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Newsletter Autumn

Fall is a season of transition when the lushness of summer fades away to the starkness of winter. It's about letting go and moving forward. Yet instead of the leaves just falling off the trees, nature gives us an incredible reminder that transition can be full of vibrant color and beauty if you are open to seeing it. There have been many transitions at Stamm Dental over our 18 years of practice. I'm continually learning and implementing new things. There have been many new faces over the years with team and patients which I am so blessed for, because it gives me the opportunity to serve so many people and also grow from knowing them. I am so proud of being able to serve the Denver Community for the past 18 years, and the care I have been blessed to provide. I know many people, especially with the pandemic have faced transitions in their life and we are no different. With these transitions comes exciting opportunities. I am so so happy to announce my wonderful husband, Eric Winter, of 17 years, to join our Dental Wellness group! Dr. Eric Winter is originally from Cheyenne Wyoming and went to undergrad at Dr. Stamm's rival school, the University of Arizona (Go Devils!). They met in dental school at Creighton University. He loves cycling, hiking, skiing and the Kansas City Chiefs, but we won't hold that against him. Dr. Winter is committed to providing the highest level of oral health and believes that a healthy and beautiful smile can truly improve someone's life. This is truly an exciting next step for our practice.



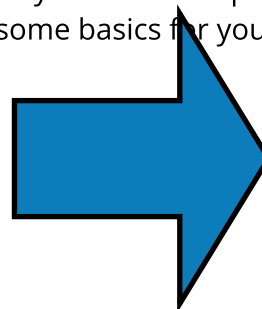
WELCOME DR. WINTER!!!!

YUP, I AM TALKING ABOUT SLEEP AND BREATHING AGAIN!!!



So, I just got back from an International Sleep Symposium and I am FIRED UP!! As you know, I am so motivated to offer the best and latest solutions for my patients though overall WELLNESS. I learned from the best doctors internationally including a neurologist Dr. Stash Gominak, an ENT and Sleep Surgeon Dr. Soroush Zaghi, a pediatric neurologist Dr. Judith Owens and many craniofacial pain specialists like Dr. Daniel Klauer pictured here. I learned way too much to put everything in this awesome newsletter but here are some basics for you and your loved ones:

- Breathe Well
- Eat Well
- Sleep Well
- Function Well



LIVE WELL!!!



We have new additions to announce!!

Both Ana and Aujane had healthy baby girls!!!



Important Oral Health Information for Expectant Mothers and new Parents.

So on behalf of our new additions, I thought it would be great to share some information for expecting mothers.

So, if you are considering becoming , or are currently pregnant or know someone please read ahead. Oral health is extremely important during this time.

In fact, the American Academy of Pediatric Dentistry announced new oral health guidelines for pregnant women in 2009 tailored to assist them in maintaining healthy teeth and gums during their pregnancy and into the early stages of motherhood. But why is oral health care important during pregnancy? There are many factors so read ahead. ,

PREGNANCY CHANGES YOUR MOUTH and TEETH:

- Hormonal changes can cause dry mouth issues which can lead to increased risk of tooth decay and unfortunately we see this quite often.
- The hormone relaxin relaxes ligament tissue and can effect the periodontal ligament which may loosen teeth and may negatively impact your bite.
- Pregnancy gingivitis causing swollen, bleeding gums can contribute to gum disease, which studies have linked to low birth weight and pre-term babies.
- Morning sickness can erode the tooth enamel, increasing risk of decay.

INFANT TONGUE-TIES

When it comes to newborns, tongue-ties frequently need to be corrected. Oftentimes, they are identified due to feeding problems, as a tongue tie restricts the range of the tongue's motion. This can negatively impact the mother-child bond that occurs during nursing. It can also lead to long-term developmental issues. Here is one of the many babies we have helped over the years.



Trouble breastfeeding? Call for a consult! 303-839-5109



Chitlada says hi and don't forget to floss!!



Welcome our new hygienist Kyle! He hails from the pacific north west, but has lived in Denver since earning his bachelor's degree from the University of Denver. Kyle is excited to meet you and he and his wife are also very excited to meet their first daughter in December!

THE LEAST IMPORTANT THING OUR HYGIENISTS DO IS CLEAN YOUR TEETH! WHAT ????

So...October is National Hygiene Month so I thought I would brag on my hygiene team!! I am proud to claim that our hygiene team is one of the best around. A cleaning is "just a cleaning" anywhere else, but it is **SOOO** much more at Stamm Dental Wellness !

You should be seeing us regularly not for a cleaning but, also with out help to keep oral inflammation to a minimum over your lifespan. That's really important. Here's why...

Dentistry has actually known for some time that if you have gum inflammation, cleaning the teeth will make them feel good for a day or two but will have no effect on eliminating the underlying inflammation. Medical research is confirming that inflammation *anywhere* in the body is a significant factor in many of the chronic diseases of aging (heart disease, diabetes, cancer, Alzheimer's disease). It turns out that the mouth is a significant source of inflammation when gum disease is present.

Gum inflammation rarely causes any symptoms - most people who have gum inflammation do not even know it. Gum inflammation occurs when microscopic bacteria, in the form of a biofilm, collect below the gum line beyond where your toothbrush can reach. Left unchecked, this biofilm causes the silent

inflammation in your mouth that can lead to other serious health problems. We know that it takes about 3-6 months for the inflammation-causing biofilm to reform underneath the gum line and this is why we suggest more than just 2 cleanings a year for optimal overall health.

Do you know where "see your dentist twice a year" comes from? It is not from science but from a 1950s Colgate ad and it said twice a year at a minimum.

Getting your teeth cleaned twice a year can be enough **IF**: you are already in excellent oral health, diligent about your oral care at home (yup that includes flossing!) and don't have any risk factors including: diabetes, high blood pressure, sleep issues, on more than 1 medication, overweight, autoimmune disease, gastric reflux and stress in your life.

Our #1 priority is to help patients achieve wellness by co-managing the risk factors that link oral and systemic diseases and by helping them achieve a functional and esthetic dentition that can be maintained relatively inflammation-free over their lifespan..

CHECK OUT DR. Stamm explaining gum health on youtube link below.

<https://youtu.be/77SigntaxaU>



Don't let your money go to waste! Insurance plans end Dec 31st! Call the office and ask our highly trained admin team to make sure you and your family used your benefits to the fullest!

October brings the start of our end of the year countdown. Most insurance benefits expire on December 31, so remember to "Use it or Lose it". Utilize your remaining insurance benefits and HSA/FSA withholdings by letting us help you achieve a beautiful and healthy smile! From October 1 until December 22, 2021, take advantage of the following treatment discounts: Just mention this ad.

15% OFF out-of-pocket expenses \$1000.00 and up

10% OFF out-of-pocket expenses \$500.00-999.99

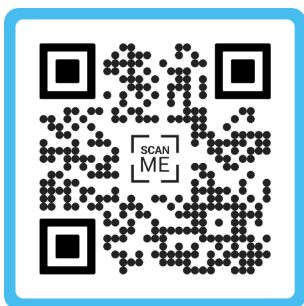
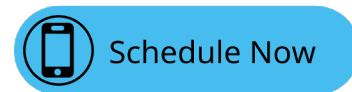
GLOScience Teeth Whitening: 499.00 Bundle Deal

Invisalign: 750.00 OFF*

*You must have records taken and aligners ordered no later than December 21, 2021. Minimum deposit of 1850.00 required at records appointment. In-office financing and Care Credit financing available.



We know Inflation is Crazy right now so check out Dr. Stamm on Instagram and Facebook with ideas on Health Budget Ideas.



Take the Test

Do you or your loved ones suffer from sleep disorder breathing? If you say yes to any of these then it is likely.

- Posture Problems
- Snoring
- Mouth breathing
- Crowded teeth
- Headaches
- TMJ problems
- Dark Eye Circles
- Chronic Allergies
- Daytime Fatigue

SNORING and SLEEPING like this is NOT NORMAL!!

Please call for a free consultation right away if you or a loved one sleep like this. We can help!

