

from the dentists

NOW IS THE RIGHT TIME

To make referrals

Making and keeping a dental appointment, especially at this time of year, is very important and makes complete sense. Competitive sports are ramping up and to play it safe, mouthguards are a requirement. People also want to look their best for the holidays, or are realizing that they need work done before this year's dental benefits expire.

No worries! We have appointments available and we ask you to ensure your regular checkups are on track, and if not, invite you to schedule one.

Also, please refer your friends, colleagues, and family members to us. When you refer, it's an excellent reminder to others that preventive care is a top priority. We hope you know how much we value your referrals - they are high praise, and for that we are grateful to you!

Yours in good dental health,

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

Congratulations To Our Latest Email Contest Winners

• Velma H. • Agnes C. • Dawn B.

These patients have each won an Oral-B® 3-D Electric toothbrush! Thanks to all patients who have entered with their email addresses.

Don't forget to get us your email address for our system.

Dramatic Smiles

A picture-perfect smile with porcelain veneers

If it ain't broke, don't fix it... right? Well, like Gershwin's song says, "It ain't necessarily so!" Fact is, very few people have perfect teeth. Most of us have what our parents would call our special smile *personality* that could benefit from special treatment. Cosmetic veneers can make a truly dramatic difference... even in an "already nice" smile.

You might wish to consider porcelain veneers for your smile even if you only have:

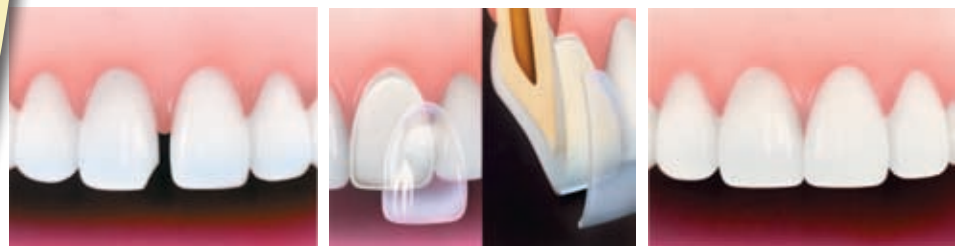
- slightly overlapping teeth;
- teeth that are just the teensiest bit crooked;
- teeth that are a smidgeon off center which skews the balance of your face;
- straight, even teeth with gaps in between;
- teeth and fillings that remain considerably duller than you'd like;
- somewhat chipped or worn enamel;
- edges that make your teeth look a little more feminine or masculine than you'd like.

What's so special about cosmetic veneers? Hand-sculpted porcelain



veneers, applied to the outside surfaces of your teeth, can dramatically recontour your smile, and they're long-lasting. Also, applying veneers doesn't involve *moving* your teeth. The procedure is quick, painless, and your picture-perfect smile will look completely natural!

Your parents may not have had the modern cosmetic veneer option... but you do! If you have any questions about a dramatic solution for your smile's special needs, call us, or ask us at your next dental appointment.



Before

Veneer Application

After

Thank you for all your referrals. We appreciate them!

Something To Chew On

The real skinny

Eating low-cal fruits can help lower your calorie intake, reduce your risk of some chronic diseases like stroke, heart disease, and diabetes, and may protect against certain cancers, including oral cancer.

Besides providing vital nutrients, each fruit has its own unique qualities. Scientists believe that grapefruit, for example, contains a substance that's a natural fat-fighter. And no wonder the pear is so popular: this low-cal member of the rose family is a good source of fiber, vitamins B2, C, and E, copper, and potassium!

Here are five fruit-friendly tips...

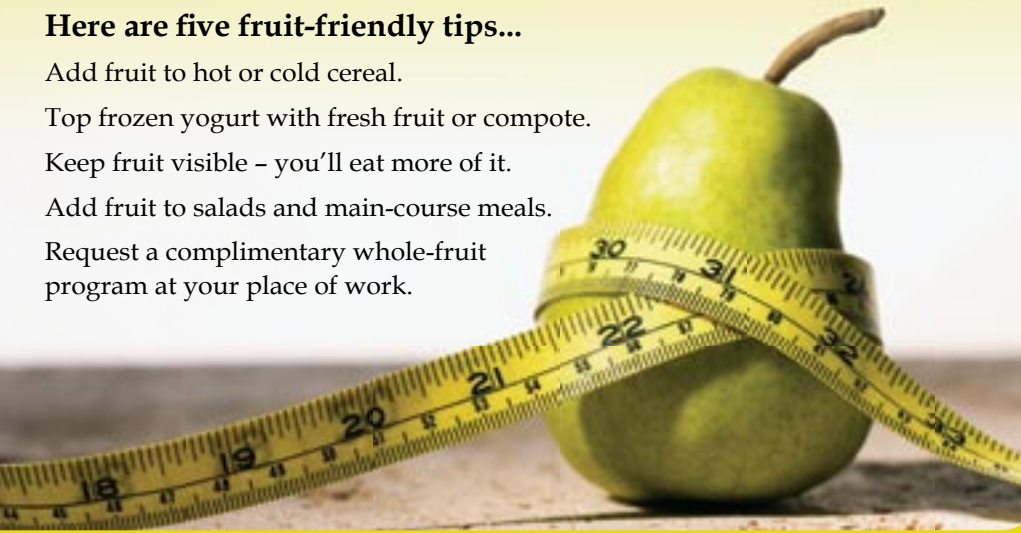
Add fruit to hot or cold cereal.

Top frozen yogurt with fresh fruit or compote.

Keep fruit visible – you'll eat more of it.

Add fruit to salads and main-course meals.

Request a complimentary whole-fruit program at your place of work.



Strategies From H To O

You can do it!

It's tough to judge your impact on the environment. Take global warming. In one study, participants ranked an eight-minute shower "low" on a list of activities that generate greenhouse gases. The reality? Heating shower water produces more CO₂ than a new compact car or a major appliance run for the same time!

A timer on your shower would help – and save water too! Here are some more conservation tips for you:

- **Turn** the tap off while brushing your teeth.
- **Chill** water in the fridge instead of running the tap.
- **Collect** rainwater for your garden.
- **Wash** your car with a sponge and bucket instead of a hose.

Our practice is committed to reduce, re-use, and recycle.

What's Precious To You?

Tell the world... every day!

What you choose to place a high value on says quite a bit about you. For example, if you treasure your health and well-being and that of your family, that tells the world that quality of life really matters to you. An improved quality of life brings each of us a greater sense of self-confidence and mastery of our environment. And nothing says self-confidence and mastery like a healthy and beautiful smile.

Here are some smile flaws we're often asked about. Many of the popular solutions we've suggested take only one or two visits without surgery and without anesthetic.

- **Chipped or cracked teeth?** Tooth-like materials can be bonded to your enamel so no one will ever notice.
- **Discolored teeth?** Supervised professional whitening can brighten your teeth. Versatile bonding and veneers can camouflage and whiten.
- **Gaps in your teeth?** Bonding or porcelain veneers can reduce unwanted spaces without braces.
- **Crooked, crowded, or protruding teeth? Teeth with very wide gaps?** Orthodontics can bring them back in line – in no time.
- **Worn-down teeth and ageing restorations?** Beautiful natural-looking inlays and onlays, crowns, bonding, and veneers can whiten, re-contour, strengthen, and restore symmetry to your smiling face!

Some things are too precious not to value. Your beautiful smile is proof that you have chosen to become the best that you can be!



What Do You Expect?

Get the most out of life - and keep it!

You have so much to look forward to. An environment to save, career and fitness challenges to meet, and the pleasure of mentoring people you care about personally and professionally. Still, you might be surprised by some of the things that can slow you down and take the joy away - like letting a little bit of gum disease develop into a serious problem. Gums? Serious? Definitely.

About The Mouth-Body Link - Science has linked gum disease with these disorders, among others: cardiovascular diseases, respiratory diseases, cancers, diabetes, and arthritis.

About Progressive Discomfort - Although it begins with no symptoms, what's virtually inevitable is bad breath, swollen tender gums, and gums that bleed when you brush or floss ... eventually progressing to gums that pull away from the teeth, exposed roots, and loose or drifting teeth... And well, you can guess how comfy that is!

About Appearance - Swollen red gums and exposed tooth roots aren't appealing, plus bone loss due to gum disease can alter your bite, change the fit of restorations, and make you look older than you are.

Please don't postpone your regular visits. We can help you to prevent, arrest, and sometimes reverse gum disease. We can also show you how to brush and floss more effectively, including under the gumline and beneath your restorations, to remove the bacterial film that is gum disease's root cause.

...And you can look forward to living your life to the fullest!



Secure & Versatile

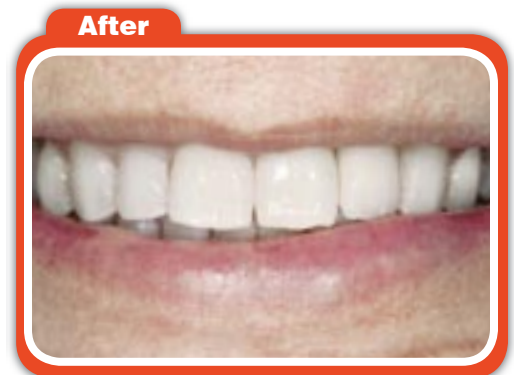
Smile with dental implants

Nobody wants to lose teeth, but let's face it - it can happen to anyone. Maybe even you? Thanks to dental implants though, you can avoid further damage that would otherwise add insult to injury, like the inevitable shifting and tilting of surrounding teeth and the loss of bone in the jaw that can create a sunken prematurely aged appearance.

As if safeguarding your oral health and appearance weren't astonishing enough...

- 1** Implants require only normal brushing and flossing - no special home-care routines.
- 2** There is no need to remove healthy enamel from surrounding teeth to accommodate implants.
- 3** There is no metal visible above your gumline.
- 4** Implants can be used for a single tooth replacement or as part of a major makeover.

Ask us about astounding, amazing, adaptable implants!



Our Growing Concern **Adult cavities**

A common belief is that cavities are “just for kids.” Not so! Adults are likely to experience cavities just as children are, even if they have never had a cavity before! The fight against cavities is life-long for all ages!

- Poor hygiene routines and poor eating habits can lead to the formation of bacteria on the teeth resulting in decay.
- With ageing teeth, weakness of the crown and the exposure of tooth roots are perfect breeding grounds for bacteria that lead to cavity formation.
- Decay can also set in around the edges of old fillings causing new cavities to form.
- Patients who suffer from dry mouth are at greater risk for cavities and periodontal disease because saliva acts as a natural protector against bacteria formation.

Modern dental equipment helps us to find and treat problems more conservatively and earlier than waiting for symptoms such as pain and/or swelling to appear. In our practice, we use a laser decay finder to examine teeth to identify early decay formation inside the tooth before it presents on clinical or x-ray examination and before any pain is felt. The success rate for identifying decay not yet visible on x-rays using this device is 100%.



You can be pain-free and hold on to your natural teeth for your lifetime. If you have any questions about adult cavities or any other dental concern, please be sure to call and ask!

officeinformation

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 pm – 5:00 pm
 Wed/Thurs 8:30 am – 3:00 pm

Dr. Stevick's Office Hours

Mon 8:00 am – 7:00 pm
 Tue/Wed/Thu 8:00 am – 5:00 pm
 Friday 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
 Website www.sourisvalleydental.com

Office Staff

Diane, Cheryl, Terrie.....
 Patient Coordinators
 Sandy..... Business Coordinator
 Cheryl, Angie, Jodi, Taya.....
 Dental Hygienists
 Becky, Margaret, April, Lindsey, Carmen,
 Cassie..... Dental Assistants

Your Dental Insurance

Get the most

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 this year's dental insurance expires. So give us a call!

Allergies And Plaque

Avoid dry mouth

Mother Nature gives more than flowers in bloom for people with allergies. Sneezing attacks and running noses can make life pretty miserable, even when the sun is shining. That's why a lot of allergy sufferers turn to antihistamines for relief.

What many people don't know is that while many allergy medications are good with noses, they can cause problems by drying out your mouth which means less saliva to wash away debris from your teeth. Over time plaque may build up around teeth and gums and encourage cavities.

If you are taking antihistamines, the best remedy is to drink plenty of water and keep your mouth moist. Brushing and flossing after each meal will keep your smile healthy and stop plaque from getting a hold of your teeth.