractive stains for a brighter smile with teeth whitening.
- Banish silver-colored fillings with white fillings made from durable and completely natural-looking materials including white composite.
- Camouflage discoloration and chips or overlapping and uneven teeth with veneers that are affixed to the front surfaces of your natural teeth. These extremely thin but strong porcelain shells can actually improve the proportions of your smile by re-shaping your teeth and/or your gumline.
- Replace missing teeth with dental implants, an esthetically attractive alternative to dentures and bridges that looks completely natural.

Choose to call for a consultation and find out more about your advanced esthetic options!



office information

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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

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Office Staff

Diane, Cheryl Patient Coordinators

Sandy Business Coordinator

Cheryl, Angie, Jodi, Taya
..... Dental Hygienists

Becky, Margaret, April, Lindsey
..... Dental Assistants



Getting It Done!

Fall's the time

There's a saying that if you want something done, ask a busy person... but ask them in the fall! Everyone seems to get more efficient once we renew our routines come autumn. All the things that were put aside during summer become priorities.

As you create your to-do list, please remember to add "book dental appointments." A checkup after a summer of sports drinks and icy treats and interrupted home care is a must, particularly for children. And when sports season gears up, we always recommend custom-fitted mouthguards. They are much more effective than off-the-shelf products. Thinking about Thanksgiving and Christmas? Now's the time to book your teeth whitening appointment. Please be sure to check off your dental to-do list! It's the best way to ensure your oral health and your beautiful smile!

Get special care

Huge international corporations and advertising agencies would give just about anything to get something we have that they don't. We're privileged to have your loyalty and your referrals.

Maybe you'll be surprised to know that we get most of our new patients from our existing patients, like you. This is much more valued than any marketing campaign as it's clear that your testimonial speaks volumes beyond any advertising slogan. It's simple really... Because your referrals know you, they trust you. And that means they'll trust us.

We want you to know that we are committed to upholding your trust by providing your referrals with the special care you intend for them.

We welcome your referrals, and we're very proud of them. Thank you.

Your Referrals...