



# Smile Highlights

Dr. Jessie Mastin

Produced for the Patients of Bear Creek Dental Center

Summer 2009

from the dentist



## No Time Like Now

Most insurance companies' base compensation on a calendar year, therefore summer marks the half-way point in your opportunity to use this year's benefits. We encourage you to come in as soon as possible to ensure sufficient time to sort out treatment and insurance considerations.

We want your teeth to last your entire lifetime. That's why we like to see most of our patients at least once every three to six months. Not sure about coverage? Please bring your insurance card with you on your next appointment. If you don't have a card please make sure you have your plan or group number. We look forward to seeing your smile.

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

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

## Let's Get Motivated

**Follow through - your smile is worth it**

A lifetime of excellent oral and dental health is within the reach of most of us, even if we've had some history of neglecting our teeth. And perhaps the first and most important step we can take is to set realistic routines for at-home care of our oral health.

For a good home care program to work we need to find ways to motivate ourselves to make certain we follow through. Certainly, understanding some of the consequences of oral health neglect can have a galvanizing effect. For example, research suggests that gum disease, which affects roughly three out of four adults, may be associated with increased health risks. Long term and short term studies have made associations between gum disease and stroke, heart disease, diabetes, and osteoporosis, just for starters. And knowing that paying just minutes of attention a day - brushing twice, and flossing once - will help you keep your own teeth all your life is a powerful incentive.



Healthy lifestyle choices can also be inspiring: exercise, good nutrition, and moderate alcohol intake are all important parts of our overall and oral health. Still, there really is no substitute for a strict smile regimen of cleaning, flossing, and rinsing, along with a program of regular dental checkups.

Give us a call, and let's get you started! The ultimate reward? Your own beautiful smile, greeting the world every day! ...Now there's motivation!

- 1 Stroke** - New studies show that 70% of the fatty deposits of stroke sufferers contain bacteria, of which 40% comes from the mouth.
- 2 Heart Disease** - Bacteria from your mouth may combine with blood-clotting cells called platelets, forming heart-stopping blood clots.
- 3 Diabetes** - A study conducted in Arizona showed that diabetics with gum disease were three times more likely to have heart attacks.
- 4 Pre-Term Births** - Women with periodontal disease are seven to eight times more likely to have premature or low-birth-weight babies.



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



## Not For Women Only

### 6 perio facts

**1** Around age forty both men's and women's bone-protecting hormones decline which can lead to thinning bones or osteoporosis.

**2** Osteoporosis has been linked to periodontal disease. As the disease progresses, it can lead to tooth loss, jaw problems, bite problems, and diminished ability to create functional restorations.

**3** Periodontal (gum) disease appears without symptoms, is often considered the sixth complication of diabetes, and has been linked to cardiovascular diseases, cancers, kidney and lung diseases, osteoporosis, and complications of pregnancy.

**4** Regardless of age or gender, minerals like calcium and phosphorus, and vitamins A, C, and D are necessary for strong teeth and bones.

**5** Tobacco and alcohol should be avoided, especially in combination.

**6** Brushing, flossing, and regular checkups are the building blocks behind a healthy mouth and an appealing smile regardless of age or gender.

# Healthy You

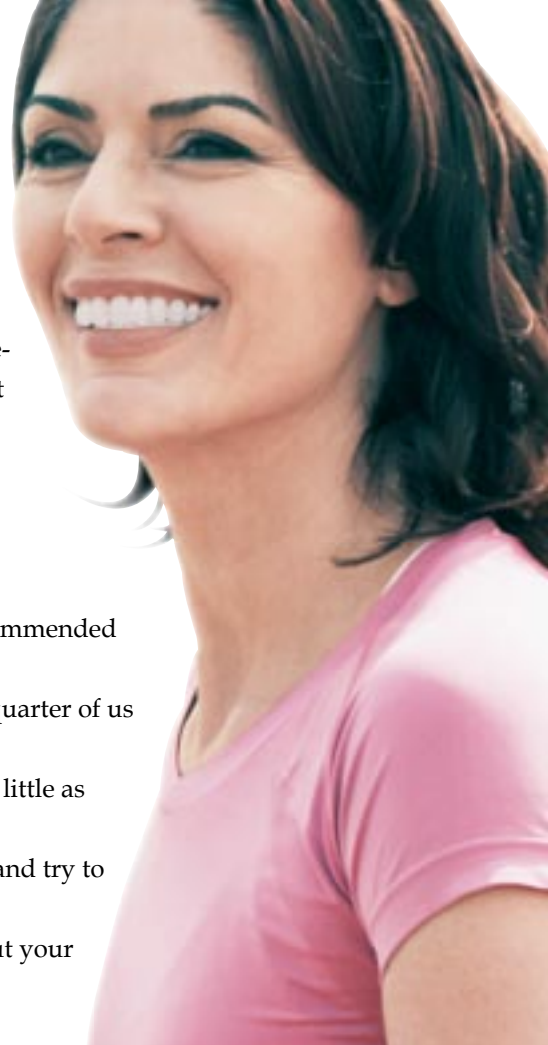
## Healthy environment

The journey of a thousand miles may start with a single step, but 10,000 steps a day can get you on the road to personal fitness. Millions have stepped up to the five-mile challenge and invested in a convenient easy-to-use and highly motivational techno wonder. Clipped to your belt, your pedometer can measure your steps and challenge you to fitness.

### *Did you know...?*

- Most of us only walk about half the recommended distance per day.
- If present patterns continue, by 2010, a quarter of us won't fit a standard office chair.
- You can safely increase your steps by as little as 10% every week or two.
- You can divide the day into three parts and try to include a walk in each part.

Commit to your pedometer and wear out your shoe leather - not the environment!



## Wish No Longer

### Your dream smile is waiting for you!

Your teeth's enamel allows light to pass through in much the way that glass does. That's why healthy teeth enamel has such a beautiful luster. The glass-like nature of fine translucent porcelain veneers allows them to create this same kind of luminous appearance. Yet in spite of this fineness, bacteria-resistant veneers can add strength to your enamel, brighten your smile by several shades, and mask flaws.

### **Cosmetic veneers could give you your dream smile if...**

**You're unhappy with the shade or uneven color or mottled appearance of your natural enamel which detracts from an otherwise pleasant smile.**

- *Mask the cumulative staining effect from coffee, tea, colas, and tobacco products, or chemical compounds like fluoride and the antibiotic tetracycline as well as root canal treatment.*

**You are unhappy with the shape and proportion of your teeth.**

- *Enhance the appearance of your smile by acquiring more balanced proportions, disguising gaps and spaces, and covering chipped, broken, or malformed teeth.*

**You are unhappy with the misaligned appearance of your teeth but don't want to wear braces.**

- *Idealize the appearance of slightly rotated, tipped, or misaligned teeth by using veneers as instant orthodontics.*

Whatever you feel, we can work together to determine the best veneer makeover strategy for your hand-crafted custom-fitted porcelain veneers. Be sure to bring your wish list to your initial consultation appointment!

DISCUSS

IDEALIZE

# A Little Or A Lot

## You can decide how far to go

What would it take to keep you smiling and happy? Happiness is a serious issue. Don't laugh – there's an actual institute dedicated to researching the topic. One thing is for certain: relationships, work, and social confidence can be affected by your smile.

Whether you need just a little bit of help or a complete smile makeover, here are some options that we can use alone, combined with each other, or in combination with other cosmetic options.

### Crown

A crown can cover and protect a tooth that has become fragile through decay or large or recurrent fillings. Natural-looking porcelain is usually used for front teeth, and porcelain fused to metal can be used for either front or back.

### Crown & Bridge

Just as a crown refers to the restoration of a single tooth, a crown plus bridge refers to one or more artificial teeth used to span a gap.

### Three-Quarter Crown

Sometimes called an onlay, this can be used when part of the natural tooth enamel is still healthy. Only three-quarters of the tooth needs to be restored.

### Dental Implants

A dental implant is a permanently placed artificial tooth which is anchored in your jawbone just like a natural tooth. Implants look and feel like your own teeth.

Modern restorations like implants, crowns, and bridges are durable, stain- and bacteria-resistant, secure, and long-lasting. Most importantly, they look completely natural – only better than before. Now there's a happy thought!



DISCLOSE



IDEALIZE

## TEMPT YOUR TASTEBUDS

### TRY WHITE TEA

The Chinese have been enjoying this pale beverage with its sweet silky flavor since the Ming Dynasty. White tea has become the infusion of choice among tea – and health – aficionados because it can help your body's immune system to fight off viruses and dangerous infection-causing bacteria. Fluoride-rich white tea can also help to prevent the growth of dental plaque – the root cause of tooth decay and gum disease – without staining.

Steamed instead of processed, its silvery leaves remain so close to their natural state that white tea also retains more of the powerful anti-oxidant that fights and kills cancer-causing cells than any other type of tea.

You can enjoy this refreshing non-staining brew in a cup or in anti-viral and anti-bacterial toothpastes enhanced by the addition of white tea extract.

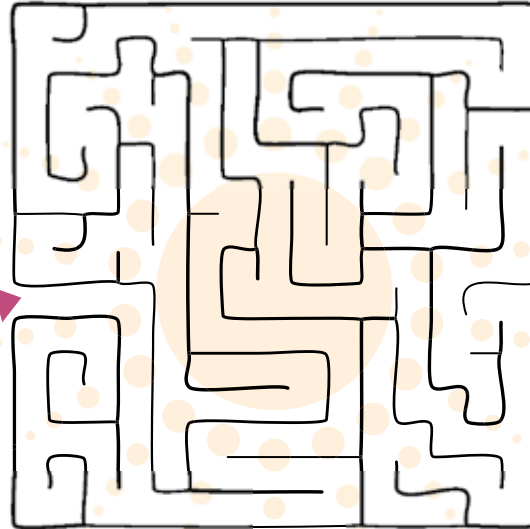
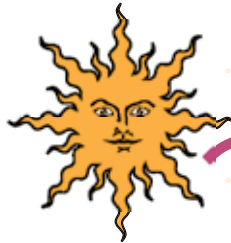
Hope you are HAVING AN aMAZE'ing SUMMER!

SUMMER  
Kid ZONE

Put the following words in  
Alphabetical Order!

- healthy \_\_\_\_\_
- floss \_\_\_\_\_
- brush \_\_\_\_\_
- tooth \_\_\_\_\_
- exam \_\_\_\_\_
- rinse \_\_\_\_\_
- dentist \_\_\_\_\_
- clean \_\_\_\_\_

Help this sun  
get to his  
sunglasses!!



Draw a line matching up each sea creature with its twin!

**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



**Back To School...  
Already?**

We have all been through it – the sudden realization that our laid-back summer is about to collide with the back-to-school rush! Schedule your children's back-to-school dental exam now and take at least one item off the "panic list."

Summer takes us out of our routines. Kids sometimes miss brushing and flossing and tend to indulge their sweet-tooth. Your child's back-to-school exam is like a fresh start. We will thoroughly clean and inspect teeth for decay, chips, cracks, and for periodontal and orthodontic problems. And because athletes are 60 times more likely to suffer teeth injuries, let us fit your child with a custom mouthguard.

Thanks for booking early! We want your kids to return to class with bright confident smiles, and look forward to seeing them before the rush!



**Referral Rewards!**

Every season has a way of inspiring thoughtful moments, and our thoughts often turn to important relationships. Since much of our life is spent as professionals, that's a lot of relationships! You might find it strange to think of this as a humbling notion, but it is.

When you return time after time, you are expressing your trust in our professionalism. When you refer your friends and family, you are placing your relationships in our care.

We'd like to show our appreciation by entering your name in a drawing.

For each person who comes into the office because of you, we will enter your name in the drawing for an opportunity to win some great prizes! Make sure your friends and family tell us you sent them!