



Family Dentistry P.C.

2017 Campbell Dr.
Torrington, WY 82240
307-532-4448
Email: famdentwyo@gmail.com
www.pieperdentistry.com

Dentists: Dr. Tim Pieper
Dr. Britt Marsh
Hygienists: Cara Lawrence,
Tara Rutt
Dental Assistants: Julie Youtz, Valerie Grant,
Kristie Sierra, Faye Rife
Appointment Sec.: Tracy Flock
Office Manager: Leslie Woster



Office Hours

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



Now contracted
with Delta, Blue
Cross & Blue
Shield, and
Cigna
Dental
Insurance

*Dr. Pieper was inducted into two elite societies
this year. One is the American College of Dentists,
an honorary organization of outstanding
and ethical dentists with meritorious service
to the profession and community.
The other is the International College
of Dentists which focuses on Integrity,
Leadership and Service to the profession.*



What We Learned!

Another busy year at the office with our continuing education classes! We all went to the Wyoming State Dental Meeting this year in Casper. There we learned more about implant placement and restoration, treatment planning and full patient care. Then we were off to Denver in October for the American Dental Association meeting. Dr. Pieper attended classes on self-development, practice management, sleep disorders and sleep apnea/snoring. He was also inducted to both the American College of Dentists and the International College of Dentists! Dr. Marsh attended the New Dentist Conference and took classes on pediatric dentistry, composite veneers, and participated in a hands on sleep apnea workshop. The rest of the staff enjoyed different topics on patient care, OSHA, scheduling, insurance, meditation, sleep medicine, and teamwork. Both Dr. Pieper and Dr. Marsh attended a study club in Colorado Springs on white cosmetic restorations. In November, Dr. Marsh attended the AGD National Leadership Development Symposium in Chicago. Both doctors attended the American Equilibration Society and Academy of Restorative

Dentistry in Chicago this February. They attended classes on occlusion and restorative dentistry, wellness in dentistry, dental material update, tissue grafting around implants, cosmetic dentistry, and much more.



Family Dentistry

Timothy J. Pieper, DDS, MAGD
Britton M. Marsh, DDS

IMPRESSIONS

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

2017



Dry Mouth

HAVE YOU EVER HAD AN UPPER respiratory infection which caused you to breathe through your mouth all night during your sleep? The next morning your mouth is parched. Your tongue sticks to the roof of your mouth. You cannot swallow. Your teeth feel like chalk. You can't get a drink of water fast enough.

More and more people experience this same dry mouth all of the time. What is

the cause? One is a simple result of aging. The salivary glands don't produce as much saliva as they once did. Two, there are chronic diseases such as Sjgrens Syndrome that debilitate the salivary glands. Cancer is often treated with radiation and chemotherapy which injures the salivary glands. Most frequently, however, dry mouth is caused by prescription medications. Many of these medicines cause a decrease in saliva, particularly medications used to control blood pressure.

Should we be concerned about dry mouth other than the obvious discomfort as described above? Actually dry mouth is a very frustrating problem dentally. We see a dramatic increase in tooth decay when dry mouth is present. Why does decreased saliva cause tooth decay? The reasons are several. Saliva acts as a pH buffer; when the pH in the mouth is acidic or alkaline the saliva buffers it back to neutral pH. Saliva washes away debris which acts as an environment for bacterial plaque to

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grow in. Saliva surrounds the teeth thus protecting them from direct attack on the tooth enamel.

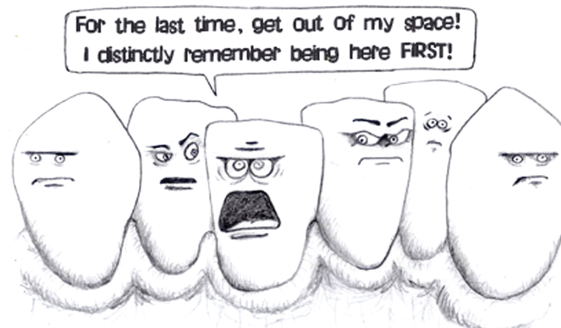
So, what do we do to help people who have dry mouth? The first line of attack is to make certain that daily cleaning teeth by brush, floss, and toothpick is well done. Next, we want to have people cut out sugar and acid laden food and drinks, such as soda, candy, sugar gum, cough drops, etc. We will then prescribe a prescription chlorhexidine rinse, prescription fluoride toothpaste, and xylitol mints or gum three times a day. There are also prescription medications that can increase the salivary flow. All of these help decrease the decay problem dramatically as well as keep the tongue and mouth feeling more comfortable.

It becomes very critical to have your dental examinations regularly especially if you have dry mouth, since decay happens more rapidly. We are always learning more about treating dry mouth in order to minimize the damaging effects.



BOOST YOUR DENTAL KNOWLEDGE

- The plaque found on your teeth is home to more than 300 different species of bacteria.
- The average person spends about 48 seconds brushing their teeth, but we recommend at least 2 minutes.
- In China, in 1498, the first toothbrush with bristles was made, using hair from hogs, horses, and badgers. The first official commercial toothbrush was not manufactured until 1938.
- A snail's mouth is no larger than the head of a pin, but can contain over 25,000 teeth!
- In early America, blacksmiths often served as dentists. How about a tooth filling to go with you new horse shoes?
- In Medieval Germany, the only cure for a toothache was to kiss a donkey.
- Sports-related injuries account for approximately 5 million missing teeth per year, so make sure you wear a mouthguard.
- Americans spend \$100 billion per year on hair care products – and only \$2 billion a year on dental care products. What good is great hair without a great smile?



Dental crowding

dentaltoons.com

Orthodontics and You!

In our office today we treat orthodontic procedures in three different age groups.

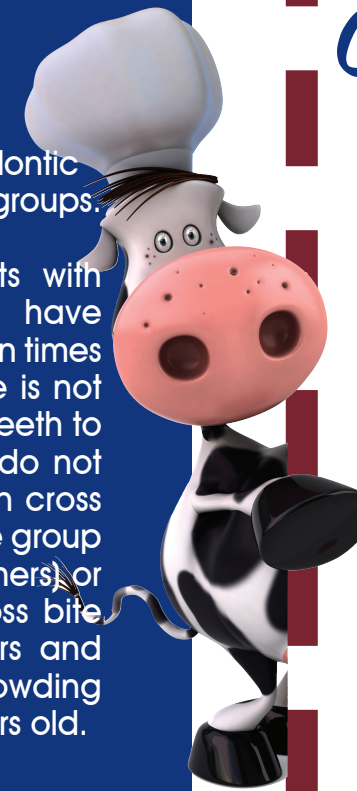
The first group includes patients with mixed dentition or when they have primary teeth (or baby teeth). Often times the teeth are crowded and there is not enough room for the permanent teeth to come in. Occasionally the jaws do not line up causing the teeth to be in cross bite. In our office, we treat this age group with removable appliances (retainers) or with fixed brackets (braces). Cross bite can be treated from three years and older. Typically we treat crowding between ages seven and ten years old.

Adolescents form the second group once all the permanent teeth erupt at about ages 12 to 14. Typically fixed brackets (braces) are used to ideally finish both bite and smile.

Lastly are the adults regardless of their age. We have had people straighten their teeth as old as 72 in our office. Some people straighten their teeth for cosmetic reasons and some for functional reasons like getting their bite to line up better. Others find pain relief, such as the discomfort from TMJ pain, as their reason for having braces.

We pride ourselves in carefully finishing all cases for pleasing smiles, correct bite and TMJ alignment. We retain that resulting smile with permanent attached retainers that are hidden from view. We always follow treatment with a complete bite equilibration in order to increase stability and long term comfort of the masticatory system.

For all of your family's orthodontic needs, please contact us for great treatment results.



Cook's Corner

Taco Ranch Pasta Salad

Serves 12-15

Total Time: 20 minutes

- 1-oz. package Hidden Valley® Original Ranch® Salad Dressing & Seasoning Mix
- 1 cup mayonnaise
- 1 cup sour cream
- Juice from 1/2 of a lime
- 2 cups cooked, shredded chicken (suggestion: pull meat from a Rotisserie chicken)
- 16-oz. package rotini pasta, cooked to al dente and rinsed with cold water
- 15-oz. can black beans, drained and rinsed
- 14.5-oz. can corn, drained
- 14.5-oz. can diced tomatoes
- 1 bunch green onions, sliced (white and light green parts only)
- 1/4 cup chopped cilantro
- 1 cup shredded cheddar or cheese
- 1 cup crumbled Doritos

In a medium bowl, combine seasoning mix, mayo, sour cream and lime juice. Mix well and set aside.

In a large bowl, combine chicken, pasta, black beans, corn, tomatoes, onions and cilantro. Add seasoned mixture and mix well. Cover and refrigerate until ready to serve.

When ready to serve, top with cheese and crushed Doritos!