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ENDING SUMMER WITH A

Smash

With summer nearly at its end, it's time to start thinking about all those "last" things you want to do before fall sets in: one last boating trip out on the lake; one last summer barbeque; one last camping trip at the favorite spot; one last s'more made by a crackling campfire. And while some of these things might be a little sad, there is, of course, one incentive: the end of summer means the chance to end it all with a bang!

Throwing the big summer party means organization, delegation, and creation. First, put together a guest list. Or better yet, just invite the whole neighborhood. Second, name a location. Your house? The local park? Third, pick a theme. Having a theme doesn't mean asking people to dress up in something cheesy. It simply gives your party a direction. For instance, if yours is "Summer: The Last Frontier," you might make western-themed invitations, and serve up some chow along the lines of southern baked beans, cornbread baked in the dutch oven, smoked chicken, and barbeque beef. An "All American Summer"

themed party might include hot dogs and hamburgers, with sides like potato chips, pasta salad, and deviled eggs.

Besides food, no summer bash would be complete without games and water sports. Invite your guests to bring their bathing suits and set up water balloon games such as tossing in teams with towels or passing between partners. Cooling off is simply part of the fun, and it is summertime, after all.

Finally, make a final salute to summer with a backyard fire pit, and all the fixings for s'mores. After all, nothing brings friends together like toasted marshmallows and a little firelight under the stars.



SIERRA CREST DENTAL NEWSLETTER

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OUR HEART Within the Community

We always begin with the question, "How can we best serve our patients?" And for that matter, "How can we best serve the community?" For Debbie and myself, that community awareness starts at a personal level, before branching into our practice. Both she and I support philanthropies around Lake Tahoe; she, as a member of the Queen of Hearts Women's Fund and Aim High, and I as a board member and secretary of the Truckee Sunrise Rotary.

While both of us stay busy with our full-time work here, we each try to make a little time for these incredible organizations. For me, that means getting up a little earlier to attend 7:00 "sunrise" meetings every Tuesday morning. At these meetings, we discuss how to best impact conservation and trails in our area. Additionally, our practice helps support this organization, because for every patient visit made, we donate a dollar. Half of it goes to the Truckee Sunrise Rotary and the other half goes to the Truckee Donner Land Trust.

As for Debbie, her passion for the Queen of Hearts Women's Fund began in 2006, when she became one of the first thousand members. For those who are unaware, the Queen of Hearts Women's Fund supports local needs and donates to Tahoe/Truckee Aim High—the other organization in which she participates. She became inspired to join Queen of Hearts when she heard that the focus was on women making an impact in their community. Members are able to vote on where grants should go, and can choose between a variety of areas including arts and culture, education and youth development, environment, recreation, and animal welfare, or health and human resources. For those interested in playing a greater role in the community, the Queen of Hearts Women's Fund is a wonderful organization to check out.

Here at Sierra Crest Dental, we have our own way of giving back. While we do our best to look out for our own throughout the year, Dentistry from the Heart gives us the opportunity to really make an impact in the lives of people in our area. This

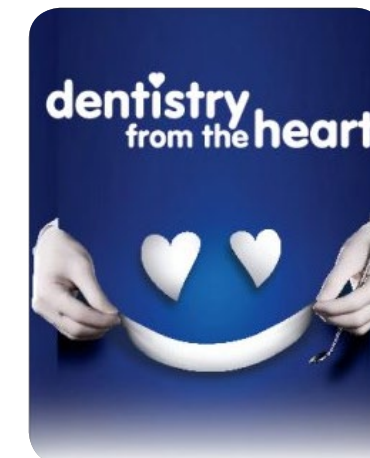
is our fourth, annual event, and we couldn't be more thrilled. Joining us is Dr. Dan Martin and his team, who are in the building next door. Between his staff and ours, plus our typical group of 15 volunteers (spouses of the staff or community members), we are able to see around 100 patients in a twelve-hour day.

The fact that some of our Dentistry from the Heart patients start lining up the afternoon before the event, shows that there is a great value in the services we offer. While it may only be a cleaning, an extraction, or a filling to some people, for others, this is their one chance to get rid of a dead tooth or fix a painful cavity. We do have several patients who come every year, and use this event as their yearly dental visit. It's always nice to see those familiar faces. By and large, our typical patients from Dentistry of the Heart are those whose life situations or economies don't allow them the wherewithal to get regular dental care.

What I love most about this event is not the patient response—though that excites me as well—but the enthusiasm of the staff. This is their favorite event of the year, and even though it's also our longest day (often, we will open early and start seeing patients before 7:00 a.m.), they have more excitement for it than anything else. After it's all over and we've closed up shop, it's a tradition for everyone to go to dinner together. In the past, we've always gone to Cottonwoods, and chances are, you'll find us celebrating the end to our favorite day this year, as well.

This year's Dentistry from the Heart is set for Friday, October 3.

— Dr. Colpitts



Your mouth speaks, but are you listening? Are your tender gums worth making a visit to the doctor? What about those stains on your teeth, are they something to be concerned about? Listen to what your mouth is saying to you.

Red, swollen, or bleeding gums can be irritating. But don't worry, you might not have to go see the doctor to fix them. Believe it or not, irritation of the gums can be caused by pregnancy or hormonal changes in your body (and you'll have to visit your doctor for an entirely different reason). If that's not the case, brush your teeth like a pro and don't forget to floss. If the irritation continues for more than a week, it's time to check in with your doctor and ask about periodontal disease. If your teeth are falling out or seem to be loose, it could also be a sign of periodontal disease. You should see your doctor right away.



Sharp tooth pain can be an indicator of a cavity or tooth decay. Again, if the pain lasts more than a week, see your dentist. Mouth sores are usually caused by eating too much citrus from fruits or spicy foods. Wait three days—if they disappear, hooray for you! No harm, no foul. But if the sores decide to hang out for a while, you might be deficient in vitamin A. Eat more potatoes, carrots, or spinach to replenish your vitamin A levels.

A toothache feels like a throbbing pain. If you tend to grind your teeth (some people do this unconsciously in their sleep) or clench your jaw, you may develop a toothache. Try using a night guard while you sleep. If your glands or gums begin to swell, and the pain continues, ask your doctor if it is an abscessed tooth or a root infection.

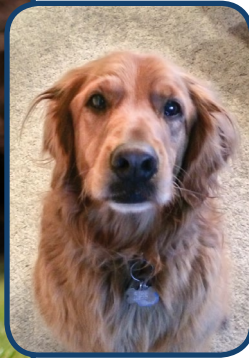
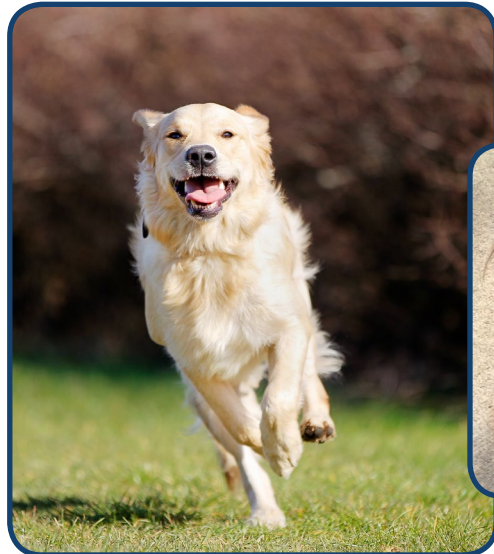
Yellow or stained teeth are just that, stained. If you drink coffee, wine, or tea, your teeth may soak in these pigments and take on a yellow hue. Some antibiotics can cause teeth to have brown or striped coloring, which may have been developing since your childhood.

Gum pain can mean all sorts of different things. If temperature seems to be affecting your teeth and gums, you might have a cavity. But if your gums pull back, exposing the roots of your teeth to the elements, it could be caused by brushing too hard, bacterial growth, or grinding. If you see red or white spots on your gums, you might be okay. It could be a reaction from foods or drugs. But keep an eye out—if they don't go away after one week, it might be a sign of oral cancer.

WHEN TO SEE YOUR

Doctor

TAZ TIME *Dog Days of Summer*



I've been a spoiled pooch with Cathy visiting me (she's still doing her residency over in Reno, but it's not that far away for someone with four wheels instead of four paws). Dr. Bob has been taking me up to Shirley Canyon and letting me run loose! But, he can't play with me all the time so I had to hang out at the puppy B&B for a while. My family went out of town to visit the grand-kids and the tiny humans are pretty cool. They'll be leaving again later on in the summer when Chris gets married. I kept telling them that I should be the ring bearer, but instead, Chloe gets to do it. Sometimes a dog can sure feel left out! But, my first piece of mail just came through and what a great patient you are! That was one tasty treat, and I'm loving that video. I can't wait for more!



bacteria. Additionally, some patients have even found that laser treatments have reduced the healing time of their cold sores. All of our outstanding Hygiene Team is certified in laser therapy, so if you're ready to try something amazing, be sure to ask your hygienist if lasers can benefit your dental health!

Voted Best of North Tahoe and Truckee for the second year!

LASERS FOR YOUR TEETH

Good news! We've added another premium dental service to improve your care! If you haven't experienced laser technology, yet, it's something to definitely consider because lasers can actually be used in conjunction with your hygiene visits!

How can this help you? Lasers are capable of many feats, including healing. These supplementary forms of technology can help those who have periodontal disease by killing off additional



Organic BANANA PROTEIN MUFFINS

These tasty, protein-packed muffins are made with bananas and flaxseed. Perfect for an on-the-go breakfast, these tasty muffins will sate your appetite and pump you up for the day ahead!

INGREDIENTS

- 1 large banana
- 3/4 cup egg whites
- 1/2 cup plain low-fat Greek yogurt
- 1/4 cup ground flaxseed
- 1/4 cup whole flax seeds
- 3/4 cup oats
- 2 scoops vanilla protein powder
- 1/2 cup sweetener
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp cinnamon

DIRECTIONS

- 1- Preheat oven to 350°F. Line a muffin tin with liners and spray with non-stick cooking spray.
- 2- Blend all ingredients in a blender or food processor until mixture is smooth.
- 3- Pour mixture evenly into the muffin liners.
- 4- Bake for 15-18 minutes, or until a toothpick inserted in a muffin comes out clean.

Enjoy

Imagine Dylan and Kim

Riding These

Sierra Crest Dental Patient Appreciation Drawing and Event



THANK YOU FOR YOUR CONTINUED SUPPORT

Voted Best Of North Tahoe & Truckee

Sierra Crest Dental
Dr. Bob Colpitts



"The Place" that is committed to our community, with a Team whose care and service is priceless!

Dentistry From The Heart (4th annual on October 3rd 2014)!
Truckee Donner Land Trust and Truckee Trails Supporter!

No Insurance - No Problem
(making quality care more affordable)