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**WALK IN NATURE,
RECONNECT WITH LIFE**
Visit the Tahoe Rim Trail

Here in Truckee, we're surrounded by some of the most beautiful landscapes in the country. One in particular is Lake Tahoe, a favorite destination that draws summer and winter enthusiasts alike. But as the snow melts on the mountainside, it's time to gear up for more summertime fun. Among one of Lake Tahoe's most popular attractions is the Tahoe Rim Trail, a 165-mile loop that winds its way around the Sierra Nevada and Carson mountain ranges. Luckily for us, the trailheads are only a short half-hour drive away — perfect for your next daytrip!

1. Hike the Day Away

The Tahoe Rim Trail has several smaller trails for walking and hiking, and access to each is free of charge. For a day hike, all you need is plenty of water and sturdy footwear to take advantage of what your chosen trail has to offer. Plus, livestock trails are open for travelers who prefer see the land on horseback. Throughout the year,

visitors can also take guided tours of the trail. Guides can point out subtle details in nature like regional wildflowers and evidence of wildlife, as well as the human history of the land.



2. Give Back

For those who prefer the company of others and enjoy giving back to the land, consider volunteering on the Tahoe Rim Trail. On one of the trail's many group work days, visitors can meet new people and help preserve the land so many have come to love. The trail itself was built in 1984 by a group of over 10,000 volunteers. Ensure that legacy thrives by lending a helping hand.

With a breathtaking landscape and something to do for travelers of all ages and abilities, there's no better place to reconnect with nature. With larger-than-life trees and mountain ranges on all sides, we can't think of a better way to spend a day! For more information, log on to www.tahoerimtrail.org or call 775-298-4485.

**SIERRA CREST DENTAL
NEWSLETTER**

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JUNE/JULY 2015

Courses and CAT Scans
IMPROVING YOUR EXPERIENCE ONE ADVANCEMENT AT A TIME

As you may recall, back in January, I embarked on a one-year fellowship program in implantology. Since then, I've spent five days each month in the classroom expanding my knowledge in implant procedures. Now I'm over two-thirds of the way through the course, and the experience has been amazing. I have five days each in June and July, and then the course will be completed.

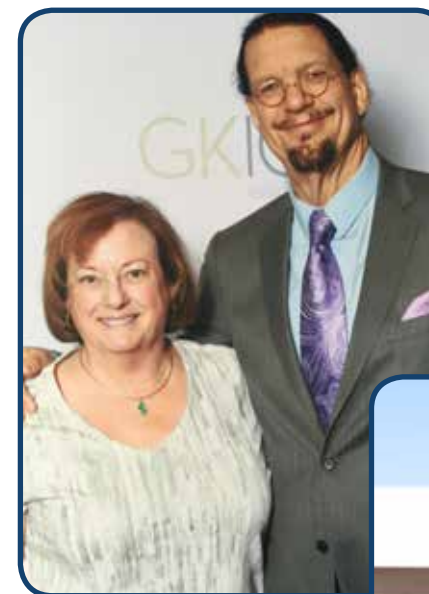
This course, in particular, is really improving my techniques. I've been performing implant procedures for a long time, but in the last month, I've learned how to extract teeth better and more gently than I have in all my years. That's only something I could have learned through continuing education. With the course near completion, I feel ready to resume placing implants that will benefit my patients for the long term. Once this course is over, I'll take a short break from continuing education courses; taking a break will give me a chance to implement new techniques and new technology in the practice.

Last month, Sierra Crest Dental bought a dental CAT scan machine. We've been planning to get one for some time, and it has finally happened! Rather than taking a 2-D image, our machine produces 3-D images of teeth, so we can diagnose more accurately from the comfort of our own practice. Having a dental CAT scan can only further improve the way we diagnose and conduct procedures.

Take implants, for example: Let's say we're considering a procedure. Standard X-rays can show us the height of the bone

and the space between adjacent teeth. With a 3-D CAT scan, however, we can see the height, width, thickness, and quality of the bone, so we'll have a better sense of how an implant needs to fit. For other procedures, the 3-D CAT scan can show us the extent of an infection with greater accuracy than a 2-D X-ray. Finally, when we want to extract teeth, a 2-D X-ray will show us the root and the left and right sides of a tooth, whereas the 3-D scan will show us the whole picture. We'll be able to extract teeth with great skill and finesse, and significantly reduce the chance of surprises mid-procedure.

Debbie has also been improving her skills at a continuing education conference, learning the magic of patient care.



Debbie with Penn Jillette



Dr. Colpitts with the implant fellowship program

The entire Sierra Crest Dental team is ready to implement these technological advances in their everyday work, because everything we're doing will ultimately make your experience more efficient and more comfortable. That's what makes my hours in the classroom worth it.

- DR. COLPITTS

TOOTHPASTE *Comes to Life*

RDA VALUE: Abrasiveness index of toothpaste (0-70 low abrasive, 70-100 medium abrasive, 100-150 highly abrasive, 150-200 regarded as the most harmful limit.)

Toothpaste	RDA Value
Straight Baking Soda	7
CTX3 and CTX4	17
Colgate Total	70
Sensodyne	79
Tom's of Maine Regular	93
Crest Regular	95
Crest Multi-Care Whitening	130
Colgate 2-in-1 Tarter/Whiten	200

Ask your hygienist if your teeth indicate any special needs.

We are often asked "What is the best toothpaste?" The answer is not clear-cut. It depends on your needs. Here at Sierra Crest Dental, we continue to expand our knowledge to make your dental experience better than the best.

Many of our patients experience tooth sensitivity for numerous reasons. Causes vary from periodontal disease and gum recession to loss of enamel and medications. You may already use an over-the-counter desensitizer agent such as Sensodyne. Other patients desire a more natural product or toothpaste to help deter decay. When you choose one, you may want to check the RDA Value of the toothpaste.



The Healthful EFFECTS OF ALKALINE FOODS



When it comes to looking and feeling good, keeping your body alkaline is a good first step. "But, wait," you might say, "what does food have to do with my body's acid waste?" As it turns out, a whole lot! All foods are either acid or alkaline forming in the body. Now, before you go sucking on pH sticks, let's take a deeper look at some foods. Acidic fruits such as lemons or grapefruits actually have an alkalizing effect on the body (so does lemon water). So while they might make you want to pucker up, internally they're doing plenty of good.

With that in mind, what makes a food alkaline forming? This response is triggered by a food's calcium/magnesium/mineral ratio. Some foods that are fantastic at alkaline forming include carrots, artichokes, Brussels sprouts, green beans, kale, peppers, and sweet potatoes. In fact, an "alkaline diet" is known to be largely vegetarian, since most fruits and vegetables are actually part of this grouping. (Meat is considered acidic.)

By now, you might be thinking, "Sure, but why bother?" As it turns out, keeping the body alkaline is key to good health. After all, when we're born, we are at the most alkaline state of our lives. As we age and put more and more unhealthy things into our bodies, acid waste slowly but steadily builds up, contributing to the aging process. While scientists vary in their beliefs, many say that alkaline foods can help neutralize the amount of acid that can lead to inflammation and other chronic conditions. Some even go as far as to say that they can help prevent or fight cancer, heart disease, gout, and even acne. And remember, water has a slightly alkaline pH, so drink plenty of it! In the end, being healthy is what matters, and that means keeping chemicals out and nutrients in!

When it comes to living healthy, don't stop at the food pyramid. Consider climbing aboard the alkaline diet and get your body to a better balance.

TAZ TIME



Summer must be here because I am getting more walks and hikes. My favorites are the meadow in Squaw where there is lots of room to run and swim in the creek. Dr. Cathy likes to take me on hikes in Shirley Canyon and Five Lakes. I have been able to swim early — no snow! When I come to Truckee, I enjoy Martis Creek where I end up getting a little muddy. Unfortunately, afterward, I'm not allowed in the office.

I used to go on mountain bike rides, but I am slowing down, so get left behind now. I had to stay home on Mother's Day when Dr. Bob and Debbie rode to Sunnyside. Good thing I have a great area at home to enjoy.

I am anticipating more company to play with this summer. Dr. Mike, Holly, and granddaughters, Chloe and Piper, are headed here for a visit! Their dog, Boulder, will be left behind in Maine. Dog's just don't seem to rule!



STOP THE PRESSES ODE TO TAZ

Taz had a big heart, big smile, and as it turned out, a courageous and generous spirit. As Cathy's best friend, he was always there for her. He was ready at a moment's notice to go on a hike up Shirley Canyon until his last breath.

We will miss his awesome enthusiasm, his energetic "welcome home" after a day at the office, hiking with him, and seeing him race the wind and swim in every creek we passed. He is gone, but he remains in our hearts.



HEALTHY *Banana Cookies*



INGREDIENTS

- 3 ripe bananas
- 2 cups rolled oats
- 1 cup dates, pitted and chopped
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet.
3. Bake for 20 minutes in the preheated oven, or until lightly brown.