



5 Questions to Ask Your Potential New Dentist

There are many reasons you may be looking for a new dentist.

Maybe you haven't been in a while but know you need to do something to maintain your teeth.

Perhaps you aren't comfortable with your current dentist—it's difficult to relax or overcome your fear, and your dentist is not able to help you.

Or maybe you've begun to hear rumors that there's so much more to oral health care than the occasional cleaning, but your dentist isn't saying anything about it.

Here at Sierra Smiles, we believe you deserve a dental experience that cares for you as a whole person, not just your teeth. With that in mind, here are five questions you can ask your prospective new dentist, no matter where you're at in your exploratory journey, to ensure you get the experience you deserve.



What are you looking for when you look in my mouth?

1

At first glance, you might read this and think it seems self-explanatory. They're looking for serious problems like cavities, right? Nope. If this is all a dentist says he or she is looking for, that should be a major red flag in your search.

The answer you're looking for:

When you ask your prospective dentists this question, you want them to say that they're looking for anything that could *lead* to a serious problem, because they practice *preventative* dentistry.

In their minds, if they've discovered a serious problem in an existing patient, they've failed. This is because their goal is to always first and foremost identify root problems so that their treatment is consistently less invasive, less painful, and less expensive for the patient (you!). Preventative dentistry allows you to smile confidently throughout the year.

For example, here at Sierra Smiles, we encourage regular dental hygiene wellness visits so that we can not only provide you with the professional cleanings you know and expect, but provide vital, non-invasive screenings to prevent any potential health issues on the horizon.

Often, because we catch them while they're small, we can quickly and easily treat those potential issues in the same visit. This allows you to get the best care possible with the most convenience to you.



Do you only examine my teeth?

2

Again, at first glance, this question may seem over-simplistic. After all, isn't that what dentists are supposed to do—examine teeth? But again, the answer may surprise you - no, you don't want your dentist to only examine your teeth!

This is perhaps the most important question you will ask your dentist. New research is increasingly showing that oral health plays a pivotal role in your overall health.

In one of the most obvious examples, gum disease is one of the main contributors to infections, inflammation, and disease in your body. Moreover, untreated mouth issues can lead to many different chronic illnesses:

- Heart disease
- Pulmonary disease
- Alzheimer's disease
- Diabetes
- Rheumatoid arthritis
- Certain types of cancer
- Cardiovascular disease

The answer you're looking for:

After you ask your question (and your dentist does in fact say no), you want your dentist to share that he or

she treats your dental visits more like holistic wellness exams that begin with your mouth and spread out from there. Your dentist should then explain how they use your oral exam to screen for these illnesses.

For example, here at Sierra Smiles, we'll screen your medical history, take your blood pressure, complete a healthy mouth baseline, evaluate your airway and sleep, screen for oral cancer, do a periodontal screening to check your gum health, and more to help you stay healthy and happy.



Do you offer treatments that can help me sleep or breathe better?

3

At this point, you may be thinking, “Wait. What? How can a dentist help me sleep or breathe better?” And it would make sense that you are confused, because very few people think about talking with their dentists when they are struggling with sleep disorders like sleep apnea.

Many dentists may even look at you with deep confusion when you ask this question.

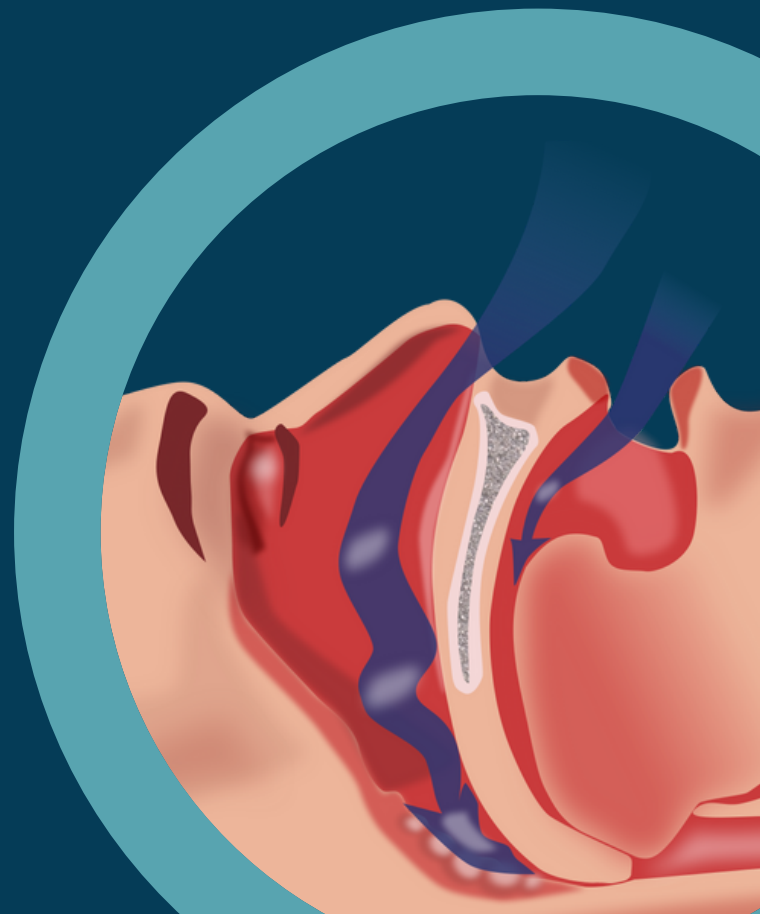
However, a new breakthrough treatment that focuses on sleep and airway and begins with the mouth has allowed dentists to develop a simple, non-invasive treatment that not only can replace a CPAP machine, but can resolve the sleep apnea itself.

The answer you’re looking for:

“Yes.” And then an explanation of why it’s important to screen for sleep disorders and sleep apnea and next steps for the screening.

You may write off this question because you believe that you don’t suffer from sleep apnea. However, if you snore, feel tired all day, wake up with headaches or dry mouth, or experience irritability and brain fog, you may have sleep apnea.

Here at Sierra Smiles, we know that it’s not just about snoring or feeling tired. When you’re not sleeping well, you’re putting yourself at risk for obesity, diabetes, cardiovascular disease and Alzheimer’s disease. We’ll help you restore your sleep and overall health so you can get back to doing what you love.



Do you know how to prevent cognitive decline?

4

At first glance, this might seem as though you're actually asking your potential dentists if they're secretly a magician. Diseases like Alzheimer's that cause cognitive decline, can be devastating, and many feel like there's nothing we can do to avoid it.

However, one of the most significant advancements in the dental profession is through a dementia treatment and prevention program.

Recent research has shown that the bacteria that causes gum disease is the same bacteria that has been directly linked with diseases like Alzheimer's that cause cognitive decline - that bacteria can be treated with preventative periodontal care.

Additionally, there is a strong correlation between a lack of quality sleep, sleep apnea and Alzheimer's disease. Again, a good dentist works with patients to help ensure they regularly experience a good night's sleep.

Your potential dentists should explain their protocols for recognizing risk factors for cognitive decline and how they plan to personalize your treatment to protect your brain health.

Here at Sierra Smiles, we are proud to be certified in ReCODE 2.0—the world's first protocol for preventing and reversing Alzheimer's disease. We are committed to helping you identify oral health factors that will optimize your brain health and prevent decline.

The answer you're looking for:

Again, a simple "yes" is an excellent start.



Do you offer cosmetic and restorative dentistry?

5

After thinking through the serious benefits oral health provides to your sleep, to your brain health, and to the prevention of other scary diseases, asking about cosmetics may feel like it's an unimportant consideration. However, this is not true!

Having a healthy, beautiful smile is an important piece of self-confidence. If you don't like your smile, you'll find it difficult to grin broadly, laugh loudly, and maybe even enjoy life fully. You deserve a smile that makes you feel happy.

The answer you're looking for:

You want a dentist who understands your cosmetic needs, and offers a variety of options to resolve any issues you have with your smile. From tooth and gum recontouring, teeth whitening to veneers as well as implants or dentures, your potential dental practice should have a range of skills and offerings.

Here at Sierra Smiles, we understand how a simple smile can dramatically change not only how you see yourself, but how you present yourself to the world. That's why we use the latest technologies and have years of expertise to offer a full range of cosmetic treatments to give you the bright, radiant smile you deserve.



BONUS: Ask yourself, “How do I feel here?”

No, this question is not for your dentist. It's for you! After walking into the practice for the first time, take a moment to consider your first impression. Then, once you leave your initial consultation, again take time to process your feelings about the dentist and the practice.

The answer you want to hear from yourself:

It's important that you answer honestly, and essential that you are feeling positive. Did you feel safe, cared for, heard and valued? You want to be able to answer yes to all of these.

Why? Because medical procedures - even the most simple - can feel scary and overwhelming. You want to be in a place where you feel safe, surrounded by people who make you feel cared for and in competent hands.

Here at Sierra Smiles, we want you to feel relaxed and enjoy your time with us. That's why we've spent thousands of hours training in the latest techniques and technologies to make your treatments quick and pain-free.

Moreover, we add in fun health-spa features like complimentary paraffin wax hand dips and essential oil pillows to help keep you smiling, healthy, and feeling your best!



Choose a preventative oral care practice.

Keep your mouth healthy so the rest of your body stays healthy, too.

We understand that going to the dentist for your overall health is a new idea. But truly, the mouth is the gateway to your whole body's health.

It's hard to find a dentist that does it all - who not only practices preventative dentistry methods that include sleep and airway and offers excellent cosmetic and restorative options, but also makes you feel safe, valued, and well-cared for.

That's why our mission is to stay at the forefront of medicine, dentistry, and technology so we can provide you with the best and most comfortable care.

At Sierra Smiles, we believe dentistry should be more than reactive procedures. Instead, we take a proactive approach to dentistry to transform your dental experience. Your visits become less painful, less expensive, and improve your overall health.

We offer:

- ✓ **Preventative care for complete health and wellness for the entire family**
- ✓ **Extensive screenings for a variety of risk factors and diseases related to oral health**
- ✓ **Sleep and airway treatment for adults and children**
- ✓ **Cognitive health preventative care**
- ✓ **Cosmetic and restorative care**
- ✓ **Wellness spa-like features and personalized care to make you feel safe, valued, and cared for well**
- ✓ **We also respect your time so much that, for your first visit, if you're not seated in 5 minutes, it's free.**

SCHEDULE NOW



Here's how we do it:

► Partner with You

Starting with an initial thorough evaluation, we'll assess your dental and overall health.

► Create a Plan

We partner with you and your physicians to build a transformational approach to your health and wellness.

► Transform Your Smile

We use only the best technology and latest techniques to not only give you a great smile, but also feel healthier and happier than you ever imagined!

Sierra Smile's treatments keep your mouth and whole body healthy and happy.

SCHEDULE NOW



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