

from the dentists



If we haven't told you lately – you are valued, you are important to us, and as smile experts, our goal is to make sure your smile is bright, healthy, and happy! That's why we encourage you to come in for your exams and to follow through with treatment plans.

Prevention saves money, time and discomfort. The longer small problems are left untreated, the more serious the consequences to your oral health, appearance, and wallet.

No one is more aware than we are that to you, the oral health care of your family is a necessity – not a luxury. We will do everything we can to provide as many treatment plan, scheduling, and payment options as possible for you.

Please call with any questions.

*Yours in good dental health,  
Drs. Mark Hildahl, David Keup,  
and Jock Stevick*

## turn the page

What, exactly, is so funny?

Make an impact like never before!

Are you ready to be crowned?

## Dental Insurance

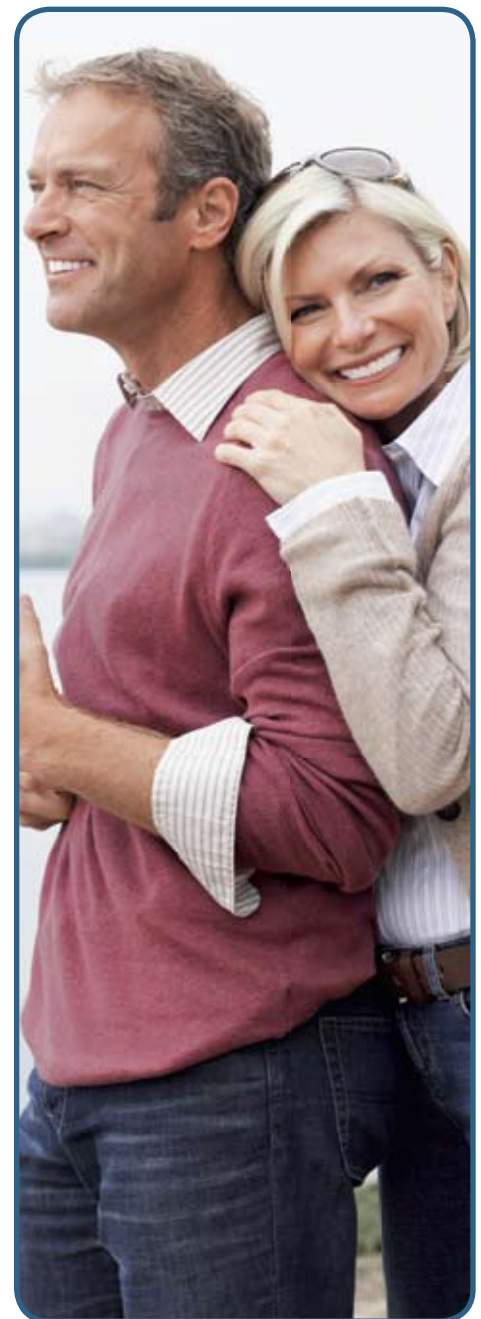
### Know the facts

As your dental office we offer comprehensive, professional dental health care. Another ally in maintaining good oral health is dental insurance. Unfortunately many benefit plans are rapidly changing, and this can cause misunderstandings about your coverage and ultimately impact your oral health.

Here are some facts about dental insurance that every patient should know:

- Dental insurance is a contract between you, your insurance company and your employer.
- Your employer may have selected an insurance plan based on this year's (or earlier) fee schedule. In many cases our fees are higher than your dental plan.
- We are more than happy to assist you in understanding your dental insurance, but please bring the latest information on your plan with you to your next appointment.
- Before your treatment begins, we can forward a predetermination (pre-estimate) to your insurance company for confirmation of your coverage. It may not be 100%, but this will enable you to plan your finances prior to treatment.
- The amount of benefits you are entitled to is related to the plan your employer has purchased and not to the value of the dental services received.

Only you as the patient can choose the level of dental care and the level of dental health that's right for you.



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

# Look Great

## And save the environment too

**Choose** eco workout wear. Many fabrics made with organic and recycled fibers such as cotton and soy blends, and athletic footwear made from recycled rubber and vegan materials, are becoming increasingly available.

**Shop locally** even if you can't find the very latest eco trends nearby. You can choose partially recycled materials, minimal packaging, and you'll be saving the expense and environmental cost of travel or shipping.

**Conserve** post-workout water and energy with low-flow shower heads that don't release hot water until you actually step in the shower and turn the shower head's valve.

**Shave** with only 5-7 drops of a natural shaving oil. A tiny bottle can provide about 100 shaves, is ideal for your travel bag, and a number of brands are available online or through large retail chains.

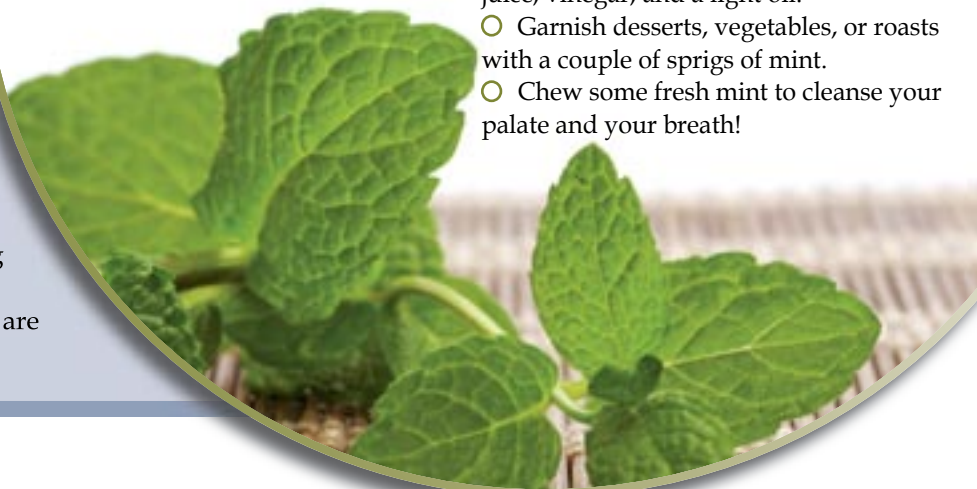
# Marvelous Mint

## More than a breath freshener

You probably associate mint with toothpaste or breath freshener, but it has been used as an herbal remedy and a spa soother in face packs, foot rubs, and bath soaks. Both peppermint and spearmint are very popular, especially for cooking, and if you're not a gardener, you can easily find commercially dried leaves.

### 7 Mint Hints For Your kitchen

- Steam vegetables with mint in the water.
- Mix chopped mint with butter for boiled new potatoes.
- Toss whole mint leaves in cooked rice before serving.
- Freeze whole mint leaves in ice cubes for tea or lemonade.
- Make salad dressing with mint, lemon juice, vinegar, and a light oil.
- Garnish desserts, vegetables, or roasts with a couple of sprigs of mint.
- Chew some fresh mint to cleanse your palate and your breath!



before



after



## ▲ Crowns ▼

before



after



# Crown FAQs

## Your best decision is an informed decision

### What Is A Crown?

A crown is an artificial cover that is used to restore, protect, and strengthen your tooth and keep it healthy.

### When Would I Need One?

- If you have a tooth that has been worn down by teeth grinding, an improper bite, or decay, a crown restoration could save it.
- Crowns will give cracked or broken teeth much-needed support.
- A tooth that has loosened due to gum disease can be stabilized by crowning it and connecting it to the neighboring teeth.
- Gaps in your smile can be replaced by incorporating a single crown onto the root of a dental implant placed into your jawbone.

### What Are My Options?

**Ceramic crowns** are the most natural-looking and can be as translucent as your own enamel. They are the perfect choice for those with metal allergies, but people usually choose them because of how they look.

**Ceramic-fused-to-metal crowns** combine this natural look with the strength of metal underneath, but they are not as translucent as ceramic alone.

Feel free to call now. You don't have to wait for your next appointment to discuss treatment.

# Defy The Trend

Subtle measures - radical results

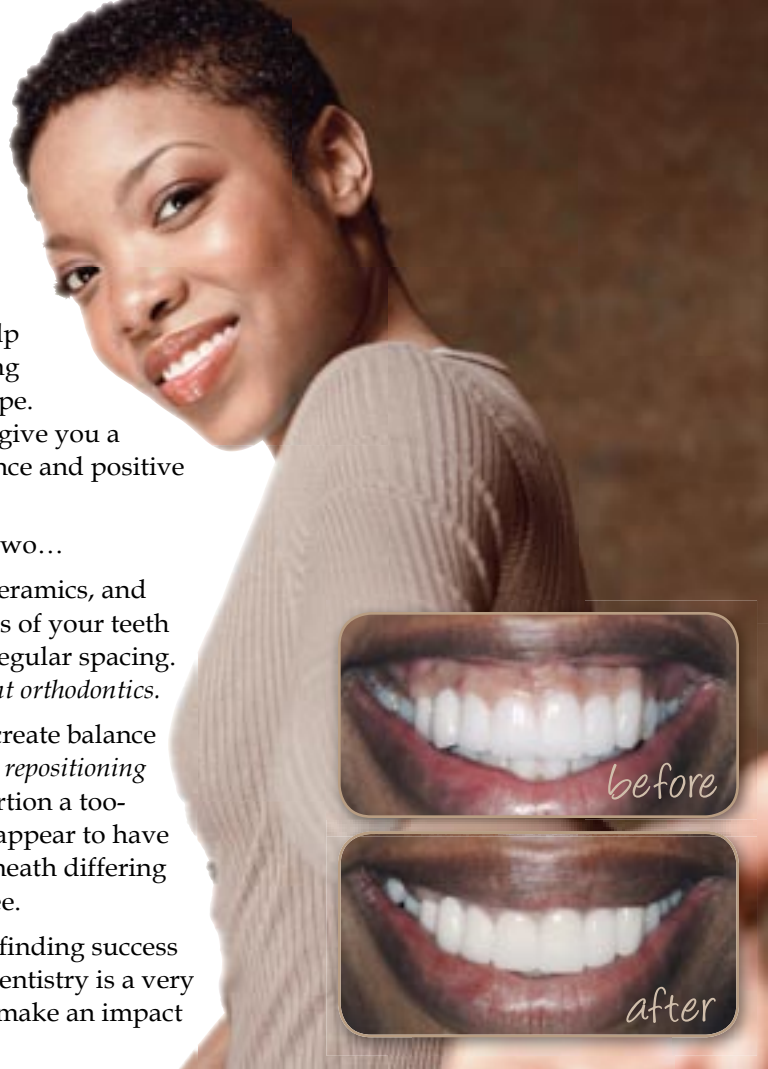
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without all the hype. For example, a subtle smile makeover can do a lot to give you a more youthful pick-me-up, and give you the confidence and positive attention you deserve.

Many cosmetic techniques involve only a visit or two...

**Veneers** crafted from translucent porcelains, ceramics, and other bonding materials can be applied to the surfaces of your teeth to disguise deep stains or other flaws like chips or irregular spacing. In fact, the veneering technique has been called *instant orthodontics*.

**Esthetic gum re-proportioning** can create balance and symmetry for your smile with techniques like *lip repositioning* and *gum recontouring*, as seen here. You can re-proportion a too-gummy smile, teeth that look too short, or teeth that appear to have different lengths because their crowns are hidden beneath differing amounts of gum tissue ... or a combination of all three.

We understand that sometimes, in today's world, finding success means getting yourself noticed. Stunt-free cosmetic dentistry is a very reliable and worthwhile investment that will let you make an impact - on your terms.



## it's laughable

For millennia, Tibetan monks have laughed out loud on awakening - no joke! Seriously, though, even faking a laugh cues your body and your mind to stay calmer and more focused.

How? By shutting off stress hormones and triggering the release of feel-good endorphins. What else? We can show you how to laugh out loud enthusiastically, vigorously, and confidently day or night - with or without an audience.

Natural-looking fillings and whitening can certainly help, but it's also about getting back to basics. Brush and floss, avoid sugary snacks, and maintain regular dental visits.

We promise - once you get the hang of it, the rewards are nothing to scoff at...

- Clean attractive decay-free teeth
- Clean pink tongue
- Clean healthy gums
- Clean fresh breath.

& so  
easy



# Dental Development

## What to expect when

A child learns to eat and speak properly with the help of the first set of teeth. Primary teeth (baby teeth) hold the space open for permanent teeth, guide them into position and help the jaw find its correct alignment. They come into the mouth at different times, but usually make an appearance six or eight months after birth. The lower incisors are first, generally followed by the upper ones.

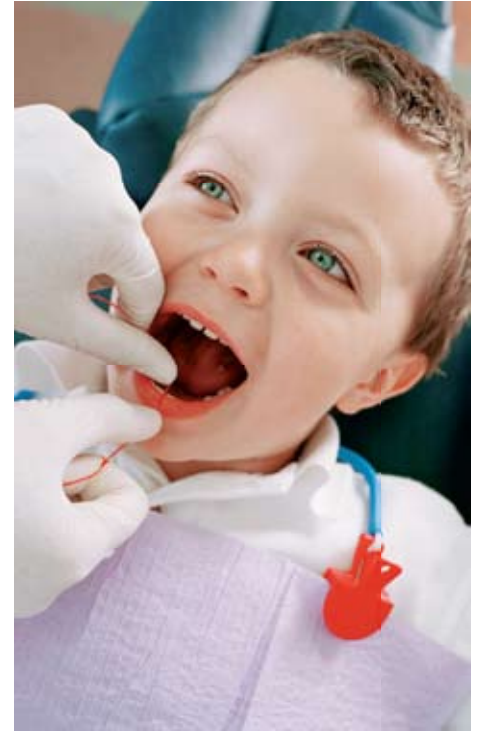
On average, your children should have a full set of primary choppers by the time they reach two and half years of age. You may see spaces between your child's primary teeth - this is normal. Children with spaces between their primary teeth are less likely to

need braces when they get older.

Around your child's sixth birthday, permanent teeth begin to erupt. By the twelfth birthday they should all be present and accounted for. This process will vary from child to child so don't worry if other kids your child's age have lost more or fewer teeth. Teeth usually erupt earlier in girls than in boys, and the lowers often come in before the uppers.

Habits like thumbsucking and blanket sucking need to be treated because they can cause the permanent teeth to grow in the wrong place. Sometimes the permanent teeth will appear behind the primary incisors before these are even loose, looking like two rows of teeth. Be assured that normally, in time, the baby teeth will be pushed out and the permanent teeth will take their place. If you're not sure your child's primary teeth are loosening and

coming out when they're supposed to, please give us a call.



## office information

### Souris Valley Dental Group

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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 – 7:00 pm

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### Office Staff

Diane, Cheryl, Terrie.....

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Sandy..... Business Coordinator

Cheryl, Angie, Jodi, Taya.....

..... Dental Hygienists

Becky, Margaret, April, Lindsey, Carmen,

Cassie..... Dental Assistants



Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

## Oral Cancer Self-Examination

### Early detection a must

First the grim, then the good... Did you know that more people die from oral cancers than skin cancer?

And because two-thirds of oral cancers are discovered in the late stages of the disease, prognosis is poor - the 5-year survival rate is a frightening 50%. It is imperative, therefore, that oral cancer is detected early, before the disease advances.

With each recall appointment you have with us, we always keep a keen eye for telltale

signs like lumps and discoloration, and for suspicious areas or roughness

or of any change whatsoever. We check your whole mouth (the top of the tongue and underneath, your lips, cheek lining, and gums). To help us out, make sure you play an active role in early detection too.

If you find an area of concern, call us right away. And always remember, like we do ... the first step in prevention and

successful treatment is awareness.

Make it a habit to "know your mouth" and regularly examine it for any changes.

1. Lift your upper lip and check for discoloration or sores on your lips and gums. Then repeat for your lower lip.

2. Check your inner cheeks for white, red, or dark patches. Use your finger to feel the cheek surface for lumps or roughness.

3. Look at the roof of your mouth. Any changes?

4. Check your tongue - top, side, and bottom - for any color changes or swelling.

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