

## inside this issue

- p.1 The Fellowship of Dentistry and the Return of Implants
- p.2 Dental Implants for an Enduring Smile  
TAZ Time  
Brush Your Teeth, Save Your Heart
- p.3 Stevia Sugar-Free Chocolate Mousse  
Blood Pressure, There's an App for That
- p.4 Adventure Destination: Bryce Canyon

## BRYCE CANYON NP, a Desert Gem

As many of us have made the Sierra Mountains our home, we forget how spoiled we are when it comes to outdoor recreation. With both Lake Tahoe and Donner Lake at our disposal and more ski resorts in the area than anywhere else in the state, the Sierras provide a wonderland of fun throughout every season. But if you find yourself needing a change of scenery from the high mountains and alpine forests, you may want to take a trip southeast to another renowned area for outdoor enthusiasts—the Colorado plateau.

Expanding across portions of Utah, Colorado, Arizona, and New Mexico, the plateau is the land of milk and honey for outdoor recreation and stunning landscapes. In southern Utah alone, one can find three different National Parks (Zion, Bryce Canyon, and Capitol Reef) in a 70 mile radius. Here's a look at Bryce Canyon National Park and all it has to offer.

The park is located 20 miles southeast of Panguitch, Utah and is open 24 hours a day, year-round. To get there, travel 4.5 miles south of the intersection of Hwy 12 and Hwy 63. The visitor center is open from 8 AM to 8 PM during the summer and 8 AM to 6 PM during spring and fall.

Bryce Canyon is known for its unique rock formations called "hoodoos," which are towering spires created by frost weathering and stream erosion. Thousands of these red, orange, and white hoodoos can be seen in the parks many amphitheatres.

Visitors have access to a wide variety of activities for enhancing and enjoying their experience. Here are a few that we recommend.

- **Hiking** Bryce Canyon offers a variety of hiking trails ranging from easy to strenuous. For those who enjoy day hikes, many of the trails are interconnected allowing for a wide variety of routes. For the best views of the hoodoos from above, take a hike on the Rim Trail, spanning from Fairyland to Bryce Point. The trail is 5.5 miles one-way, so if you don't want to hike the entire distance, consider a shorter stretch between Sunrise and Sunset Point.
- **Camping** If you have an itch to sleep beneath the stars, Bryce Canyon has two campgrounds within the park for visitors to use. Sites run for \$15 a night and have spots for RVs as well. If backcountry camping is more your style, permits are available in the visitor center.
- **Biking** While biking within the park is limited to the paved entry road, there are several places for single-track mountain biking in the area surrounding the park. Thunder Mountain trail is located 10 miles Northeast of Bryce Canyon on Hwy 12 at the Coyote Hollow parking area. It's known primarily as a downhill run, with smooth hard-pack and sections of switchbacks. Riders can leave cars at the lower parking lot and shuttle to the Coyote Hollow lot, or make the climb back up following their rides. on Hwy 12 at the Coyote Hollow parking area. It's known primarily as a downhill run, with smooth hard-pack and sections of switchbacks. Riders can leave cars at the lower parking lot and shuttle to the Coyote Hollow lot, or make the climb back up following their rides.



# SIERRA CREST DENTAL NEWSLETTER

530-562-4089  
SierraCrestDental.com

MARCH 2015

## The Fellowship of Dentistry and the Return of Implants

I've always been a huge proponent of continuing education, especially in the dental field. With advances in technology, it's our job to stay on top of the latest procedures and techniques so we can give our patients the very best care. To keep Sierra Crest Dental at the forefront of the latest advances, I take time to engage in fellowships and other programs. Over the years, I've achieved the level of accredited member of the International Academy of Oral Medicine and Toxicology (IAOMT), the organization that developed the protocol for safe removal of dental amalgam. I am also a Fellow in the Academy of General Dentistry (FAGD). Currently, only about 17% of dentists attain this fellowship. Anyone can be a member but only a certain number of people attain fellowship. I also completed a 3-year study group on TMD/TMJ (that's Temporomandibular Joint Disorders), and I am a Clinical Instructor for the Kois Center in Seattle.



I truly enjoy going through continuing education courses, and right now I'm participating in a 1-year fellowship program for implantology. The course is made up of five days in a classroom every month or so. I started in January, the program extends monthly through March, then again in June, and July as well. In total, I will have completed about 300 hours in the classroom, and I have to say this is probably the most intensive course I've ever participated in. Though the fellowship only meets once a month, there's a considerable amount of reading and



homework involved even when we're not in the classroom. At the end of it all, I will be officially certified by the American Academy of Implant Dentistry and be eligible for another fellowship.

I'm excited to be studying implantology in the classroom again. I've been studying the field since the early '80s, so I've been at it for a long time. In fact, I was part of the first 2-year implant study at the UCSF School of Dentistry. Back then, I placed implants all the time. But things changed, and I shifted to restorative procedures. I mostly stopped placing implants for the better part of 20 years, but now we're back to placing them. Of course, it's something I can still do now, but when the course is complete, my skillset will have expanded greatly. I will be more knowledgeable and better equipped to take on more challenging procedures.

As the fellowship goes on, I'll be sure to keep you updated on my progress. Continuing education is great for me as a dentist, but I really do it for you, my patients. It's all about bringing you the best care possible. In the meantime, don't be too surprised if you see some new faces around the practice in the coming months. Haley and Tabitha joined the team in an effort to keep up with the demand and to make your experience at Sierra Crest Dental the best it can be!

— DR. COLPITTS

# BUILDING YOUR *Forever Smile*

Replacing damaged or lost teeth doesn't have to be a struggle! Here at Sierra Crest Dental, we have made an art out of the restoration and placement of dental implants. Using state of the art technology and techniques, we deliver gold standard care and treatment to bring your smile back to life!

## Why Implants?

Traditional dentures and bridges can chafe your delicate gum tissue, leading to painful sores and potential complications. Additionally, they just can't give you the confidence and security of truly natural looking (and feeling) teeth. Dental implants can. Their usage has a variety of applications and they can be

used to replace missing teeth, provide support for dental bridges, or anchor and stabilize dentures. In essence, dental implants restore more than your smile—they can return your confidence and comfort as well!

## How Does it Work?

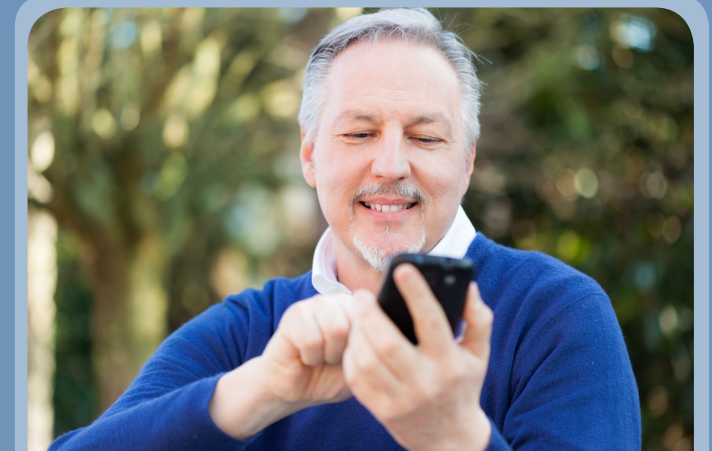
Dental implants provide you with end results that are nearly indistinguishable from your natural teeth. Because this is an intensive replacement procedure, the restoration occurs in two phases. At the first visit, the titanium implant is placed, but it then needs some time for it to undergo a process called osseointegration. This is what defines the success of dental implants! The titanium base embeds itself into the bone over a period of three to six months. During this time, the base is fitted with a protective cover screw to allow for daily comfort.

Once the healing process is complete, the protective cover is removed and your crown is placed. Your implant seamlessly integrates itself into your smile and

no additional care is required (aside from regular brushing and flossing of course! Because the implant isn't anchored to any of the adjacent teeth, your long term oral health is preserved, giving you a permanent smile solution!



# Blood Pressure, THERE'S AN APP FOR THAT



These days you can use your smartphone for just about anything: reading, watching movies, keeping track of your steps while walking, photo-posting, status updating... Really, cell phone usage is definitely not limited by technology anymore. If you have diabetes, there are apps to help you track your dietary intake, your exercise, and your blood sugar. If you're an avid walker, there's an app to turn your carefree stroll into a world-saving mission. Now, if you suffer from high blood pressure, there's an app for you too.

Created in Newport Beach, California, Instant Blood Pressure was designed with medical awareness in mind. It puts personalized care in your control. The app basically turns your smartphone into a blood pressure monitor with the push of a button. There's no fuss and certainly no cuff. Just place your index finger on the rear camera lens, hold the phone against your chest (over your heart), tap the start button, and that's it. From the comfort of your own home, you can measure your blood pressure, hassle free. Accurate results are delivered in less than a minute.

Instant Blood Pressure is not a medical device, won't replace any medically prescribed blood pressure cuff monitors, and is incompatible with pacemakers or other internal medical devices, but the app can help people become more aware of their blood pressure in their day-to-day lives. One in three Americans suffer from high blood pressure. It affects approximately 67 million adults, and of that number, 50 percent don't have their blood pressure under control. Take control of your high blood pressure. For just \$4.99 on both the Apple and Android markets, blood pressure awareness has never been easier.

## TAZ TIME

What does a dog do with no snow to play in? Well, I have lots of friends who drop by to play with me during the workday. Dr. Bob has been busy with his continuing education courses this winter, so I depend on Cathy showing up on her one day off to take me out for my adventures, and Debbie to pick up the slack. Boy, do I love those gals!

It has been encouraging to see everyone setting goals using the SMART system, including putting my walks on the calendar. Since February was American Heart Month, Debbie has even downloaded apps to track

our walks. There are lots of apps and devices available to help us stay healthy and on schedule for our goals. One that Debbie is trying is called "runtastic." I have also heard talk about "My Fitness Pal." As for me, my fitness pals are Cathy and Debbie, and I couldn't be more thrilled.



## BRUSH YOUR TEETH, *Save Your Heart*

You already know that brushing and flossing every day can help give you a healthy mouth and a great smile. However, when you fight gum disease, you're also fighting a link to premature birth, diabetes, and an array of other chronic health problems. But these days, studies report that good oral health is also tied to the health of your heart. Since February was American Heart Month, we want you to be aware of all the benefits of good oral health.

One of your first lines of defense against heart diseases like heart attacks and strokes is actually your toothbrush. Studies conducted by Columbia University's Mailman School of Public Health found that patients with periodontal disease were almost twice as likely to be susceptible to heart disease. Periodontal disease is often indicated by inflammation in the gums, which can alert doctors to the condition of a person's heart. In addition, people with more of certain disease-causing

bacteria in the mouth were more likely to have plaque buildup in their carotid artery.

Other studies, like one reported in the American Journal of Preventative Medicine, suggest that patients with one of five tested conditions (type 2 diabetes, cardiovascular disease, cerebrovascular disease/stroke, rheumatoid arthritis, and pregnancy), who had been treated for periodontal disease, also had lower medical costs and hospitalizations. Those who had not been treated for periodontal disease were all at a higher risk for hospitalization.

Periodontal disease is typically treated through the cleaning of teeth above and below the gum line, scraping away hardened plaque. You can support your heart health by taking time to properly care for your mouth, and you can smile brighter knowing healthy teeth are tied to a healthy heart.

## STEVIA SUGAR-FREE *Chocolate Mousse*



### INGREDIENTS

- 1 tsp. gelatin
- 1 tbsp. cold water
- 1 tbsp. boiling water
- 6 tsp. stevia extract
- 1/4 cup cocoa powder
- 1 cup heavy whipping cream
- 1 tsp. vanilla

### DIRECTIONS

1. In a small bowl, sprinkle gelatin over cold water and let stand 5 minutes to soften.
2. Add boiling water, stirring until gelatin is completely dissolved and mixture is clear. Cool slightly.
3. In medium bowl, stir together stevia and cocoa. Add whipping cream and vanilla. Beat at medium speed until stiff peaks form. Pour in gelatin mixture and beat until well blended.
4. Spoon into serving dishes and chill for at least a half hour.