

# IMPRESSIONS

2017 Campbell Dr. ■ Torrington, Wyoming 82240 ■ (307) 532-4448

2022

## The Importance of Annual Exams

AT PLATTE RIVER FAMILY DENTISTRY, a comprehensive dental exam involves the gathering of an immense amount of information. To thoroughly evaluate one's oral health, it is important to include facial, skeletal, muscular, dental and oral tissue conditions. Methods for this evaluation include obtaining an inclusive history dentally and systemically, radiographs (x-rays), and occasionally, models of the teeth. Of course, new patients in our office will also have their needs met should they be experiencing any negative dental symptoms. Some of these common concerns may include, but are not limited to a toothache, temporomandibular joint (TMJ) discomfort, swelling, and pain.

Once the patient-doctor relationship has been established and the primary dental needs met, the patient is encouraged to participate in either six month or yearly examinations. The benefits for these regular examinations are improved dental and systemic health, preventive intervention, and consistent oral comfort. The tools utilized in these continuing care appointments are similar to those of the initial exam. In addition to a clinical exam, oral cancer screenings, periodontal health probing (measuring your gum tissues) and prophylaxis (cleaning), radiographs (x-rays) are made.

The following is a brief description of dental radiographs and the necessity for taking them:

Panoramic or Full Mouth-these films, taken every 3 to 5 years, show the skeletal structures of the head and neck, the bones, teeth, and sinuses.

Bitewings-films taken yearly, show the supporting bone level around the teeth and interproximal decay (between the teeth).

Periapical-films displaying the entire tooth structure, including the root and its' surrounding bone.

Occlusal-films generally confined to the anterior (front) teeth of children under 8.

Commonly, people think of "cleaning appointments" as a time to get the coffee stain off their teeth and find out if they have any cavities. Realistically, these continuing care appointments provide an opportunity to determine the efficiency of each patient's daily home care, the health of the supporting bone and tissues surrounding the teeth, and the presence of incipient (beginning) or current decay.

**Most importantly, the supporting bone and tissues must be maintained. This is called periodontal health. Without a stable foundation, there is no reason to restore what shows in the mouth.**

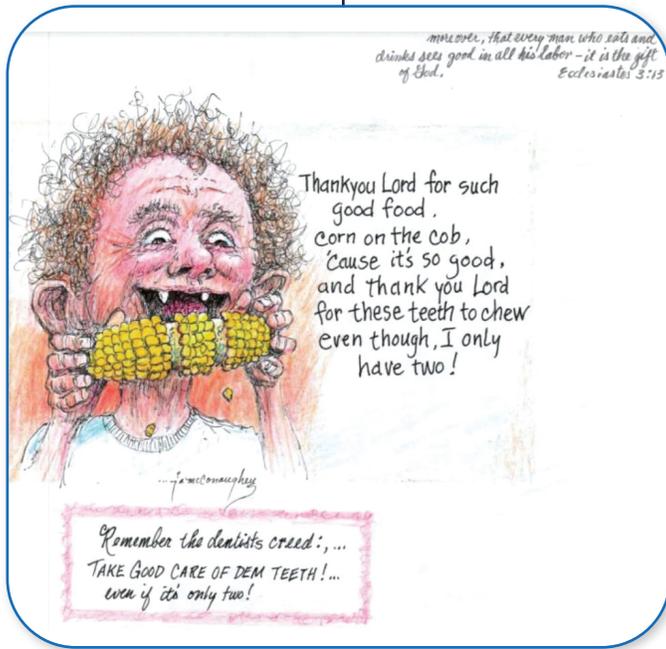
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Cysts, abscesses, tumors and benign or malignant lesions may be detected. Cracked, fractured and broken teeth may be present. Through a combination of clinical and radiographic information gathering, a patient will know the condition of their dental health and have an opportunity to restore their mouth to ideal.

Decay results when plaque (bacteria), food and acid accumulate overtime until decay is present. Neglected decay can progress until the pulp (nerve) inside the tooth is infected. Continued inflammation can lead to an abscess requiring endodontic treatment (root canal), a crown or eventual tooth loss. In contrast, early detection may require only a small filling to restore the tooth to health.

Most importantly, the supporting bone and tissues must be maintained. This is called periodontal health. Without a stable foundation, there is no reason to restore what shows in the mouth. Additionally, the presence or absence of teeth will determine the functionality of the mouth. A full dentition is necessary for optimal oral health. The panoramic film will show all those structures, the level of the bone and its density, and commonly, whether or not third molars (wisdom teeth) need to be removed.

At Platte River Family Dentistry, our mission is to provide progressive excellence in dental care with the ultimate in patient comfort. To reach our mission, a periodic exam or continuing care appointment ensures that our patient's oral health is stable or improving with each visit. We look forward to seeing you regularly and accompanying you on your journey to oral health.



Drawing courtesy of: Jack McConaughey

## Meet Dr. Lance Lucas

What might seem like a new place for me, Platte River Family Dentistry is quite familiar. I grew up in Wheatland, WY, and spent plenty of time in Torrington at the dental office. When I knew I was going to be coming back, to Wyoming to practice, I wanted a dental office that cared about the quality of dentistry, and an emphasis on relationship building. These qualities are lived out by Dr. Pieper and Dr. Marsh, and I desired to be part of their philosophy. I could not be more grateful when offered an opportunity to join Platte River Family Dentistry and be part of this amazing dental family. After graduating from Wheatland High School in 2014, I attended Doane University in eastern Nebraska earning a bachelor's degree in Biology while on a wrestling scholarship. I received my dental education from the University of Nebraska Medical Center, College of Dentistry graduating in 2022. During my time at Doane University, I met my wife, Paige. We



## STAFF SPOTLIGHT

have been married for four years and have a son, Maximilian, and a daughter, Josie. We love to spend our time at the lake, hiking, and camping. We are actively involved in our church and are both enthusiastic about sports. Adaptability, positivity, and relationship building has provided me with the skills to give the best dental care I can.

Through a range of practical experiences, I have grown a desire in restorative dentistry, digital dentistry, patient education, and dental health promotion. These strengths, combined with my passion for dentistry, have created a solid foundation for me to build on and contribute to an energetic and team-driven work culture. I am beyond excited to make Torrington home, and I look forward to the opportunity to be your dentist at Platte River Family Dentistry.

# STAFF SPOTLIGHT

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## Meet Kylee Kisler



I was raised on a ranch in the northeastern corner of Montana having grown up with a love for beading, ranching, running, and puzzles. I moved to Sheridan, Wyoming for

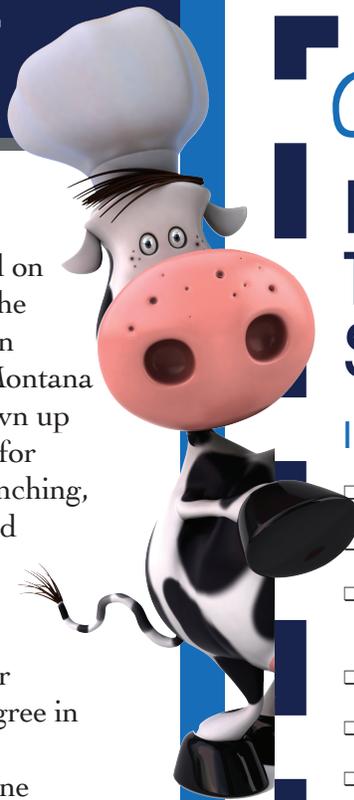
college where I received my associate's degree in Dental Hygiene while at the same time completing my bachelor's in Dental Hygiene through the University of Wyoming. I started working as a dental hygienist here in September of 2021 and quickly found I could not ask for a better group of people to work with or more amazing patients. I enjoy meeting new patients and catching up with current ones every day. I truly feel like I have found another family here at Platte River Family Dentistry!

## Meet Gabrielle Rader



I am from Lexington, NE but also spent portions of my life in Bertrand, NE and Wamego, KS. I completed my undergraduate education at Chadron State College in Chadron, NE and

my dental hygiene education at the University of Nebraska Medical Center in Gering, NE. Being in Western Nebraska for the last few years I have found that I love the area and enjoy being in the rural part of the state. I am excited to be a part of Platte River Family Dentistry and look forward to building relationships and providing you and your family with my very best care.



## Cook's Corner

### Ranch Taco Soup



#### INGREDIENTS

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 jalapeno pepper, seeded and minced
- 2 ½ cups water
- 2 (15oz) cans crushed tomatoes
- 2 (15oz) cans pinto beans, drained
- 1 (15oz) can whole kernel corn, drained
- 1 (15oz) can black beans, rinsed and drained
- 1 (10oz) can diced tomatoes and green chiles (RO\*TEL)
- 1 (3.8oz) can sliced black olives, drained
- 2 tablespoons ranch dressing mix (Hidden Valley Ranch)
- 1 (1oz) envelope taco seasoning mix

#### DIRECTIONS

##### Step 1:

Combine ground beef, onion, and jalapeno in a 4-quart soup pot. Cook over medium-high heat until beef is cooked through and no longer pink (about 5 minutes).

##### Step 2:

Add water, crushed tomatoes, pinto beans, corn, black beans, RO\*TEL, black olives, ranch dressing, and taco seasoning. Mix to combine. Bring soup to a boil, reduce heat, and simmer for 30 minutes.

Dentists: Dr. Britt Marsh  
Dr. Lance Lucas

Hygienists: Kylee Kisler  
Gabrielle Rader

Dental Assistants: Julie Youtz  
Valerie Grant  
Sahala Erikson  
Tisha Duffield

Appointment Sec.: Tracy Flock

Office Manager: Leslie Gubbels



**OFFICE HOURS**

8:00 a.m. - 5:00 p.m.  
Monday - Thursday



What do you call  
dental x- rays?



Tooth pics!

# New Name, New Website

As you may have noticed, Pieper and Marsh Family Dentistry is now Platte River Family Dentistry. We welcome Dr. Lance Lucas to our office as Dr. Pieper plans to transition from a clinical role and into a mentorship role for Dr. Lucas and Dr. Marsh.



You can still expect the same friendly faces and quality of care our office has provided for the past 40+ years. Be sure to check out our new website, [www.platteriverfamilydentistry.com](http://www.platteriverfamilydentistry.com), and like us on Facebook and Instagram.



## Tooth Trivia

- \* An average person in a lifetime produces over 100,000 gallons of saliva.
- \* 75% of school children worldwide have active dental cavities.
- \* Teeth start to form before we are born.
- \* Dinosaurs grew new teeth when one was lost or broken.
- \* Cavities in teeth have been filled since the earliest of times with a variety of different materials including: gum, stone chips, and even turpentine resin.
- \* Tooth decay is the second most common disease, second only to the common cold.
- \* Dental sealants prevent 80% of cavities over 2 years in the back teeth, where 90% cavities occur.
- \* It takes 42 muscles to frown. It only takes 17 to smile.
- \* The lifespan of a taste bud is about 10 days.
- \* The average person spends 38 days brushing their teeth during their lifetime.