



Smile Highlights

Dr. Jessie Mastin

Produced for the Patients of Bear Creek Dental Center

Spring 2010

fromthedentist

Ramp It UP For 2010 socials!



There are a few upcoming events on my calendar that I'm excited about, and I'm sure you also have something on your calendar that you're eagerly awaiting. In anticipation, I'd like you to make a mental shift. Here's how.

When you think "dentist," you probably think fillings and cleanings. I want you to take that one step further ... How you feel can be greatly influenced by how you look. Your smile is the very first thing that people notice, and judge, when they meet you. So right now, go to the mirror and smile. What do you want to change before "the big event"? Whitening? Smoothing that chip? Masking a gap? If so, call me! I want to ensure you smile your brightest and feel your best ... and have a wonderful time!

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

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

The Magic Of *Spring* ...Celebrate your smile!

Mother Nature in all her glory casts the greatest magic of all ... spring! The blossoming of trees and flowers ... the return of bird songs, sweet to our ears. It's also a time of personal renewal, and celebrations - weddings, graduations, sports, and social events - wonderful, memory-making times. You will want to make sure you look great, feel great, and get your smile in photo-op shape!

After all, during the winter holidays, it's hard to say no to sweet foods and drinks - a natural part of socializing. Grandma's chocolate-covered ginger and candied yams, and Aunt Lily's peanut brittle carrot cake. You can almost feel a cavity coming on just thinking about it! Now is a great time to make sure those off-diet times weren't also teeth-damaging times. Come in to us so we can nip any tooth decay in the bud - whiten and brighten your teeth, mask stains, fill gaps, and cover cracks quickly and painlessly.

Yes, it's time to clear out the old, bring in the new. And, while you're at it - give your teeth a spring cleaning to invigorate your smile. And if needed, we'll even give you a refresher on how best to care for your teeth at home so you can avoid repairs.

Get ready for outdoor activities you want to share and social gatherings you're sure to remember. Spring is a magical time. Make sure *your smile* is magical too!



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...

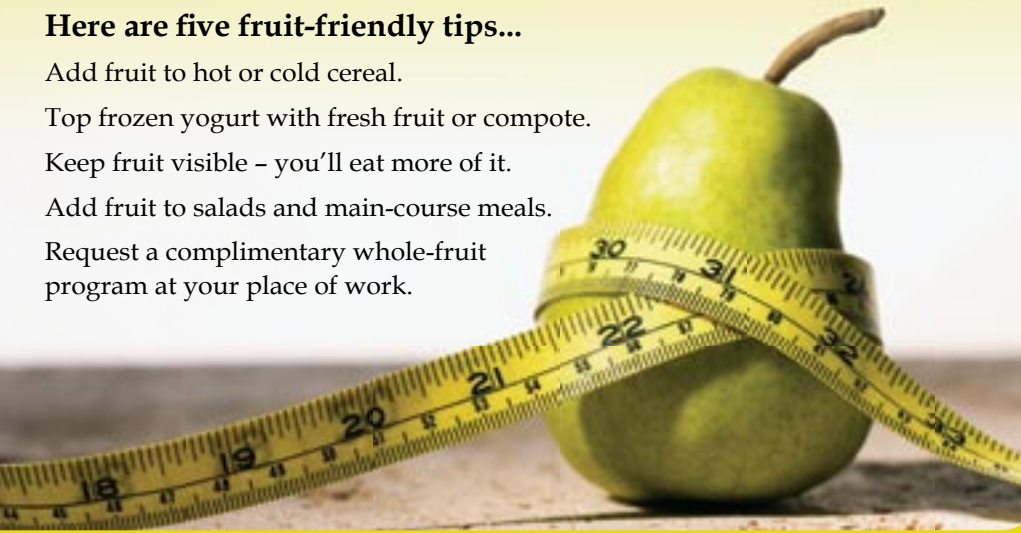
Add fruit to hot or cold cereal.

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

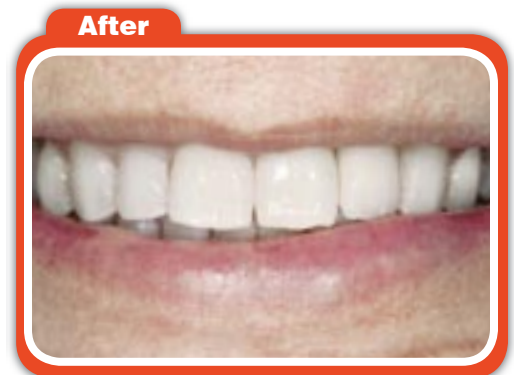
Smile with dental implants

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!



Myths & Your Mouth

The truth is revealed!

Most adults have plenty of opinions about oral health care. A surprising number of them are based on myths and outdated facts that have been disproved!

Myth: It doesn't matter what type of brush you use.

Soft brushes are better. Hard bristles can damage both teeth and gums. Always use a light touch with a rolling or circular motion so that you won't hurt the gum tissue and damage the tooth structure.

Myth: If you brush, you don't need to floss.

Brushing only removes plaque from the surface of the tooth. To prevent decay and gum disease, bacteria must be removed from between the teeth and below the gumline, something only floss can do.

Myth: If you bleed when you floss, you have gum disease.

If you floss regularly, bleeding may mean you're being too aggressive, or have skipped a few days. Bleeding that continues despite regular flossing may indicate gum disease, and should be checked.

Myth: Cosmetic dentistry is only for the rich and famous.

Modern cosmetic dentistry is more accessible and more effective than ever before. Teeth whitening is the most popular procedure across the generations. The results can bring amazing transformations!

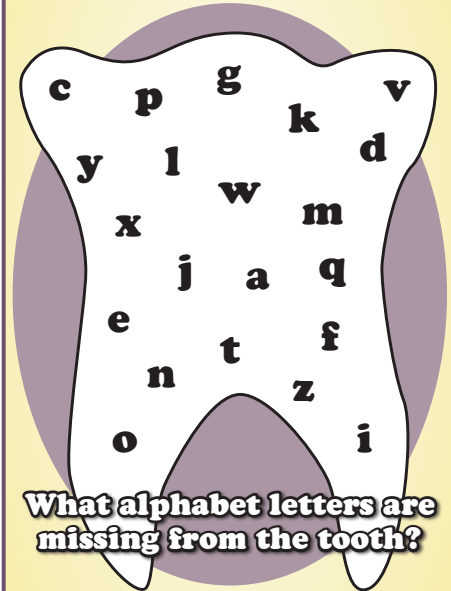
Myth: Only go to the dentist if you have a problem.

Damage to your oral and overall health can escalate as simple problems become more complex. Regular checkups and preventive dentistry are the best strategy.



Kids' Corner

Find the letters...
and the secret word!



What alphabet letters are missing from the tooth?



Use the missing letters to spell something you must do at least twice a day.

officeinformation

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!

CareCredit®



Patient Corner

You're Important to us!

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. We are committed to continuing education courses to learn the latest techniques ... but we know that spending time with each of you is the best way to ensure that you are receiving the meticulous care you deserve.

Thank you for your trust!

*June Special -
Especially for you!*

Take advantage of our specials...

- Teeth Whitening
- In-house Sportsguards
- Nightguards

50% Off the regular price

Call today to book your appointment.0
Offer valid from June 1st thru June 30th only.

Be Sportsguard Savvy

Save your smile

Whether you're a kid or just a kid-at-heart who likes to play hard or just active in sports, you're at risk of getting hurt. Wearing a helmet for contact sports or potentially high-impact activities like biking, skate boarding, or snow boarding makes a lot of sense. But how do you protect your face and teeth? A custom-fitted mouthguard will protect you without interfering with your breathing or speech.

Wearing one may guard you against or reduce the effects of...

- chipped, fractured, or knocked-out teeth;
- injuries to your lips, cheeks, and gums, even if you wear a dental appliance like braces, or dentures;
- jaw fractures;
- concussions.

Phone us for an appointment and opt for maximum protection!

