

FEBRUARY 2014

## I ALWAYS WANTED TO BE A DENTIST ..... *and still do!*

I'm one of the lucky ones. I've known since I was 11 years old that I wanted to be a dentist - in my mind, there was never any other option. My childhood orthodontist took an interest in me from the beginning. Rather than tightening my braces and sending me on my way, he would pull me aside and show me some of the things he was working on. It was fascinating! I couldn't get enough. I continued to study the art of ortho long after my need for braces had come and gone, and by the time I graduated high school, the path to my future was clear.

I've been a dentist for over 36 years now, but it seems like just yesterday I was graduating from dental school and embarking on my lifelong dream to spread smiles! You know what they say: "If you love what you do, you'll never work a day in your life." Those are my sentiments exactly. The way I see it, as long as I have my health, I'll continue doing what I love and loving what I do. After 36 years, thousands of patients, and about 10,000 fillings, I still get a kick out of dentistry!

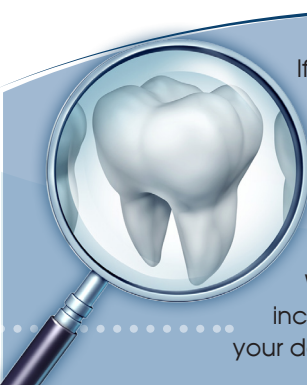
The thing that sets me apart (aside from my obvious passion for my work) is my holistic approach and my unbreakable dedication to learning. I have thousands of hours of continuing education under my belt (at over 100



hours per year) and I'm currently a clinical instructor at the Kois Center in Seattle - the number one teaching center for restorative dentistry. I'm the only dentist within 175 miles who is accredited by the International Academy of Oral Medicine and Toxicology to be mercury safe, and I've gone through several programs to ensure our restorative practices are top-notch and up-to-date. My goal is to give you a healthy smile that looks good, feels good, and lasts a long time.

My love for the field of medicine has rubbed off on my wife and kids (it was bound to happen eventually) - my spouse of 40 years, Debbie, works in the office with me; my oldest

*(continued on page 3)*



If you haven't already experienced it, we are using an electronic second opinion that reads your digital x-rays. No practice should be without this great new technology.

We are always looking for ways to increase accurate diagnosis to improve your dental health, and this software does it!

The software highlights possible abnormalities, signaling us to take a closer look at the tooth and surface involved.

**What does this mean for you?** Earlier prevention and care can reduce the amount of tooth structure lost, time involved in restorations, and cost of the procedure.

# Your Safety AND MERCURY BASE

As we all know, mercury isn't the healthiest thing to be playing with. So why put it in your mouth? When you go to the dentist and hear that dreaded word, "cavity," it's hard not to cringe. You know the dentist removes the decay from your tooth, but have you ever considered what goes into your tooth when they fill the empty hole? Depending on your geographical region and your dentist, your filling could be made up of gold, porcelain, composite resin or silver amalgam, which is made up of **over 50% mercury** mixed with silver, tin, zinc and copper.

Silver amalgam has been used to fill cavities for over 150 years and is still being used to fill cavities today. Amalgam filling ingredients are provided to the dentist in capsule form. They mix powdered alloy made up of silver, tin and copper with liquid mercury to form an amalgam putty which they then place in your prepared cavity. Unlike composite fillings that bond to your tooth structure, protecting against further decay,

amalgam fillings merely form a barrier to further decay. Over time, amalgam fillings can weaken and crack, inviting more decay to invade your tooth - which can cause potential tooth loss.

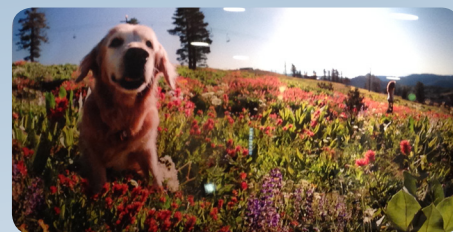
In attempts to prevent the inevitable reinvasion of decay in a tooth filled with amalgam, dentists have practiced "extension for prevention" for fillings. This simply means they make the amalgam filling bigger than needed to prevent against further decay. While preventative practices are usually positive, this one is not. When a filling is more than 1/3 of a person's tooth, the tooth loses 50% of its strength.

As a restorative dentist, I specialize in removing amalgam fillings from my patients' teeth in the safest way possible so they are never exposed to the mercury that makes up their fillings. During the removal process, patients breathe oxygen through a nasal mask that prevents them from inhaling the vapor.

## A Full House, FOOD & Football



*Taz here, reporting on all things family, all the time. Our holiday season was busy with lots of hustle and bustle, but it seems pretty quiet around here now that the holidays are over. Dr. Bob was very happy because all the kids came home for Christmas, including my favorite girl! I missed her so much! Not only was the house full of family (and food! Mmmm), but Bob had the Sierra Crest Dental Team over for their annual holiday dinner party. I was so excited to greet everyone and was on my best behavior, if I do say so myself. Since we've been eating so much delicious food, Dr. Bob and I have been especially active this winter. He attempted to ski with his 5-year-old granddaughter, Chloe, and has been hiking with me in the meadow. I sure hope it snows more because I love chasing snow balls! We have also been watching a lot of football in the house, good hustle Niners! Though the games limit my hiking and carousing, I love to lay in front of the TV and relax with my family. Until next month!*



*-Taz*

## THE KOIS CENTER

Many of our patients ask about the courses that Dr. Colpitts attends as well as those in which he serves as an Instructor. Here's an overview about the place where Dr. Colpitts teaches. The Kois Center offers a comprehensive nine-course curriculum involving aesthetic, occlusion and restorative dentistry. This curriculum expands both the knowledge and application skills of the dentist in restorative dentistry. The course content is continuously modified to include the latest

research and newest innovative protocols. Dr. Colpitts strives to provide all of his patients with the most current, proven methods of dentistry. He excels in problem solving occlusion relating to wear, mobility, TMD and stability, understanding the relationship of periodontal health to the patient's overall health and relationship to their restorative care. He has been involved with implants from their early days and has a grasp for their predictable success. This background helps him to facilitate your complex restorative treatment.

Special suction devices from Sweden, (Denmark and Norway, where they have already banned mercury based amalgam fillings), are used to remove the filling. If the tooth is too weak from your original filling, we can easily add a crown. Don't delay, our office has all of the tools to safely restore your teeth to full health and function once again.



*("I Always Wanted to be a Dentist" continued)*

son is a chiropractor; and my daughter is currently finishing out her final year of medical school. My youngest son somehow managed to escape the medical realm (but just barely) and is currently taking on the life-and-death matters of Wall Street.

We live in a ski resort, so, of course, much of our spare time is taken up by carving up the mountains. And, like any typical dentist, I also love to golf. But you might be surprised to discover that surfing is my favorite pastime. I grew up surfing on the beaches of L.A. and have since taught all of my children and grandchildren how to ride the waves. In fact, we're currently gearing up for getaway to Mexico...but that's another story.

*- Dr. Colpitts*

*Congratulations!*

*Congratulations to Ross, our official winner from our Patient Appreciation Drawing! Enjoy your new Tahoe Sup Rubicon Stand-Up Paddle Board!*



*Thanks to all who participated sent referrals, wrote online testimonials and liked us on facebook.*

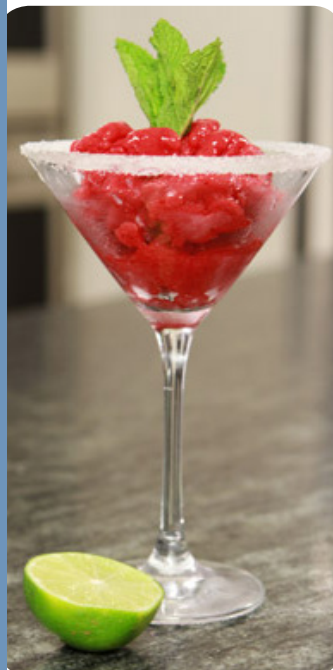
*raspberry* **VELVET**

*ingredients*

- 1 12-ounce package IQF frozen unsweetened raspberries, defrosted, or 12 ounces fresh raspberries
- 1/3 cup seedless black raspberry preserves
- 1/4 cup water
- 2 teaspoons fresh lime juice
- 1 tablespoon sugar
- 4 fresh mint sprigs

*directions*

Push the raspberries and preserves through a food mill, then strain through a fine-mesh strainer to eliminate any remaining seeds. Or, puree the berries with the preserves in a food processor, then strain through a fine-mesh strainer into a bowl. Add the water and mix well. (You should have about 2 cups).



Place the bowl in the freezer and freeze, stirring every hour or so, until it is half frozen and velvety.

Pour the lime juice into one small saucer and put the sugar in another. Dip the rims of four stemmed glasses into the lime juice and then into the sugar to create a border. Place the glasses in the freezer or refrigerator until serving time.

At serving time, divide the raspberry velvet among the prepared glasses and decorate each with a sprig of mint. Serve immediately.



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# Get Tickets TO THE GUM SHOW

Each and every morning and night, we follow routines that get us ready for the day and ready for bed. Among these seemingly arbitrary and rote routines, we regularly brush our teeth, or at least, we should. On either end of the day, it's easy to rake a toothbrush along our pearly whites; the faster and more aggressively we brush, the sooner we can get on with more important things like coffee and bed. Contrary to popular belief, the faster and harder you brush can lead to damaged gums, which can be sore, bleed and even begin to recede.

To avoid any kind of damaged gums, it is important to use the right toothbrush. No, the brush you picked up from the dollar store with "Extra-Hard Bristles" is not doing you or your gums any favors. We here at Sierra Crest Dental recommend the Sonicare<sup>®</sup> electric toothbrush by Phillips<sup>®</sup>.

Once you've got your teeth brushed and ready, it's time to really get used to the dreaded flossing.



Since we were young, we have been told by dentists and our parents alike that we need to floss, floss, floss! Not only does flossing prevent cavities, but it also helps reduce the risk of gum disease. Like brushing, flossing should be done gently; slide up and down between your teeth instead of forcing the floss in those tight spaces.

Staying on top of your mouth's health is imperative to keeping gingivitis, or its much more serious sister, periodontitis, away. If you notice you have inflamed, red, swollen or bloody gums, it's time for a visit to Dr. Colpitts and his team. You should be coming to see us for checkups twice a year - your gums will thank you! If in between visits you notice your gums feeling soft, discolored or they look like they're receding, give us a call right away. Gingivitis can be reversed, but if you let it go and it turns into periodontitis, your gums, not to mention your mouth, will be in a world of hurt! So, be gentle with your gums, remember your gums, and keep your gum health on the top of your to-do list.