

## How to Reach Us:

### Nampa Smiles Sedation & Family Dentistry

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Visit us on the web at:  
[www.NampaSmiles.com](http://www.NampaSmiles.com)

Dr. Kim B. Keller, DDS, PA  
Dr. Amelia J. Justin, DMD  
Dr. Scott Carter, DMD

OFFICE HOURS:  
Mon. – Thurs.: 7:00am – 6:00pm  
Friday: 7:00am – 5:00pm  
Saturday: 7:00am – 1:00pm



# The Smile Line

## Sedation & Family DENTISTRY

A newsletter from Dr. Kim Keller to all of the patients of Nampa Smiles

## XYLITOL:

*The sweetener that prevents cavities*



Tooth decay happens when bacteria in your mouth consume the sugars we eat. When you eat food containing ordinary sugar (sucrose), it gives bacteria on your teeth energy, allowing them to multiply and start making acids that can eat away the enamel on the teeth. This "acid attack" causes tooth decay and cavities to begin to form.

Xylitol is a natural sweetener derived from the fibrous parts of plants. It does not break down like sugar and can help keep a neutral pH level in the mouth. Xylitol also prevents bacteria from sticking to the teeth. This is how it protects the teeth from tooth decay. With Xylitol, the acid attack that would otherwise last for over half an hour is stopped.



***Less bacteria, less acid – healthier teeth!***

Because the bacteria in the mouth that are causing cavities are unable to digest xylitol, their growth is greatly reduced. The number of acid-producing bacteria may fall as much as 90%. No acid is formed because the pH of saliva and plaque does not fall. After taking xylitol, the bacteria do not stick well on the surface of the teeth and as a result, the amount of plaque decreases.

***“We are committed to ensuring your family’s oral health. Nothing pleases us more than seeing healthy smiles from our families.”***



## 2011 First Quarter Specials: Specials are valid thru March 2011



## Senior Citizens, True Blue, and Dental Insurance

If you are one of the seniors on True Blue you now are aware that True Blue no longer covers dental related expenses. Many are looking for other options to help them cover routine dental care costs. If you have not yet committed to any alternative dental coverage, please give us a call at the office. We might have some senior citizen discounts that can apply to your situation. **Please call and ask for Kathy at the office, 466-2456, if you are 1) A senior citizen, and 2) You don't have insurance.** Our goal is to help you reduce costs while still being able to maintain your dental health.

## Upcoming Events - Mark your calendars!!

Our annual "Dr. Keller Movie Day!" is going to be held on February 26th, at 10 am at the Nampa Reel Theatre. Check our website for more upcoming details at: [www.NampaSmiles.com](http://www.NampaSmiles.com)

*A note from the desk of Lisa*

*I would like to thank all of our patients for using us for all of their dental needs. I am so blessed to have a great group of people to work with and equally amazing patients that make my job such a joy to come to each day! Thank you!*

*Lisa Nichols - Office Manager*



# Restaurant Recommendation

*Little Saigon Vietnamese Restaurant by Dr. Keller*

Are you ready for a nice, quaint, dining experience different from the big chain restaurants? My wife and I would like to recommend that you try Little Saigon Vietnamese Restaurant in Downtown Nampa. This little restaurant is in Village Square on the corner of 2nd St South and 13th Ave South. It is owned and operated by Tony and Christina Tran and their family. Everyone is always very kind and attentive and the food is authentic and great. I almost always get the Pho Tai, which is a Rice Noodle Soup with thin slices of beef. It is WONDERFUL for this cold time of the year. My wife, Sheree, likes to order Bun Thit Nuong Cha Gio. (Don't ask me to pronounce that.) It is charbroiled pork and egg rolls served with rice noodles on top of fresh bean sprouts, cilantro and lettuce, then topped with peanuts. Each main dish was about \$8 and they are open every day except Sunday for lunch and dinner. Go and enjoy and tell them that Dr. Keller sent you!



## SAVE SOME CA\$H!!

With most families having a difficult time financially these days and needing to find ways to cut costs many are electing to forgo regular dental check ups. While these families may practice good oral hygiene at home this is simply not enough, those regular dental check ups are essential to keeping your teeth and gums healthy and in the best of shape.

Taking the time and spending the money on regular dental check ups can actually save your money in the long run. There is an old saying that goes "you can pay now, or you can pay later." This is certainly true when it comes to dental care. Far too often people who think they are saving money by avoiding regular dental check ups find that instead of saving money they end up spending thousands of dollars to have serious dental problems corrected. This money could have been saved had they visited their dentist regularly as their dentist would have been able to detect these problems in advance when treatments would have been cheaper, or may have been able to prevent the problem all together.

Consider the thousands of dollars you may end up paying for dental care down the road, not to mention the other health problems that may arise from these dental problems. Also consider the amount of work time you will lose to have these problems corrected. It just makes sense to see your dentist regularly and save that money, not to mention the pain and worry that can be a result of poorly cared for teeth and gums.



## IN THE SPOTLIGHT



### *Kelli Hughes, Clinical Team Leader*

Kelli has been working for Dr. Keller for over ten years. She started out when she was in high school! While raising 3 little girls with her husband, Andy, she has stayed actively involved with Nampa Smiles through the years. Besides being an accomplished dental assistant, she is currently our Clinical Team Leader overseeing the smooth patient flow of all of our hygiene and dental restorative teams. Kelli is very organized, is fair, and takes a lot of stress away from the doctors while making sure that all of the needs of the patients are met. We are happy to have Kelli be such a crucial part of Nampa Smiles.



### 5 WAYS TO RUIN YOUR TEETH

- 1 Use your teeth as a bottle opener.** Remember, use your teeth only for chewing food.
- 2 Chew on ice** The dangers of tooth fractures are real. Don't put your teeth in harm's way.
- 3 Never floss** Remember to floss nightly because most cavities form between the teeth.
- 4 Smoking** Smoking is not only unhealthy for your body, it also ages your teeth.
- 5 Using Worn-Out Toothbrushes** Worn-out brushes have lost their ability to clean effectively.

### WHEAT BERRY SALAD w/ MANGO

4 C. wheat berries (see below to prepare wheat)  
 1 orange pepper, chopped  
 1 red pepper, chopped  
 1 red onion chopped  
 1 bunch cilantro  
 1 can corn  
 1 can black beans, drained  
 chopped mango (as much as you like)

Mix together in a large bowl and pour dressing on top and refrigerate to chill and blend flavors.

**DRESSING**  
 1/4 C. cider vinegar  
 1/2 C. oil  
 juice of 1 lime

1 TBSP. sugar  
 1-2 tsp. chili powder  
 2 tsp. cumin  
 1 tsp. salt  
 Whisk together and pour over chopped vegetables and cooled wheat.

**WHEAT**  
 Combine 4 cups wheat, 10

cups water, and 1 TBSP. salt in crock pot. Cook on low for 8-10 hours. Drain any excess water. Serve salad with tortilla chips or crackers and ENJOY!