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SIERRA CREST DENTAL NEWSLETTER

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SPRING 2019

A Year of Change

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Lobos Natural Reserve



Ocean Escape to the Crown Jewel of the State Park System POINT LOBOS STATE NATURAL RESERVE

Enough snow already! If it's time for an ocean getaway, Point Lobos State Natural Reserve, a protected area along Highway One close to Big Sur and Carmel, is just the remedy for late spring cabin fever. Point Lobos offers a chance to enjoy the beautiful California coast in a unique ecological wonderland.

Inside Point Lobos, you might see seals, otters, or even gray whales on their annual migration through May. You'll hear the sea lions roar, as Point Lobos gets its name from the offshore rocks, Punta de los Lobos Marinos (Point of the Sea Wolves). Many certified divers visit each year to explore one of the most abundant underwater habitats in the world.

Free walking tours are provided daily and are a great way to learn more about the ecology and history of the area. The Whalers Cabin Museum is a piece of that history and features artifacts from the Native Americans who lived here seasonally, as well as from the Chinese, Portuguese, and Japanese business people who came in the 1800s to claim their stake in the whaling industry.

You'll find a rich ecological offering in this pristine natural area. Point Lobos provides a home to a variety of flora and fauna that are native to the area and don't grow anywhere else, including Monterey Cypress trees and other endangered species. The unique biodiversity found here and the efforts of the scientists who studied it are the reasons the State of California purchased the area from private landowners, the Allan family, in 1933 and created a natural reserve people could enjoy for years to come.

Today, to preserve the area and protect its rich biodiversity, no bikes, overnight camping, or pets are allowed, but a walk through the reserve is all you need to enjoy the refreshing beauty of Point Lobos. Plus, nearby Carmel and Big Sur provide all the accommodations you could want.

Welcome to 2019. It is a year of change here at Sierra Crest Dental. You may not have noticed any change, as the Team remains strong. Like Dr. Colpitts, I am an avid proponent of continuing education. This year I am expanding my knowledge beyond dentistry into business as the new CEO and proprietor of Sierra Crest Dental.

I am excited to continue providing you with the same exceptional care, service, and relationships you have grown to know here. Dr. Colpitts has reduced his time in the office to create a better balance with his life with family and experiencing more enjoyment of where we live. To provide you, our great patients, the best care, he felt it was time to hand the reins over.

The Team - Dr. Bob, Virg, Denee, Jamie, Tammy, Ale, Diana, Sue, Haley, and I plan to continue expanding our horizons and your experiences.

Since I have spent many years at Sierra Crest Dental, as both a hygienist and a dentist, I know many of you and feel this transition will be smooth. I look forward to getting to know each of you better in the years to come. I'll continue to use the knowledge and care I have learned from Dr. Colpitts and strive to create even better experiences for you through my General Practice Residency training and strong background in Periodontics (your gums and bone).

Let's set goals that make this year the best ever in all aspects of our lives. We appreciate you and thank you for your continued support at Sierra Crest Dental.

-Dr. Delaney



Dr. C at the Adventure Park



Dr. Delaney

Double Trouble

CLEAN YOUR SMILE AND ENJOY YOUR FAVORITE FOODS

Who says multitasking is impossible? Well, brain science does. But dental science says you can enjoy a snack and get some dental cleaning done at the same time. Check out some of these treats that pull double duty as both yummy snacks and superfoods for your smile.

Cheese, Please (And Other Dairy Too)

In addition to providing your bones and teeth with calcium, cheese, yogurt, and other dairy products are often lower in sugar than similar snacks. Dairy lowers the acidity level in your mouth and creates an unfavorable environment for bacteria looking to ruin your perfect smile. In addition, chewing cheese promotes saliva production, which is effectively nature's toothbrush. As long as you don't go overboard, dental experts say there's nothing wrong with cutting the cheese.

A Feast Fit for Rabbits

Few people get excited about bland treats like celery or carrots, but your teeth just might. The physical action of eating carrots and celery stimulates your mouth to produce more saliva. Plus, the textures of these vegetables can help brush gunk off your gums and pearly whites, aiding your saliva in its mission. As a bonus, the vitamins these veggies contain are great for your gums and bone health. (Though teeth are not bones, they are very similar in composition.) So, follow Peter Rabbit's lead and get in a daily serving of teeth-brushing vegetables.

Think About Your Gums

Since the purpose of gum is to be mashed between our teeth for long periods of time, it's natural to produce buckets of

saliva while enjoying a piece. But our doctors at Sierra Crest Dental warn that in order to get the full benefits for your gums and teeth, you should be chewing sugar-free with xylitol gum to avoid caking your mouth in enamel-gnawing sugars. Although the sugar content in most gum flavors isn't high enough to completely outweigh the pros of the chewing motion and saliva production, it's still wise to be mindful of the sugars your favorite gum contains.

The best way to get the perfect smile is to schedule regular dental cleanings, brushing, and flossing, but if you're craving a treat, you can't beat one that multitasks for you.



A WALK IN THE WOODS IS THE PRESCRIPTION

3 WAYS CONTACT WITH NATURE IMPROVES YOUR HEALTH

Our ancestors were deeply connected to their natural environment, mostly because their survival depended on it. With no Whole Foods available, those who could best track a mammoth, find water, and forage for edible plants kept themselves alive and passed on their genes. Given our history as hunter-gatherers, it's no wonder contact with nature provides us with several health benefits.

A Memory Boost

In a University of Michigan study, a group of students were asked to take a memory test that involved repeating numbers back to researchers. Next, researchers separated the students into two groups. Group A took a walk around an arboretum and Group B walked along busy city streets. Afterward, they were asked to take the memory test again. Group A, the students who had walked in the arboretum, performed 20 percent better on the memory test. Group B didn't show any marked improvement. Additional research has corroborated the memory-enhancing effects of nature.

A Mood Boost

Observing the benefits nature has for cognitive function, scientists wondered what effects it might have on individuals diagnosed with depression. In one study from the University of Essex, participants with major depressive disorder reported an improvement in self-esteem and mood after spending time in nature. Exercising while in nature resulted in even more of a mood boost for participants.

A Calming Effect

Research also shows that spending time in nature reduces stress. In a study conducted by Chiba University in Japan, participants spent two nights in the forest. Researchers evaluated their levels of stress hormones during and after this period and compared it to their normal work days in the city. Across the board, participants' stress levels were much lower during the days spent in the forest and for several days afterward.

Today, we're less connected to our natural environment than our ancestors were. Modern comforts and technology mean we don't have to go outside to get our food. But nature is still accessible and you don't have to go far to find it here in Tahoe. In many of the studies, even minor exposure to the outdoors, like adding plants to your home or looking out a window during work, showed health benefits. This spring, find ways to bring a little more nature into your life each day. Your brain will thank you.

Our Furry Family

Now that Dr. Bob is spending fewer days in the office, he has way more time to take me out to catch snow balls, run through the snow fields, and go cross country skiing. I'm really liking this "work less, play more" thing! It's time to hand over the leash and introduce you to a great friend I made at Sierra Crest Dental. So, meet Dublin, an old, spunky black lab.



Hi, I'm 13 years old, and Sue is the human that rescued me 12 years ago. She works at the front desk, and I'm sure she's greeted most of you at some point. But enough about her ... this is about me! I love taking long walks and hikes in the woods. My current favorite trail is the Tahoe Vista Park Trail.

This summer, I had to have a big tumor removed from my leg, and I really hated wearing that cone around my neck after surgery. Sue had to come up with a contraption so that I would stop taking out my stitches. (She really didn't like taking me to the vet to put them back in.) Messing with the stitches made it a longer road to recovery; those things were so darn itchy! I'm just glad I can go on my walks again.

I love all the seasons, but I think winter is the best because frolicking in the snow makes me feel like a pup again. I've been told by many humans that I prance when I encounter other furry friends. If you ever see me on the trail, be sure to say hi! Maybe I'll show you how I prance.



SUE'S STIR FRY



INGREDIENTS

- 1TBSP sesame oil
- 2-3 cloves garlic, minced
- 1 TBSP fresh ginger peeled and grated
- 1/4 cup soy sauce
- 1/2 cup chicken broth
- 1/3 cup rice wine vinegar
- 2 tsp honey
- 2 TBSP corn starch
- 1/2 small red onion, thinly sliced
- 1 small zucchini, julienned into noodle strands
- 1 tsp chili flakes
- 4 ounces soba noodles
- 1 TBSP olive oil
- 1 lb. bonless chicken breast

DIRECTIONS

1. Bring a pot of water to a boil. Add soba noodles and cook until tender, about 4-5 minutes. Drain and rinse with cold water, then set aside.
2. Combine first 9 ingredients together in a bowl and set aside.
3. In a large skillet or wok over medium-low heat, warm olive oil until barely shimmering. Add chicken and onions, cook for 5 min. Then add stir fry sauce, bring to a boil for 1 min.
4. Stir in zucchini and cook for an additional 90 seconds.
5. Add soba noodles and toss to fully coat. Serve immediately, or cool and serve as a cold dish.