



Dr. Jessie Mastin

Smile Highlights

Produced for the Patients of Bear Creek Dental Center

Spring 2009

fromthedentist

Spring Into Action!

Keep your recall



It could take the warm kiss of the sun, the first balmy breeze, or raindrops spilling over sidewalks, but eventually, even the most preoccupied among us has to smile at spring's arrival. And once awakened, there's no stopping the springtime self-improvement ritual. Whether you'll be making an appearance at a graduation, wedding, or garden party, the focus is forward ...to looking and feeling your best.

We can help your smile with a spring cleaning that will invigorate your mouth. We can also catch and control potential problems, and give you a refresher on home care. Prevention is the real secret to a problem-free smile! And with cosmetic dentistry, you can smile with an extra dash of verve and confidence.

So spring into action! Call us to arrange your appointment!

-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!

AARP Health Care Options Dental Insurance Plan

Great news for our
patients 50 and over.

AARP now has a dental plan
available for you and your spouse
through Delta Dental.

You can call toll-free 866.583.2085
or online information at:

www.deltadentalins.com/aarp

Patient Corner

June Special!

1/2 price

In-office whitening **OR**
in-office nightguards and
sports guards. Call today
to book your appointment!

Thank you for all your referrals. We appreciate them!

Mix It Up

Find out how to make a real difference!



Dairy Or Non-Dairy You get to pick!

A study published in the *Journal of Periodontology* shows that those who regularly consume dairy products such as milk, cheese, and yogurt had a lower instance of gum disease. But even if you can't tolerate dairy products, science has plenty of good news about nutrition and oral health.

Linked with longevity, cell growth, and boosting the immune system, vitamin D consumption can:

- **inhibit gingivitis**, the earliest stage of gum disease;
- **fight inflammation** which has been linked to gum disease;
- **help prevent tooth loss** by inhibiting bone loss around the tooth roots caused by gum disease.

Healthy gums are an important part of maintaining a healthy body. Calcium- and vitamin D-fortified beverages, and vitamin D-rich foods like salmon, sardines, and egg yolks can lead to better oral and overall health!



Just as what you wear can express your innermost self, your smile speaks silently to others about who you are and what you anticipate from life. A friendly open smile projects self-assurance and positive expectations, and attractive white teeth communicate cleanliness and health. Everyone in the family can benefit from a smile that's their sparkling best - but even better if you're of a certain age - your vivacious smile can help take years off!

Here's some more great news...

You can eliminate darkened or yellowing enamel stains created by everyday smoking, eating, and drinking. Even enamel that has become discolored due to illness, medication, or heredity can be brightened.

How? We can provide two very popular options that can dramatically improve your smile - supervised teeth whitening and cosmetic bonding.

Whitening has become the most-demanded cosmetic procedure for good reason - *it works*. Your teeth can be whitened by up to eight shades ... *very quickly* - and there's no upper age limit!

Bonding tooth-colored materials that match your own enamel to the surface of your teeth masks discoloration while adding strength. These same long-lasting materials can be used to replace old silver-colored (amalgam) fillings and to correct minor chips or gaps between teeth.

In fact, we can mix 'n' match these procedures to enhance your unique smile and incorporate white composite fillings, inlays, onlays, and sophisticated cosmetic veneers to keep you smiling ... whatever your age!



A Right
Way
And A
Wrong
Way

Brushing your teeth using the proper technique is essential for cleaning teeth and gums effectively, yet many patients are unaware of just what exactly the "proper methods" are. Correct brushing takes a little patience and a little more time than you might think. It's just not enough to slap on the toothpaste and scrub away in a haphazard and random fashion. You can easily miss whole areas of your mouth and actually do some damage at the same time. Here are some helpful toothbrushing tips to get the job done properly.

Brushing tips...



7 Smile Savers

See how you can count on us!

Everyone wants to keep their natural teeth for life. But it isn't all about the teeth, you know. When your gums are pink and healthy, they harmonize beautifully with your lovely white teeth enamel and truly make your smile sing. But their real job is to provide protection and support for your teeth. You can see why preventive care is the key to a great-looking smile.

Here are 7 preventive smile-saving supports our team can provide...

- 1 **Cleaning and scaling** your teeth to remove plaque, yellowing tartar, and surface stains;
- 2 Protective **fluoride treatments** and pit and fissure **sealants**;
- 3 **Remineralization treatments** to restore thinning enamel;
- 4 **Polishing** for teeth and restorations;
- 5 Protective **mouthguards**, custom-made for children and adults;
- 6 Preventive **nightguards** to stop grinding, clenching, and sensitive worn-down teeth that can age your appearance;
- 7 **Rely on us** to help you with as many preventive measures as possible. All you have to do is keep your appointments!

Recycle Your Bicycle

Again & again!

Have you ever wondered why cycling is becoming so popular? Here are four reasons you'll want to consider this family-friendly sport. Cycling is...

FUN

- Pump up your mood, reduce depression and stress, and boost your self-esteem!

GOOD FOR YOU

- Improve your overall and oral health.
- Shrink your waistline. Burn extra calories.
- Reduce your risk of serious conditions such as heart disease, high blood pressure, obesity, and diabetes.

SOCIABLE

- Enjoy the great outdoors with friends and family of all ages. People of most fitness levels can cycle, slowly and gently if necessary.

SUSTAINABLE

- Focus on the moment and on your environment. Join your family in reducing its carbon footprint with reduced vehicle usage.

No wonder cycling is one of the fastest-growing leisure activities in North America.

1

Place bristles along the gumline at a 45° angle so that they contact both the tooth surface and the gumline.

2

Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush up and down using a rolling motion.

3

Tilt the brush vertically behind the front teeth. Brush up and down using the front tip of the brush.

4

For the biting surface of the teeth, brush gently with a back and forth motion. Don't forget to softly brush the tongue to remove odor-producing bacteria.

Kidz Korner

HARRY POTTER SAVVY

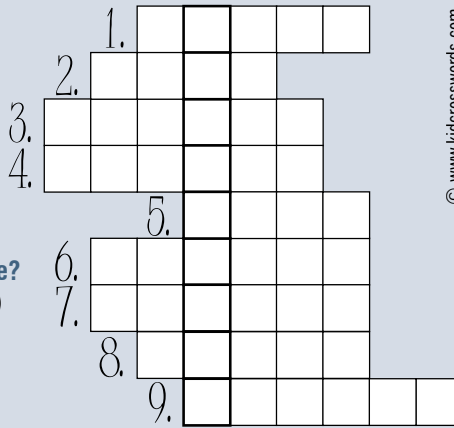
Test yourself!

Solve the horizontal clues to find the vertical answer!

What is the password to Dumbledore's office?

(Hint: Always brush after eating one of these!)

1. Dumbledore's first name
2. One of the twins
3. A second-year Gryffindor student
4. The herbology teacher
5. He threw a deathday party
6. Harry's obnoxious cousin
7. The moaner
8. Aragog's wife
9. The truly pesky ghost



© www.kidscrosswords.com

SMILE SEARCH



- | | | |
|--------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Teeth | <input type="checkbox"/> Within | <input type="checkbox"/> Transform |
| <input type="checkbox"/> Whitening | <input type="checkbox"/> Hours | <input type="checkbox"/> Appearances |
| <input type="checkbox"/> Rejuvenates | <input type="checkbox"/> Translucent | <input type="checkbox"/> Without |
| <input type="checkbox"/> Smiles | <input type="checkbox"/> Veneers | <input type="checkbox"/> Surgery |

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



Always Upgrading

...For you!

We are thrilled with the positive response on the remodeling of our office, and want to thank all of our patients who have so thoughtfully graced us with your compliments.

Remodeling was just one way we recently upgraded our office for your comfort and care. New technology is another.

Our new Intraoral Camera - enables you to clearly understand the condition of your teeth and gums. With an intraoral digital camera, you get to see what our dental team sees. With bright LED or halogen light sources, our new intraoral digital camera also allows us to visualize more, helping to diagnose fractures the naked eye would never be able to see.

The R.A.T. (Remote Access Terminal) - is a simple foot-operated mouse that enables the most effective, consistent hands-free periodontal charting solution available. It improves perio charting efficiency and accuracy, streamlining our computerized periodontal charting system.

Benefits to you - Both the Intraoral Camera and the R.A.T. deliver greater accuracy and efficiency, raising the bar on the quality of oral health care you receive.

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
 Julia.....Dental Assistant
 Denise..... Hygienist
 Pat..... Office Manager

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

CareCredit



WE WELCOME

New patients

Our practice wants you to refer us to your family, friends and colleagues.

Did you know that the highest compliment you can give us is referring our practice to people you care about? Yes, your trust means the world to us, and fuels our commitment to raise the bar even higher on providing you and yours with excellent dental care. From implementing the latest technology, procedures, and techniques, to being flexible in scheduling appointments. Trust in those who have earned your trust and earn their trust in return. We live by this motto and thank you for recommending our services.

