



Family Dentistry

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IMPRESSIONS

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

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Family Dentistry 40 Years Ago

YES, THAT WAS 1976. For those of you who can remember, big hair was in for girls and guys, as well as bell bottom pants and platform shoes. Shag carpet was everywhere except kitchens and bathrooms, where you saw glue down carpet with wild patterns. Bright colored wallpaper and curtains were the norm. Instead of TV's in the ceiling above the dental chair, you saw a poster and a mobile. There was a fountain in the entry way and the actual office space was one fourth of the present size. The office has been expanded and remodeled several times over the years.

Uniforms and treatment were quite different too. There were no telescopes, gloves or masks worn by the Doctors, even for surgeries. Very short and colorful lab coats were common. The panoramic x-ray was taken with the patient sitting in a chair that shifted over in the middle of the procedure. It looked like the electric chair. In those days, there were no computers. All appointments were made at the front desk in a huge appointment book. Payments and receipts were documented on an apparatus called a pegboard. All patient names were kept in a round file called a rolodex. It's been quite a change to having computers in every operatory, digital x-rays, and digital patient records.

Morning meetings were held in the dental lab in the back of the office, often including a motivational singing hygienist. The Doctors' private offices were in the basement. Patients often waited three to six months for an appointment.

Our root canal procedures have changed about six times since

1976. Orthodontic procedures have changed three or four times since then. Filling materials and crown and bridge techniques and materials have changed numerous times over the years. In the past, periodontal surgery was common. Today periodontal disease is treated in more conservative ways.



*Dr. Tim Pieper, 1978
Goshen County Fair*

However, some things never change. We continue to seek out good continuing education and always improve on techniques. Another thing that has been a constant is the individual care for every patient. We have always wanted the patient to have the very best care possible in a comfortable manner.

Our mission statement was developed and changed slightly over the years. Currently it reads:

Our Mission

It is our mission at Family Dentistry to provide progressive excellence in dental care with the ultimate in patient comfort.

Our Vision

Our patients will have the freedom to choose a lifetime of optimum dental health. We will provide high quality, individualized care, and will continually train ourselves in the latest proven techniques. We believe that love, respect, and service to our fellow man, is the highest honor on earth. As we serve each other in a clean and comfortable environment, our staff and patients will all become missionaries for optimum dental health. Continued on Page 2

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We have also developed a Cowboy Code of Ethics which suits our practice and Wyoming well. It reads as follows:

Family Dentistry Cowboy Code of Ethics

1. We will do what we say we will do.
2. As exemplary staff members, we will set a good example by treating others as we want to be treated.
3. We will always do what is best for each patient and meet individual needs with compassion and comfort.
4. We will continually improve ourselves in the latest techniques and always give our best effort.
5. We will strive to show patient appreciation and be thankful for their loyalty.
6. Use a positive attitude and humor to build up the morale of those around us.
7. We will take pride in our work while doing service to our fellow citizens.
8. We will educate our patients to want the care they need.
9. We will be "the" choice in the country for the best dental care.
10. Make a difference in the world around us by volunteering in our community.



We pride ourselves in providing a culture of learning and excitement for our work. Won't it be interesting to see what the next 40 years will bring?

We all grab our morning cereal, but do you really know what you are grabbing? You might be eating more sugar than anything else.



10 Worst Children's Cereals

Based on percent sugar by weight

1	Kellogg's Honey Smacks	55.6%
2	Post Golden Crisp	51.9%
3	Kellogg's Froot Loops Marshmallow	48.3%
4	Quaker Oats Cap'n Crunch's OOPS! All Berries	46.9%
5	Quaker Oats Cap'n Crunch Original	44.4%
6	Quaker Oats Oh!	44.4%
7	Kellogg's Smorz	43.3%
8	Kellogg's Apple Jacks	42.9%
9	Quaker Oats Cap'n Crunch's Crunch Berries	42.3%
10	Kellogg's Froot Loops Original	41.4%

Source: EWG analysis of nutrition labels for 84 children's cereals.

Beyond the Tooth Fairy

Did you know that the Tooth Fairy that American kids grew up with originated in the 17th century in France? Or that kids in Mexico and Spain expect the Tooth Mouse to come and take their baby teeth from under their pillows?

Tooth traditions around the world are pretty diverse. While we have the Tooth Fairy in common with a few other countries like Canada, England, New Zealand, Israel, Germany, Norway, and Denmark, much of the world celebrates the loss of a baby tooth differently.

The Tooth Mouse is common in Spanish and French speaking nations, while many countries throw their baby teeth on the roof. Some of these include the Dominican Republic, India, the Philippines, Vietnam, Albania, Honduras, and Greece.

Here are a few other fascinating tooth traditions from around the world:

Afghanistan – The child drops the lost tooth down a mouse hole to receive a strong new tooth like a mouse has.

Austria – The tooth is made into a key ring or thrown under the house.

China – Upper teeth are placed at the foot of the child's bed and the lower teeth are thrown on the roof to encourage the permanent teeth to grow faster.

El Salvador – The tooth is put under the pillow and a little rabbit brings the child money.

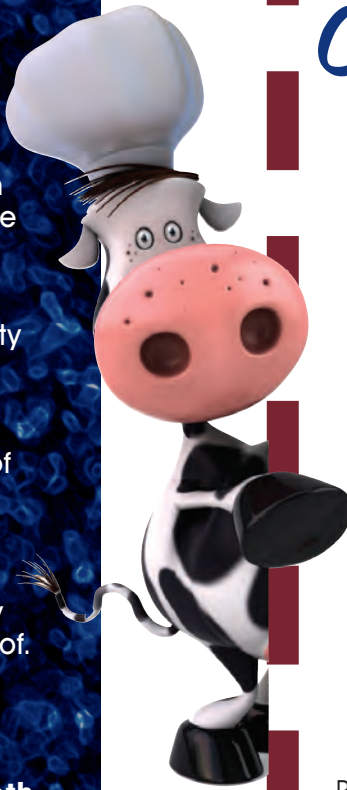
France – The tooth mouse leaves a small toy under the pillow in place of the tooth.

North Korea – The child throws the tooth into the air and a black bird comes and takes it away in exchange for a new white tooth.

Nigeria – The child draws seven circles in a straight line on the ground and dances in each circle. If the child dances well the teeth will grow in straight. If the child dances poorly they will grow in crooked.

Scotland – A white fairy rat purchases lost teeth in exchange for coins.

Switzerland – The child puts the tooth in a shoe and by morning it is replaced by candy.



Cook's Corner

Teriyaki Meatballs

MEATBALLS

1 lb. lean ground beef
½ lb. ground pork
1 egg + 1 egg yolk
1 TBSP minced garlic
½ cup panko bread crumbs
3 TBSP teriyaki sauce
1/3 cup diced water chestnuts
3 green onions, sliced
½ tsp ground pepper

TOPPINGS

½ cup teriyaki sauce
2 green onions, sliced, optional
2 TBSP sesame seeds, optional

Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Gently stir together meatball ingredients and form 1 to 1.5 inch meatballs. Place on baking sheet, and bake for 20 minutes or until thoroughly cooked. Toss in ½ cup teriyaki sauce and sprinkle on additional green onions and sesame seeds. Serve immediately.

What's New With Us

Dr. Pieper and his wife welcomed three new people into their family this year: two new grandchildren, Anthony James and Madeline Louise; and their son Brian married Samantha Michelena on New Years Eve.

Dr. Marsh and his wife had an amazing Christmas gift with the birth of their first child, Finley Michael.

Tracy and her husband welcomed grandchild #8, Malakai Joseph.

Valerie and her husband also welcomed three new people into their family: two new grandchildren, Kashtyn Craig and Bristol May; and their son Dustin married Amy Fitz.



Family Dentistry P.C.

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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



For Children's Dental Health Month this year Cara, Tara, and Kristie got all dressed up as the characters Joy, Disgust, and Sadness from the movie Inside Out. They did a presentation for all of the Torrington kindergarten and first grade students. They also made a stop at TLC to talk to the preschoolers.

This year we learned many new things at our continuing education classes.

As an office, we went to Rock Springs for our annual state dental meeting. There we learned about dental materials. We went to Denver for the Rocky Mountain Dental Convention where we each selected different courses to attend. Subjects included implant placement, full mouth reconstruction, sleep disordered breathing and airways, street drugs, the role of the hygienist in your overall health, leadership, sleep deprivation and its overall effects, and finally, improving our patients' dental experience. In addition to those meetings, Dr. Pieper and Dr. Marsh attended courses in Chicago on equilibration, TMJ disorders, occlusion, digital dentistry, dental materials, and sleep disorders in children and adults. They went to a study club meeting pertaining to endodontics and anterior composite restorations including a hands-on course. Dr. Pieper attended the AGD meetings focusing on treatment options for sleep disorders. Dr. Marsh went to the Gerety seminar on orthodontics, and he also completed the Dawson Academy core curriculum, "The Concept of Complete Dentistry."