



# Smile Highlights

Dr. Jessie Mastin

Produced for the Patients of Bear Creek Dental Center

Summer 2010

## fromthedentist

**Goodbye, Pat!**  
*We'll miss you*



We value each and every member of our team, who all bring unique abilities to our practice. So it is with heavy hearts that we announce the retirement of our office manager, Pat.

Although we are sad to see her go, especially after 15 years with our practice, we wish Pat all the best ... and we know she will enjoy spending time with her family and vacationing.

Farewell, Pat. We will miss you. But, we do hope you will stop by now and then to say *hi!*

*Yours in good dental health,*

*Dr. Jessie Mastin*

**10% senior discount  
7% discount if paid  
by cash or check at  
time of service**

## Back To School?

### It's recare time!

It's an exciting time of year for your children – a fresh start, new expectations and even a little trepidation. The summer nights get just a bit cooler and before you know it, your young scholars are back in school! This year, remember to schedule your child's back-to-school dental exam before the end of summer.

We'll take this opportunity to give your child's teeth a thorough cleaning and we'll closely inspect their teeth for decay, discoloration, chips, cracks, and periodontal and orthodontic problems.

Your teens may be more concerned with the look of their teeth and with the freshness of their breath. Some treatments may be as simple as a reminder of the importance of good dental hygiene while others may be slightly more involved. Whatever the concern, we can help your teens to feel their most confident.

If your child is going to be involved in sports, we can fit them with a sports mouthguard to protect their teeth from injury. Remember, an ounce of prevention is worth a pound of cure!

We hope you enjoy the remainder of these glorious summer days. We look forward to seeing your teens and little ones before the back-to-school rush!



*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.

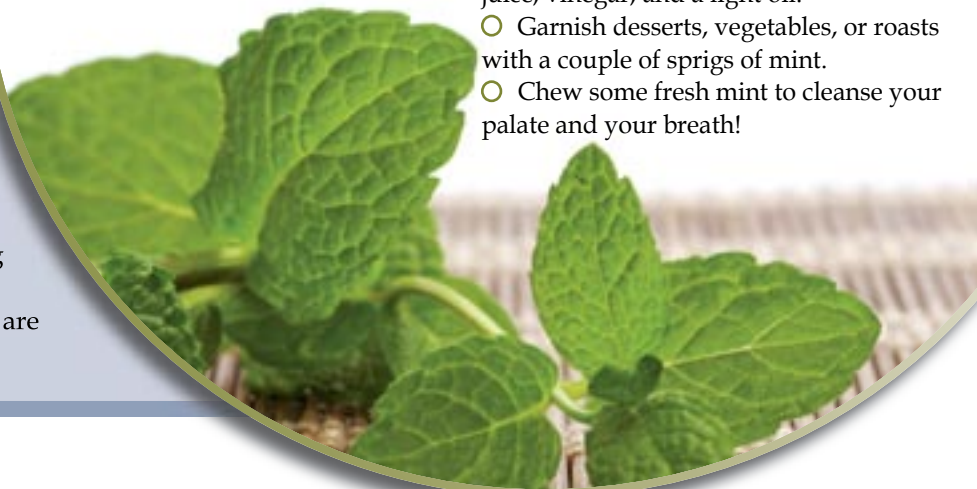
# Marvelous Mint

## 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

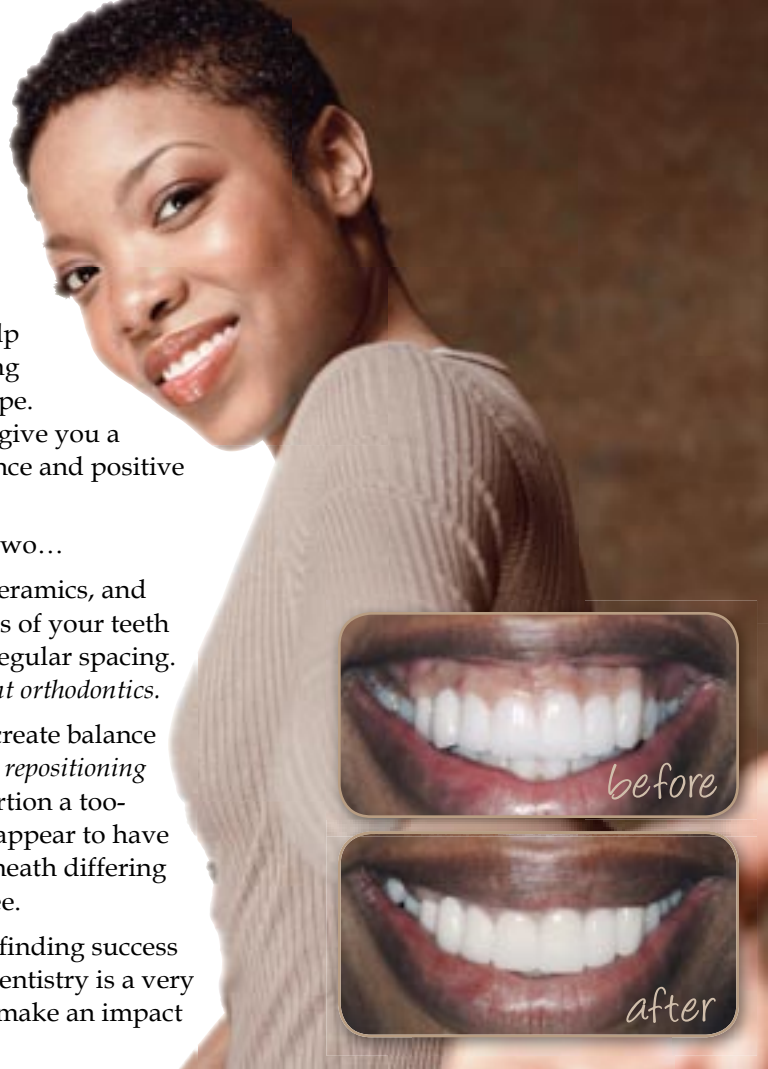
Have you seen some of the guerrilla tactics and extreme stunts people are deploying to reboot their careers? Believe us - singing telegrams or renting a hot air balloon are not your only answers! We can help you create a unique, engaging, and thought-provoking impression that will generate buzz without 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



# Good Gums And Health

## Oral health helps with overall health

As if good teeth are not a sufficient reason to keep your gums and mouth in peak condition, your overall good health is ample motivation.

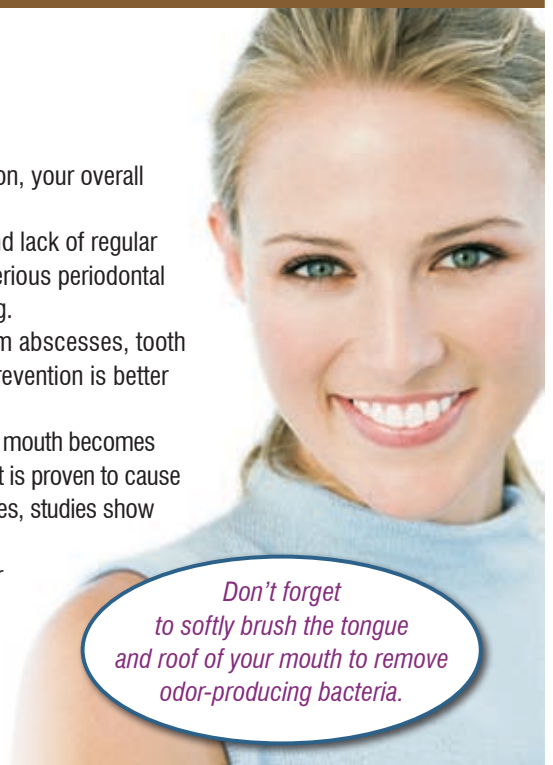
Gum disease — gingivitis — commonly caused by inadequate brushing and flossing, and lack of regular professional cleaning, is present in about 90% of the population; that in turn leads to more serious periodontal disease, which causes or exacerbates other bodily health issues, including holistic well-being.

Conditions caused directly by gingivitis and periodontal disease include: bad breath, gum abscesses, tooth loss, digestive disorders, and oral pain. Plus it results in greater health care costs to you. Prevention is better than the cure!

Because the micro-organisms and bacteria in your mouth travel into your bloodstream, your mouth becomes the gateway to your overall health. For example, there is a labor-inducing fluid in oral bacteria that is proven to cause premature and low-weight births. In diabetics, who are more susceptible to various other diseases, studies show that regular professional dental cleaning helps control their blood sugar levels.

Most of the oral bacteria that enter the bloodstream are harmless, but in a weakened heart or compromised immune system, opportunistic bacteria increase the risk of stroke or heart attack. Periodontal disease can also worsen respiratory problems and complicate osteoporosis.

Be sure to brush at least twice a day and floss daily, but there is no substitute for regular professional cleaning to prevent gum disease. Call today!



*Don't forget to softly brush the tongue and roof of your mouth to remove odor-producing bacteria.*

### Brushing Tips

- 1 Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.
- 2 Maintaining the 45° angle, gently brush using a rolling motion.
- 3 Tilting the brush vertically behind the front teeth, brush up & down using the front tip of the brush.
- 4 For the biting surface of the teeth, brush gently with a back and forth motion.

## 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

Stephanie..... Receptionist  
Marilyn.....Dental Assistant  
Denise..... Hygienist  
Pat..... Office Manager

*Communication is important to us – don't be afraid to ask questions!*

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## Your Referrals Matter Thank you!

One of the things that our patients do – something that makes us feel great and confirms that you think we're doing a great job – is referring friends, family, and colleagues. A thriving practice allows us to re-invest in new technologies and continuing education.

If we don't ask for your referrals very often, it certainly doesn't mean that we don't care. It simply means that our team doesn't want you to think that we take your recommendations for granted. We consider it an honor every time you express your trust in us by sending someone to us for their oral care.

Thank you for all of your past referrals, and a special thank you in advance for your very welcome future referrals. We really do appreciate them!

## Understanding Insurance

### Are you covered?

Sometimes understanding exactly what your dental insurance covers can be confusing and frustrating. It also makes it difficult to plan how you would like to use the benefits you are entitled to. Please let us help!

We have years of experience dealing with insurance and can explain your benefits, and help you plan the best way to make the most of them ... like making sure you effectively use your allotted calendar-year coverage. Did you know that most insurance plans expire December 31st, making unspent benefit dollars disappear?

We're here for you and will do everything we can to help you achieve your smile goals – while taking full advantage of your insurance coverage. Call today to arrange an appointment to review your plan.