



# Smile Highlights

Dr. Jessie Mastin

Produced for the Patients of Bear Creek Dental Center

Summer 2011

from the dentist

Summer's Here...  
And school's out!



Summer can be hard on kids' teeth. Increased rough-and-tumble outdoor activities can put them in the path of all kinds of hazards. Kids' smiles mean a lot, so it's important to take extra steps to protect their teeth. If your child plans to play any type of contact sport such as football, basketball, or soccer, make plans to visit us before the season starts so we can fit a protective mouthguard.

If skateboarding, scootering, or bicycling are on the summer agenda, avoid rainy days and wear a good helmet and protective gear. Wear seat belts when riding in cars. The number-one rule is to play sensibly.

If your child is due for a checkup and cleaning before fall, book early before the boom hits. Those busy back-to-school days always come up faster than you expect!

*Yours in good dental health,  
Dr. Jessie Mastin*

## turn the page

Are your prevention efforts effective?  
6 ways to an ageless smile!  
Teach your kids well!

## 3 Life Changing Truths

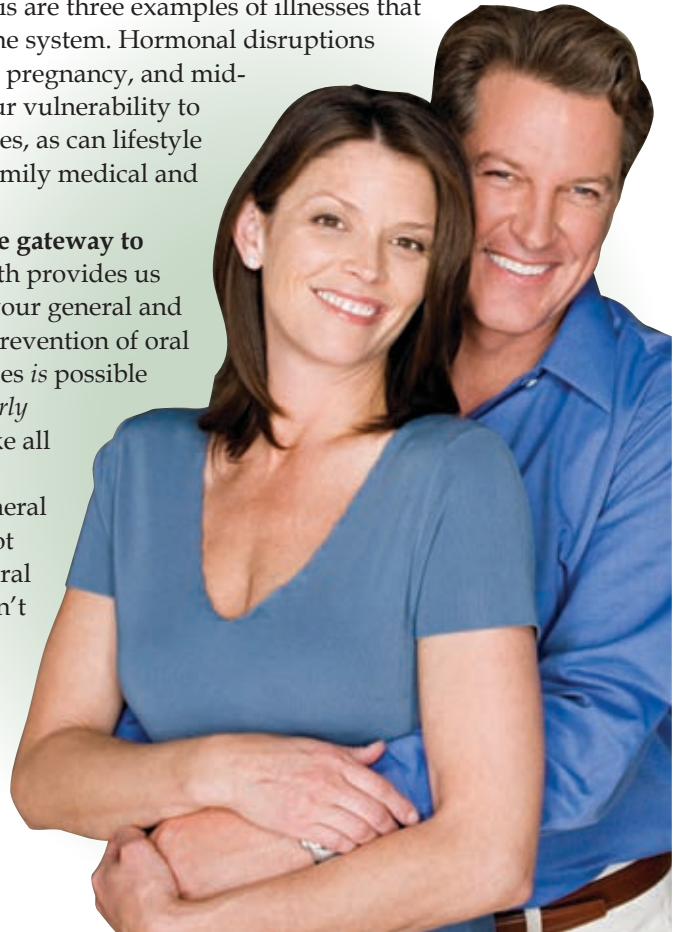
Your agenda? Your healthy mouth & body!

Some things are never worth delaying - especially your regular oral hygiene appointments. It's so important that we recommend recall visits as often as every three months for some patients and six months for others. Yet even those we schedule at twelve-month intervals can place themselves at risk if they keep putting it off.

Here are three key truths from the *Surgeon General's Report* that explain how much is at stake...

- **Oral diseases affect health and well-being throughout life.** Caries, gum disease, and bite issues, if allowed to progress, can create chronic pain, affect breathing, limit your ability to speak or eat a healthful diet, and damage your appearance and self-confidence.
- **General health-risk factors also affect oral health.** Diabetes, cardiovascular diseases, and arthritis are three examples of illnesses that suppress the immune system. Hormonal disruptions during adolescence, pregnancy, and mid-life can increase your vulnerability to oral health challenges, as can lifestyle choices and your family medical and dental history.
- **The mouth is the gateway to the body.** The mouth provides us with a window to your general and oral health status. Prevention of oral and systemic diseases is possible for everyone and *early intervention* can make all the difference.

The Surgeon General says that "you cannot be healthy without oral health," so please don't be tempted to stretch your recall schedule, no matter which timetable we have recommended. If insurance or payment is an issue, we can work something out.



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

# 5 TOP TIPS

## 4 Prevention

### Here's a menu to keep you smiling!

Online or off, the digital world can present some risks to the unwary. For example, research suggests that young teenagers tend to consume more sugary snacks during prolonged gaming, which in turn can increase the likelihood of tooth decay. As well, teeth whitening products which are accessible online may not be a safe choice at any age, because they could harm gums and damage teeth enamel. When it comes to good oral health, trust your dental team.

#### Here are 5 tips for every member of your family:

- See us first to make sure your mouth, teeth, and gums are healthy before starting any whitening program.
- Choose one of our supervised whitening options for safety and the maximum results only we, your dental care team, can provide.
- Stick with your maintenance schedule to keep your smile bright. No whitening is permanent and regular professional cleaning is essential to remove stains and the tartar that can cause gum disease.
- Keep sweet food, desserts, and drinks to mealtimes and brush thoroughly afterwards. It's consumption over extended time periods that heightens the risk of decay.
- Acidic food and drinks can be just as harmful to your teeth as sugar. The acid erodes tooth enamel and can make your teeth sensitive, more vulnerable to cavities, and unattractive.

Virtual reality can be a great place to visit at any age, however real-time brushing and flossing combined with dental visits are still the best for problem prevention to safeguard smiles.



## INSIDIOUS INFILTRATORS

**Fact:** Gum disease is linked to, and may impact, other serious health issues including type-2 diabetes.

Both of these diseases affect millions – children and seniors as well as those in the prime of life. Just as approximately half of type-2 diabetes sufferers have no symptoms, in the earliest stage of gum disease (called *gingivitis*), you might not even realize you have it.

#### WATCH FOR WARNING SIGNS:

- red or tender gums
- bleeding when brushing or flossing
- chronic bad breath
- receding gums
- loose teeth

Regular recare visits help us monitor developing oral health conditions that have the potential to adversely affect your overall body health. If you don't know you have a disease, you can't treat it ... but we can detect gum disease and treat it right away!



# A GREAT GRIN IS *Ageless*

## Restorations will give you reason to smile

Studies show that people in cultures that do not focus on oral health often suffer a litany of related and progressive health problems. Gum disease and tooth loss have been correlated with cognitive decline as well as hearing loss in later years, for example. Because of this, it is vitally important to ensure lost or damaged teeth are replaced or restored promptly to insure you can eat and speak properly, avoid further damage, feel good about your appearance, and maintain your positive outlook.

Ensuring healthy gums and teeth that last a lifetime begins with good oral care in childhood, but sometimes teeth can become damaged, broken, or lost. We can restore and replace teeth with beautiful esthetics at any stage of your life...

- **Inlays** are tooth-colored fillings for the biting surfaces of molars.
- **Onlays**, also tooth-colored restorations, sit on the biting surfaces and wrap over one or more cusps of molars.
- **Veneers** offer beautifully shaped straight white teeth while hiding small imperfections.
- **Crowns** cap individual teeth, lending support to compromised structure.
- **Bridges** effectively replace a lost tooth with a replacement tooth, using adjacent teeth as anchors.
- **Implants** are a secure permanent way to replace one or more missing teeth.

Call today to book your consultation to discuss solutions designed for your individual presentation, preference, and budget. Don't wait to restore your smile... Your good health depends on it.

*Call us  
today for  
solutions  
to your  
ageless  
smile!*



## **"Ascared" Of The Dentist?**

### **Not your kid!**

Kids' fear of "going to the dentist" is usually anticipatory and unfounded. Here are a few tips to help eradicate the potential for life-time dental anxiety by ensuring positive dental experiences throughout childhood.

**Show no fear.** Even if you experience anxiety, do not communicate this to your child.

#### **Set the bar high.**

Demonstrate excellent home care and encourage your child to practice at an age-appropriate level. Pitch in when necessary.

**Start early.** Call us to discuss the best time to start your child's dental visits, beginning with a get-to-know-us appointment, and if we complete an oral exam, you will be right by your child's side. Afterwards, make the day even more special by going out to lunch or catching a movie together.

**Instill pride.** Praise your child for taking good care of their smile ...not for their bravery.

## **Ice Cream Owww!**

### **Icy incidents**

How fast can you say *sphenopalatine ganglioneuralgia*? It's the scientific name for "brain freeze." It happens when you eat something very cold very quickly. You can try pressing your tongue to the roof of your mouth to warm it, but it's best to eat things like ice cream slowly to avoid the discomfort which, weirdly, you feel in your forehead.

That's because when the affected blood vessels signal the largest cranial nerve, your brain interprets the pain as a headache. The trigeminal nerve is also the culprit behind many head, neck, and face aches that are actually generated by the temporomandibular jaw joint. It's no wonder that some sufferers of Temporomandibular Joint Disorder (TMD), a dysfunction of the jaw, don't think to ask their dentist.

**Ask us. We'll inform your brain, not freeze it!**



# Call Now & Benefit The Most

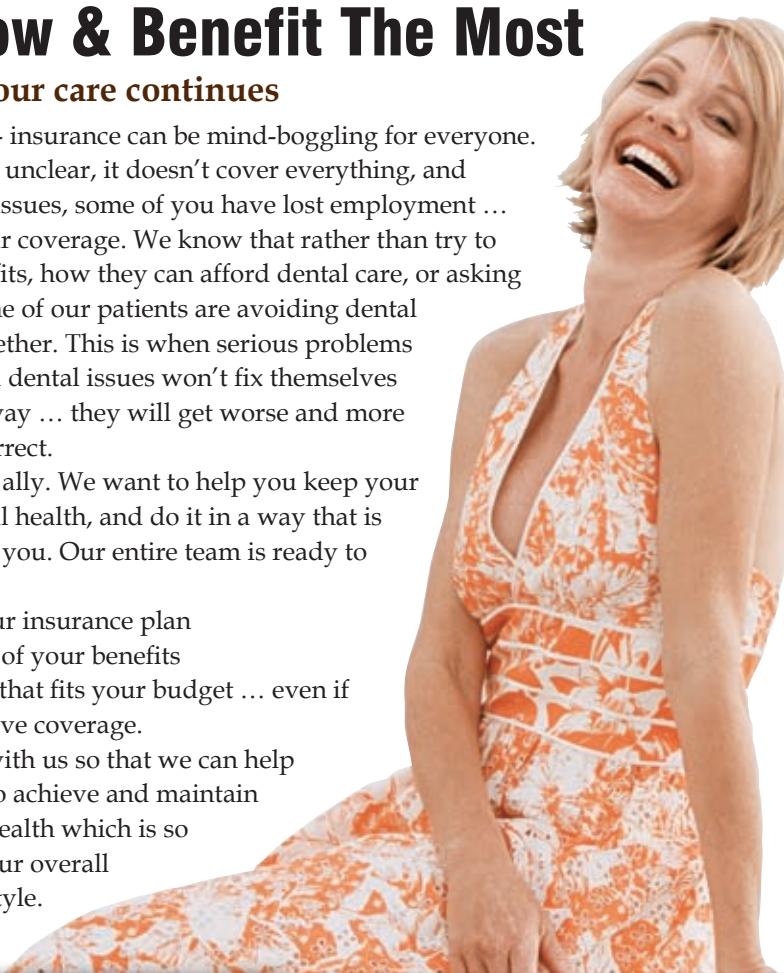
## Ensuring your care continues

Let's face it - insurance can be mind-boggling for everyone. The language is unclear, it doesn't cover everything, and with economic issues, some of you have lost employment ... and with it, your coverage. We know that rather than try to figure out benefits, how they can afford dental care, or asking us for help, some of our patients are avoiding dental treatment altogether. This is when serious problems arise. Untreated dental issues won't fix themselves or simply go away ... they will get worse and more expensive to correct.

We are your ally. We want to help you keep your health, your oral health, and do it in a way that is manageable for you. Our entire team is ready to help you...

- decipher your insurance plan
- get the most of your benefits
- build a plan that fits your budget ... even if you don't have coverage.

Please talk with us so that we can help you plan how to achieve and maintain optimum oral health which is so important to your overall health and lifestyle.



An Open Invitation

## To you & yours

We appreciate your business and friendship, and though you may not realize it, your referrals are also crucial to our success. Your ongoing recommendations let us continue to grow. In turn, we can invest in technology, additional staff, expanded hours, and other improvements to offer you and yours the most convenient and very best dental treatment.

Your referrals are our number-one source of new patients and not one of our team members takes that for granted. We are proud of your confidence in us and sincerely look forward to providing you, and each person you recommend, with only the highest quality of service and care.

Thank you in advance! We look forward to welcoming your friends, family, and colleagues with a smile!

## office information

### Bear Creek Dental Center

Dr. Jessie Mastin

1430 S 21st Street  
Colorado Springs, CO 80904-4225

### Office Hours

Monday 9:00 am - 6:00 pm  
Tuesday 8:00 am - 5:00 pm  
Wednesday 8:30 am - 5:30 pm  
Thursday 8:00 am - 5:00 pm  
Friday 8:00 am - 2:00 pm

### Contact Information

Office (719) 633-2828  
Fax (719) 633-7461

### Office Staff

Linda..... Office Coordinator  
Marilyn..... Dental Assistant  
Denise..... Hygienist

**Save when you pay  
by cash or check!**

**10% for seniors  
7% for all other patients**



*Welcome  
Linda!*

*We are pleased to welcome our  
office coordinator, Linda Cook to  
our practice family.*

## Whitening Savvy

### We can help!

Does the number of in-store teeth whitening products provide genuine consumer choice? In reality, many patients experience a bewildering jumble of products that don't necessarily address your specific need - your unique smile. We can provide you with a whitening treatment that is both safe and effective, and which is the best fit for your smile.

We can...

- Whiten accumulated surface stains created by everyday eating and drinking.
- Meet the challenge of stains trapped in microcracks in tooth surfaces.
- Remove stains in tooth structure caused by illness or medication - something only a dentist can do.

And now there's even more reason to smile! For a limited time, we're offering a:

*July Special!*

**1/2 Off Teeth Whitening  
1/2 Off In-House  
Soft Nightguards**

Call today to book your appointment

Offer valid from  
July 1st thru July 31st only