



This is our 3rd annual Smile Makeover and we love doing it! We have had some great patients with awesome results! The only hard part is turning people away. Make sure to watch for your chance to nominate people for our \$10,000 Smile Makeover coming up again this fall.

Our Smile Makeover winner is Troy Atwood from Moab, Utah!! Troy moved to St George in 1999. He is married to Pam and has 3 children.

Troy's daughter, Lacy Hustead, called in to News Talk 890 KDXU to nominate her dad for the smile makeover. Several others emailed the station to nominate Troy as well!

When he found out he was selected as the winner he was at a high school basketball game. Troy said, "I couldn't even talk. I just hung my head and cried. Then I called my wife and we were so excited." Troy said he has been praying for some way to get his teeth fixed. He said, "My prayers were answered. We do not have money for things like this." The Atwoods saw several dentists in town and they were getting estimates anywhere from \$30,000 to \$50,000 to fix Troy's teeth!!!!

After coming into the Riverside Dental Care office Troy said, "Riverside Dental Care has the nicest employees in the world. There is no comparison. The first

time I came in Dr. Stevens greeted me with a smile and a handshake. Like a real person. I was so humbled. It is one of those moments in life that just changes you."

"Dr. Stevens talked to me and explained everything in detail until I understood. I came back and had some complications because of my medications but he kept working with me and figuring out what we could do. It was a lot of work. I am just so grateful." Congrats to Troy Atwood! Look at that smile!



CHECK OUT WHAT'S NEW!

Dr. Ott has always made sure to keep up on the latest advances in dentistry. 20 years ago he was the first dentist in St. George to stop using the mercury (silver) filling material and the office has been mercury free since. He also was one of the first to start using an intra-oral camera (it was the size of a mini-fridge, our new camera is more like a large pen).

This past year we have made some upgrades to our office in making sure we are current with the best care available for our patients.

One of the things we are most excited about is our switch to digital x-rays. With the purchase of the digital panorex we have been able to be completely film free, no more dark room. Some of the benefits out patients see from this are:

Less radiation- Dental x-rays have gotten better in the past years but the switch to digital minimizes the radiation even further.

Less waiting- No more waiting around for films to develop which means shorter appointments and less time in the dental office and no one complains about that.

Better diagnosis- Not only does it help the doctors see better, but our patients can see the same things we are looking at and can be more involved in the treatment plan.

Environmentally friendly- No more chemicals and disposable lead packets.



We have had a major advancement in dental materials. Our lab has started making crowns that are made of zirconia. It is an all porcelain crown that is made using a CAD/CAM process which has made the precision and fit of these practically perfect. Because they are all one piece, unlike the metal to porcelain crowns, they don't chip or break. They are so strong we can use them on the hardest grinding patients and don't have to worry about them failing. We finally have a good alternative to gold crowns, a new gold standard.

We also got a new laser this year. Our doctors love it because for surgery it allows the least traumatic, blood free procedure while also being precise. Our patients have loved it because we have had great success treating cankers, cold sores, and other mouth sores.



CATALINA FRITO SALAD

- 2 SMALL GREEN PEPPERS, DICED
- 1 3.8 OZ CAN OLIVES, SLICED
- 1 16 OZ CAN PINTO BEANS, RINSED
- 1 SMALL CLAMSHELL OF GRAPE TOMATOES SLICED IN HALF
- 1 16 OZ BOTTLE OF CATALINA DRESSING
- 1 BAG FRITOS

MIX EVERYTHING TOGETHER IN LARGE BOWL. ADD DRESSING JUST BEFORE SERVING.

TIP-I LIKE TO PLACE MY DRESSING IN THE FRIDGE FOR A COUPLE HOURS BEFORE SERVING SO SALAD IS CHILLED.

SUCH A FUN SUMMER SALAD THAT EVERYONE LOVES.



NEWEST ADDITIONS

Two of our team members welcomed new babies this past year! Larissa and her husband, Travis, welcomed their second child, Carter, on August 24th. While Shauni and her husband, Landon, are experiencing parenthood for their first time with the arrival of Ace on February 16th. Shauni will be seeing patients again starting April 20th. Nothing makes our staff happier than visits from these cute babies.

