



**Dr. Jessie Mastin**

# Smile Highlights

Produced for the Patients of Bear Creek Dental Center

Winter 2009/2010

## fromthedentist

### Time For Reflection

*Remember what matters during holidays*



The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a moment to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for dentistry gives me one of the greatest joys in the world, allowing me to make a positive difference in the lives of my patients. I also appreciate every member of my team and the unique gifts they bring to our practice. But what makes all this possible is *you*, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special holiday thank you!

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

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

## Inspired By your referrals

This is the perfect time to look around and appreciate all that we have received. We think it's important to let you know that one of the things we are most grateful for, aside from your patronage, is your continual referrals to our practice. When you encourage your friends and family to visit us, it shows that you are confident, trusting, and supportive of the care and services we provide to you. Nothing could ever really top that compliment - and it keeps us striving to offer the high-quality dental care and professional service you have come to expect from our team.

We hope that you will continue to benefit from our services and send your thoughtful referrals our way.

Warmest Thoughts & Best Wishes for a...

*Wonderful Holiday & Happy New Year!*



## Patient Corner

### December Special!

We are offering a Whitening special and in-house nightguards and sportsguards for the whole month of December.

Please call for details and book your appointment before the holidays and welcome the New Year with a brite white smile!

### Dental Insurance Reminder Use it or lose it

Please remember the end of this year is the end of most dental insurance plans. If you have unused dental insurance please call now so we can fit you in before your insurance expires.



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

## 4 STEPS ... In 3 minutes!

Flossing for three minutes once a day is essential to clean between your teeth and at the gumline where gum disease can take root. Choose a regular time, like bedtime, and a floss that works best for you – thick or thin, flavored or unflavored, waxed or unwaxed.

*Floss each tooth thoroughly with a clean section of floss...*

- Wind 18" of floss around the middle fingers of each hand. Pinch 1-2" of floss between your thumbs and index fingers.
- Use thumbs to direct floss between upper then lower teeth.
- Gently guide floss between your teeth by using a zigzag motion.
- Contour floss around the side of each tooth. Gently slide it up and down against each tooth surface and under the gumline until your teeth are "squeaky" clean.



## Are You Progressing?

Why the answer just might surprise you!

**Periodontal disease.** The name has kind of a high falutin' ring to it. That's true of most Latin-based medical names. Believe us when we say that there's nothing grandiose about pain, bleeding, tooth loss, and bone loss due to inflammatory gum disease. This disease develops gradually over time if the natural film on your teeth is allowed to accumulate, damage your gums, and interfere with the balance of oral bacteria.

### Periodontal disease is progressive...

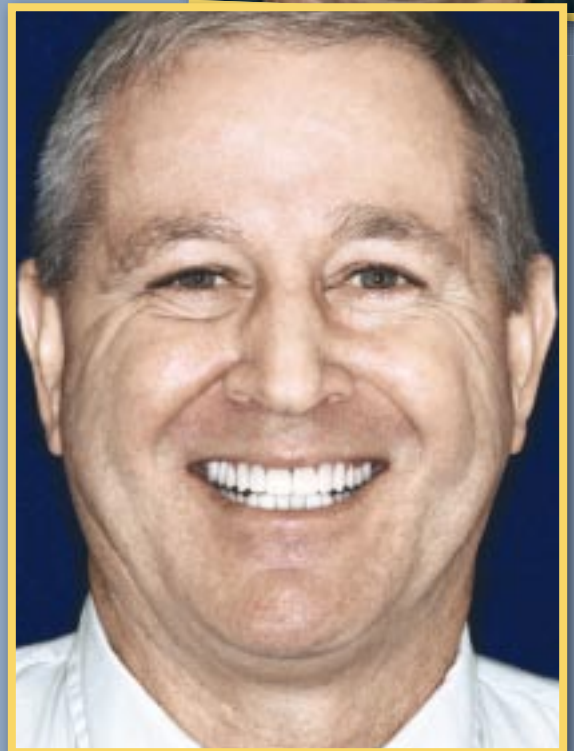
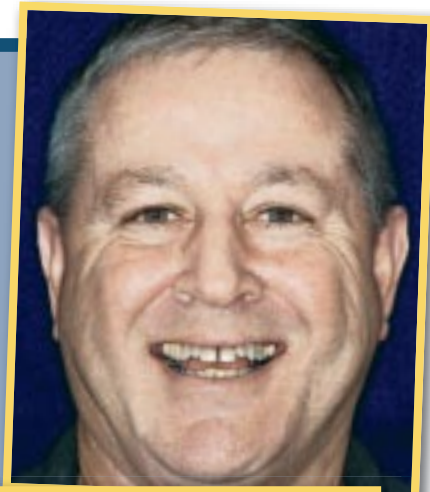
**Gingivitis:** Although healthy intact gums or gingivae act as a protective barrier against destructive bacteria, once damaged, they lose their effectiveness. Initially you might be symptom-free or experience mild symptoms of infection such as redness, swelling, and slight bleeding during brushing. This stage is relatively simple to treat and reverse.

**Periodontitis:** This is a more advanced infection, damaging the underlying ligaments and bone. Without intervention, your gums will shrivel away and expose your tooth roots, leading eventually to tooth loss.

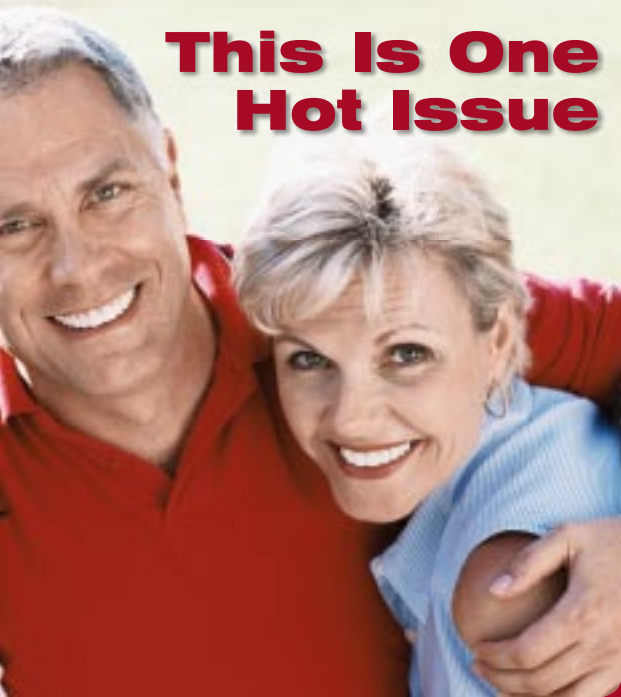
### There are known risk factors for periodontal disease...

- **Tobacco consumption.**
- **Hormonal changes** during adolescence, pregnancy, mid-life.
- **Challenges to the immune system** including poor nutrition, stress, and systemic diseases like diabetes, cardiovascular disease, and arthritis.
- **Side effects from some medications.**
- **Clenching or grinding your teeth.**
- **Heredity.**
- **Barriers to good oral hygiene** include crowded teeth, ageing fillings and restorations, inconsistent home care routines, and missed recare appointments to remove plaque buildup and prevent gum disease.

**Call us for an appointment – any time!**



# This Is One Hot Issue



## Find out why you need to know about it

Scientists believe that chronic inflammation may be at the root of many debilitating illnesses. Imagine how much suffering could be relieved with a single magic-bullet solution that would cure or prevent inflammatory illnesses like heart disease, arthritis, cancers ...and gum disease.

Inflammation is your body's reaction to threatening pathogens. When the enemy has been destroyed,

inflammation should retreat until the next battle. That's called transitory inflammation. When the process stalls out and inflammation continues instead, the body attacks healthy cells in the absence of an invader. Scientists speculate that a long-running bacterial infection like gum disease can actually tip your body's balance toward chronic inflammation.

*Gum disease has been associated with inflammatory diseases that include...*

**Osteoarthritis** and **rheumatoid arthritis**

**Diabetes**

**Cardiovascular diseases**

**Lung infections**

Gum disease has also been associated with some **cancers**, complications of **pregnancy** and delivery, **osteoporosis**, and **kidney diseases** among other **systemic illnesses**. Monitoring of oral health is essential for everyone, but particularly if you suffer from a chronic inflammatory or systemic disease. Please keep us up to date so that we can optimize your oral care.

## Practice Makes Perfect

### Word to the wise!

Wise people practiced green fashion long before it became environmentally chic. Investing in classic quality pieces has always been the quintessential way to avoid unnecessary waste and expense. Same with your smile! When you invest in your oral health, two things happen. First, you avoid a lifetime of increasingly extensive and expensive dental work. And second, there's a bonus ... you can choose cosmetic procedures – dental or otherwise – with confidence.

Think about it. What is the point of cosmetically rejuvenating your face only to reveal puffy receding gums, or discolored, crooked, chipped or fractured teeth?

If you've never liked the look of your smile, or if your sizzle has aged into a sputter, we can provide cosmetic enhancements like teeth whitening, bonding, porcelain veneers, and gum sculpting. With oral health, the choice is yours.

Your healthy smile – it's sustainable – and empowering!

## Live Life Well

### Fight oral cancer

Knowing that the *lifestyle choices* you make can affect your risk for oral cancer is an important step toward its prevention. Although people who smoke or use smokeless tobacco remain at highest risk, for the great majority of those who do not use tobacco, dietary choices and physical activity are the most important modifiable factors of cancer risk.

Here are the *American Cancer Society's* recommendations for individual choices:

1. Eat a variety of *healthful foods*, with an emphasis on plant sources.
2. Adopt a *physically active* lifestyle.
3. Maintain a *healthful weight* throughout life.
4. If you drink alcoholic beverages, *limit consumption*. Alcohol combined with tobacco increases the risk of oral cancers.

Your other most important step? Regular dental exams. Oral cancer can be caught early, even as a pre-cancer.



# An Ounce Of Prevention

## Good oral health will save you money

There's an old adage that a penny saved is a penny earned and in the current economy, that saying is truer than ever. Saving money is hard work and it does happen one penny at a time. But like most apparently simple observations, this one has its complications. Sometimes cutting back to save money just means paying out more of your hard-earned dollars down the road.

**Stroke**  
New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.

**Heart Disease**  
Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.

**Diabetes**  
A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.

**Pre-Term Births**  
Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.

Concern about potential costs creates an extra layer of worry, especially if you already avoid dental visits because of anxiety. Millions of people postpone dental visits, but waiting until the harm is done doesn't save money. Quite the contrary. Dental disease is progressive, so if you delay, there's a good chance you'll incur even more costly repairs.

Gum disease, for example, can lead to tooth extractions and a bridge, partial denture, crowns, or implants. Yet caught early, it is easy to treat, reversible, and definitely more affordable. Not only that, but the links to gum disease and systemic illnesses are strong and may include heart disease, diabetes, respiratory diseases, cancers, and a host of inflammatory disorders including arthritis.

Whether you're thinking about putting off your dental appointment because of the economy or because



you're fearful about visiting the dentist, we're here to listen and to help you. The choices you make today will save your money, your smile, and more importantly, your health.

## 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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## Toothbrush Decisions

### Ask your Dentist!

What kind of toothbrush should I use? How often should I change it? Should I use an electric or a manual? Which brush do you recommend?

The ideal manual brush: soft, rounded tip and nylon bristles. Replace it when bristles become frayed or at least every three months. And keep your toothbrush to yourself.

Electric toothbrushes: Effective in preventing and even reversing gum disease. We recommend the Braun Oral-B™. It's great for many conditions, including braces, bridges, crowns, and other dental appliances. Most patients who switch to electric have considerable improvement in oral hygiene. Get a model that has a 2- to 3-minute timer. Electric brushes don't reach between your teeth – keep flossing!

Please call us if you have any other questions about brushing.

## Winter Fun!

Can you find the hidden words?

A	O	L	K	I	K	S
C	G	T	G	Y	U	I
D	N	O	I	P	J	D
R	I	B	O	S	K	A
A	H	O	C	K	E	Y
O	S	G	L	A	I	R
B	I	G	W	T	U	Y
W	F	A	E	E	O	B
O	E	N	G	A	M	N
N	C	B	J	W	P	T
S	I	S	S	B	O	T

HOCKEY SKI  
TOBOGGAN SNOWBOARD  
SKATE ICE FISHING