

APRIL 2014

## Life Lived Fully

The world is like a book and those who do not travel read only one page. At least, that's what my family believes. We travel not just to see things, but to experience them. As a family, we've hiked across England and around the base of Mont Blanc (winner of "Favorite Family Vacation" - the votes were unanimous). We're determined to live our lives to the fullest by enjoying the outdoors and experiencing all that this wonderful world has to offer - and we want you to do the same!

By now, you've probably heard about our patient appreciation and referral programs. If you haven't, we're running a new

one now (check inside for details!). In our last contest, Ross won the awesome stand-up paddle board, and now you can enter to win one of the two cruiser bikes we're giving away in June! It's just our way of showing you how much we appreciate your continued support. Even better, it's our way of allowing you to get outside and experience the world!

...Which we did for ourselves toward the

end of February. My wife and I (along with my oldest son and his family) spent the week in Puerto Vallarta, Mexico. My two granddaughters (ages 2 and 5) aren't quite ready for surfing lessons yet, but believe me, they'll get there. In the meantime, I enjoyed splashing around in the pool with Chloe while she worked on her swimming, and my son and I managed to squeeze in a few rounds of golf. It was the perfect way to "spring" into the season and spend some quality time with my family.

We also had an opportunity to spend a few days with our granddaughters while our big kids (our son, Mike, his wife, Holly, and our daughter, Cathy) took a class in financial planning. We're all about living life to the fullest - and this class gave them the financial tools they needed to do just that. It's all about developing a healthy relationship with money so that they can live the life they deserve and spread their generosity to others! Just like we do during our Dentistry from the Heart dental days. We enjoyed babysitting while the kids were in class, but we were exhausted by the time it was over! Those girls have endless energy!

Now that spring has sprung, we're excited to spend some time enjoying the world in our own backyard. We know and appreciate that we live in one of the coolest places around! We, of course, try to fit in as much skiing as we possibly can, but now that the weather's warming up, we're looking forward to hitting those famous Truckee bike trails. Keep sending those referrals our way and we'll see you out there! While we're at it, we would love to hear all about your favorite adventures, both in your own backyard and elsewhere!

- Dr. Colpitts



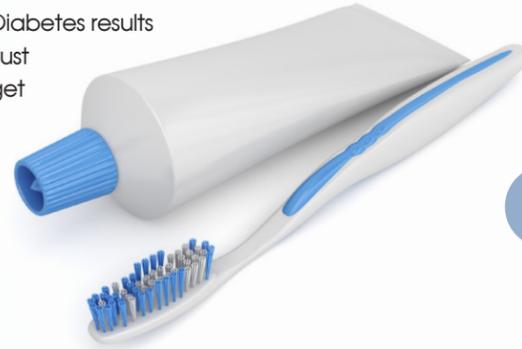
## YOUR *Best Smile* NOW!

Imagine your future smile with our **Instant Dental Imaging System!** If you're considering cosmetic dentistry or teeth whitening treatments, let our instant images show you exactly what your new smile could be! It's ridiculously easy, and only takes a moment, so talk to us about how you can get a sneak peek at your new smile!



We all know that we're supposed to brush and floss every day, if not twice a day. It's been drilled into us since we were kids. But why exactly do we need to? One word: periodontitis. And if you're one of the 26 million Americans diagnosed with diabetes, you need to pay special attention. The most common side effects of diabetes include nerve issues and higher risk of heart attack, stroke, and kidney problems...but gum disease holds one of the top spots on that list as well. Periodontitis is an evil that those with diabetes should be more aware of. In short, it's a bacterial infection in the gums. That word should scare you—bacteria. Diabetes results in a weaker immune system, so it takes longer for you to get over bacterial colds and fight infection. Just imagine the battle that must be waging in your mouth! It starts with pain when you chew, but things get really nasty when your gums begin to pull away from your teeth. Pockets inevitably form, fill with pus, and, if left untreated, can cause your teeth to fall out. Gross, right? Not to mention painful.

If that doesn't scare you into action, this will: periodontitis is not only a risk for those with diabetes, but it can also cause diabetes to progress. However, there are ways to help prevent it:



### Back to Basics

Be diligent when it comes to taking care of your teeth and gums. This means brushing twice a day AND flossing. But don't just run the brush across the front of your teeth and call it good; work the bristles between your gum line and your teeth, and behind your teeth. When you're done, FLOSS!

### Watch Your Glucose Levels

Your blood levels should be regulated many times a day. The more regular and consistent you keep your glucose levels, the lower your risk of developing periodontitis.

### Regular Checkups

Our entire team here at Sierra Crest Dental has been taught to catch the earliest signs of any mouth-related irregularity. If you have diabetes, it's recommended that you maintain hygiene appointments every three months to help prevent periodontal complications.

Make sure that you exercise, eat healthfully, keep your glucose under control, and watch your cholesterol. Unfortunately, being diabetic increases your risk for many things—don't make "gum disease" just one more thing you have to put up with. See your doctor regularly and take care of your health. That means your teeth too!

# Hidden Risks FOR DIABETICS

## TAZ TIME *Wet & Wild*



It's me again! And this time I have some super-duper awesome fun to report. Dr. Bob took the plunge and taught Chloe how to swim! She did a really great job, but Dr. Bob turned her flawless doggy paddle into actual strokes. Personally, I am such a great swimmer, I think I could have done a little bit better; after all, if you want to be the best, you've got to go to the expert. But overall, I think he did a decent job!

She looked like she was having so much fun, and I wished I could have joined in. Chloe was fantastic too, she's just a pup (I think...I still

can't get the dog and human years straight. You guys grow so slow!), but she was paddling all over the place before long! It sure makes a dog proud.

Speaking of water, did you know that this has been one of the driest winters in history? It's crazy! We've had practically no snow the whole winter through, so Dr. Bob, Cathy, and friends have taken me out and about as much as possible. On the one paw, I like that we've all been able to enjoy the outdoors, but on the other, I kinda miss chasing after snowballs... In spite of my serious snow deprivation, Chloe and Dr. Bob's splashing means that spring is nearly here and I can't wait!

TAZ

# Patient Appreciation Event

IMAGINE You...



RIDING This!

## THANK YOUR TEETH FOR TRUCKEE TRAILS!

You already know that we take great care of your teeth when you come to see us in the office, but every one of your visits also helps us care for the beauty of our community through Truckee Trails! For every patient visit, we donate \$1 to the development of hiking, biking, and casual play trails within the Truckee community for all of us to enjoy. The Truckee Trails Foundation is made up of a great group of folks who are working to care for the paths that take thousands of Californians and visitors through the beautiful wilderness surrounding our home.

We're so lucky to live in one of the most beautiful places on earth, and want everyone in our community to benefit from the privilege. We're also giving away two beach cruiser bicycles that will help you get even more bang from our buck! Stay tuned for more patient appreciation fun coming your way this season, and enjoy our great outdoors.



We Want to Thank Our Awesome Patients for Your Continued Support. We enjoy caring for you and improving your healthy lifestyle. The Team at Sierra Crest Dental enjoy where we live and want to share it with you as summer is coming!

### How to Win:

- Refer a friend: **2 Entries**
- Refer more: **5 Entries**
- Video Testimonial: **2 Entries**
- Online Reviews: **1 Entry Each**
- Come in for an Appointment: **1 Entry**

### Drawing June 25th

The bigger the fan of Sierra Crest Dental you are, the MORE CHANCES you have to win an **Electra Townie Balloon 3i!** There will be 2 lucky winners: One male & one female.

### Rules:

Applies to appointments between March 25th and June 25th.  
Online Reviews under Sierra Crest Dental or Robert Colpitts DDS (Your preference i.e., Google, Yelp, Facebook, HealthGrades, Yahoo, Vitals, Judy's Book, YP, etc.) When doing online reviews be sure to let the office know via phone **530.587.9098** or email: **info@drcolpitts.com** to add your entries.



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## OUT WITH THE OLD *In with the New*

We all know the saying “Nothing lasts forever,” but do you know when your trusty old toothbrush is ready to call it quits?

*The Test of Time* - We recommend that you get a new toothbrush every three to four months. This is a generalization from most oral professionals based on the wear of the bristles and bacterial contamination (on that note, you should always scrap your old toothbrush after you've been sick). But while this is a general rule, there could be times when an upgrade is needed before the three-month mark. Here are some ways to read the signs of wear in your toothbrush:

*Bristles* - In order to properly clean your teeth and gums, the bristles on your toothbrush should be sturdy and straight. How else are you going to get in those hard-to-reach places with only one brushing before you head out to work? If the bristles start to bend or fray, that means your brush is tired. So give it a break. Go get another toothbrush. How hard you brush your teeth will definitely affect the life of your bristles.

*Claim It* - You aren't going to share your undergarments, so don't share your toothbrush. Your toothbrush can carry some

pretty nasty germs and bacteria, and trust me, nobody wants what you have anyway. If you have guests who plan to stay over, keep a few extra brushes in case they forget to bring one. That way no one is forced into an awkward conversation later. And if someone else happens to use your toothbrush (despite all your preventative measures)? Toss it.

*When It Tells You To* - Some electric toothbrushes can actually tell you when they need to be replaced. Your brush may have a light that comes on or changes colors to let you know it's ready to rest in peace. No need to mourn it. Say a silent “Thank you, toothbrush, for keeping me fresh and clean,” and then go buy another one.

If, before its three months is up, you start to see a change in your faithful toothbrush, then lay it down and find a new one. We brush our teeth to keep our mouths feeling clean and our breath odor-free—so when your brush begins to slack on the job, go ahead and find a replacement. Your old toothbrush will probably thank you.

