

Inside This Issue

- p.1 A Summer of Growth, Fun, and Community
- p.2 Change Your Life While Sitting Perfectly Still
Whiter Teeth May Do More Than You Think
- p.3 Patient Appreciation Winner!
Who Is Frustrated With Dental Insurance?
- p.4 Visit a Lake Deeper Than Lake Tahoe

Visit a Lake Deeper Than Lake Tahoe

Go To Crater Lake

Mount Mazama exploded in 2290 B.C. The burst of fire, rock, and lava left a crater almost 2,000 feet deep. Over time, rain and snow filled the crater until it became a jeweled lake that is 1,943 feet deep, the deepest in the United States. In 1902, Crater Lake became a national park. At least, that's one version of the origin of Crater Lake.

The other, now told by Crater Lake National Park officials, was passed down from the Makalaks to the Klamath Indians and is a far more colorful story. According to legend, the mountain's spirit, chief of the Below World, Llao, fell in love with a Makalak chief's daughter. Filled with passion, Llao invited her to come live below the mountain with him forever, but the girl refused. The angry spirit began hurling fire and rock down the mountainside onto the Makalak people. The chief of the Above World, Skell, watching from his lofty seat in the clouds, felt compassion for the Makalaks and perched on top of Mount Shasta to defend the people. But the battle caused a fiery eruption. All but two of the people fled. The two that remained were holy men, willing to sacrifice everything to end the battle. In a courageous act, they jumped into the pit of fire atop of Mount Mazama, which rallied Skell and

enabled him to defeat Llao. But the battle caused the mountain to collapse, leaving a massive crater which filled with water as the heavens poured rain.

While at Crater Lake

The sides of what once was the battleground of Mount Mazama are filled with winding trails through gorgeous green pines. According to National Geographic, the Crater Lake hikes are first rate, and from the top of the mountain, you can see over a hundred miles away through fresh, unpolluted air. During the summer, its waters are a vibrant blue — the perfect backdrop for an afternoon hike or bike ride. Be sure to check out the historic Crater Lake Lodge when there.



SIERRA CREST DENTAL NEWSLETTER

530-562-4089
SierraCrestDental.com

FALL 2016

A Summer of Growth, Fun, and Community

SIERRA CREST DENTAL

Robert Colpitts D.D.S. - Jacqueline Delaney D.M.D.



**VOTED BEST OF NO. TAHOE & TRUCKEE
2013 - 2014 - 2015 - 2016**

Thank You Fans!

Sierra Crest Dental "The Place" that is committed to our great community with a Team whose care and service is priceless!

SUMMER HAS SPED BY, AND WE HAVE BEEN BUSY. We are thrilled to have been voted Best of North Lake Tahoe and Truckee for the fourth consecutive year!

We celebrated with our friends — you, our patients — at our Annual Patient Appreciation Event. Prizes were won, we danced to Owen Big, we had awesome Mexican food from Tacos Jalisco, we had a great bartender, Drs. Mike and Cathy Colpitts, and we took fun photos.

We've also attended continuing education events and expanded our team, all to serve you better. And even after all of that, we aren't slacking off; now we are prepping for our sixth annual Dentistry From The Heart Event on September 30. It's our way to support our community.

- Dr. Colpitts



The Zen Secret to a Better Life

CAN MEDITATION REWIRE YOUR BRAIN?

You wake up in the morning to your blaring alarm. You dig your head deeper into the pillow as you fumble around blindly, hitting the snooze button on your alarm or smartphone. You groan as your brain begins to wake, and your to-do list starts to sink in, clearing the morning fog. You're now faced with a choice: You can crawl out of bed, stumble to your coffee pot, and jump into the swirling rush of everything you need to get done. Or, you can stay perfectly still. You can sit up in bed and do one simple, motionless activity that cannot only help you gather your thoughts and prepare you for your day, but can actually make you smarter, calmer, more focused, and less irritable.

Sound easy enough? Great! You chose meditation. That's right, this millennia-old practice of silence and self-reflection has been scientifically proven to not just increase your personal sense of calm and well-being, but, according to some studies, actually help treat moderate to mild anxiety and depression. Harvard University conducted a study of 16 healthy individuals. They took

MRIs of each person's brain before and after enrolling them in an eight-week, mindfulness-based stress reduction program. The subjects attended 2 hour and 30 minute meetings every week, where they practiced mindfulness meditation and were told to practice at home, too. At the end of the eight-week study, the meditators showed a marked increase in gray matter in the areas of the brain associated with self-control, learning, and emotional balance when compared with a control group.

Not only that, but the part of the brain associated with fear and anxiety responses seemed to have decreased in density. What does this mean? The meditation was changing the shape and function of each participant's brain to be more emotionally balanced, happy, and focused. Not bad for an activity you can do while sitting in bed.



Whiter Teeth May Do More Than You Think



It's true that your appearance plays a big part in your decision to get teeth whitening, but there's a lot more to it than that. Some science suggests there's a broad range of benefits in the lives of people with white teeth.

A 2007 study found that your smile has a direct impact on your success in social and professional interactions. In the study, researchers simulated not only dates, but also job interviews. When it came to dating, nearly 2 out of 3 participants seemed more sociable and more confident after getting their teeth whitened.

About 58 percent of participants were more likely to be hired after their teeth were whitened, and 53 percent were offered a higher starting salary. They also seemed more confident and professional, which shows that whitening teeth serves as a nice boost to self-esteem for many people.

A separate study involved rating individuals on various attributes, such as intelligence and success. Consistently, people with damaged or decaying teeth were seen as less well-adjusted, less clever, and less successful. The people with whiter teeth gave off the impression of being more attractive socially and more successful in their professional lives.

While a smile doesn't invalidate the importance of body language, social skills, and personality, a whiter smile will convey a lot and get the interaction started off on a better footing. Multiply that across every new first impression you make, and you may be surprised how much of a difference teeth whitening can represent in your personal and professional life.

Ask your hygienist if whitening is right for you. Here at Sierra Crest Dental, we can create customized bleach trays that fit your teeth for your best results.

Office Contest Winner!



ANDY BUCKLEY WINS A YETI TUNDRA COOLER

Patient Appreciation Attendees Won :
Peter Morgan — Yeti Hopper
Jen Canney — Sonicare DiamondClean
Ann Poole — Sonicare DiamondClean

Who Is Frustrated With Dental Insurance?



Insurance is consistently increasing in cost and decreasing in value, not to mention your benefits changing with no notice, or you are advised in "small type." It's a constant struggle to keep up with a dental insurance company's changes, and we know that if we're frustrated, surely our patients are as well.

One frustration our patients have experienced with their insurance companies is a process called "downgrading" or "alternative code." It may have happened to you, where the reimbursement was meager at best, if it was covered at all. It is a cost-savings method that most insurance companies use, where they pay toward the least expensive alternative treatment. An example of a typical "alternative code" is with silver mercury fillings. At Sierra Crest Dental, we work for our patient, not the insurance company.

In your best interest, we do not offer silver mercury fillings, but offer high-quality alternative restorations. The reason we choose not to expose you to mercury fillings is the adverse effect it could have on your health and the exposure to our team. Mercury is toxic and silver mercury fillings — amalgams — are over 50 percent mercury. Dr. Colpitts is the only dentist in the area accredited through the International Academy of Oral Medicine and Toxicology, or IAOMT. They are the organization that created the process for safe mercury removal. Dr. Colpitts has trained Dr. Delaney to perform the same process of safe mercury removal. You can rest assured that when you're in our care, we will always provide you with the safest materials while restoring your oral health.

- Donna, Treatment Coordinator