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STRAIGHT TEETH, NO METAL BRACES NECESSARY

Invisalign is the perfect way for patients of all ages to achieve the smile they've always wanted. Because Invisalign uses clear aligners rather than traditional braces, you won't have to deal with broken brackets or long adjustment appointments. Invisalign is discrete, easy, and effective. Both of our dentists perform free consultations for adults as well as teenagers. Call today to schedule your consultation and find out if Invisalign is right for you.

PARENTS WATCH FREE

IS **moviepass**. RIGHT FOR YOUR FAMILY?



Superheroes, robots, and dinosaurs, oh my! The 2018 blockbuster season is in full swing, and chances are your kids don't want to miss out on the action. But these days, going to the movies costs an arm and a leg – and that's before you buy the popcorn.

One service is looking to change this. If you've watched the news at all in the last year, chances are you've heard the buzz about Movie Pass. It's a subscription service in which one user pays \$9.95 a month in exchange for four free movie tickets each month at participating theaters. While initially envisioned for college students and film aficionados, could Movie Pass be right for your family?

WHERE DO YOU LIVE?

The first thing you should do when considering whether to sign up for the pass is research which theaters in your area take the pass and which don't. If you have to make a long drive just to get to a participating theater, it's probably not worth subscribing.

ARE YOU A MOVIE FAMILY?

Do you go to the movies often as a family? Or do you and your spouse need more date-night options? With the \$9.95 monthly subscription fee, as long as the pass holder in your family sees *more* than one movie a month, you are saving money. This can be a great encouragement to see more films, whether as a family or individually.

IS 3D A MUST?

The one catch of Movie Pass is that it will only get you into standard 2D movies. If you and the family want the 3D experience, you'll have to pay for it separately.

If enough theaters in your area participate, your family enjoys going to the movies, and you're not set on seeing 3D movies, Movie Pass can be a great investment. But if the answer is no to any of these questions, you're probably better off just buying tickets at the box office.



June 2018

DENTISTRY IN COSTA RICA A CHANCE TO GIVE BACK

MY FAMILY AND I RECENTLY RETURNED FROM OUR LONG-AWAITED MISSION TRIP TO COSTA RICA.

Our expectations were high, but the trip exceeded every one of them. It was an incredible experience that no superlatives can do justice.

We travelled all around San Jose, performing emergency dentistry and other procedures in locations that are a far cry from the comforts of the Castlebury office. On our first day there, we set up shop in an old school gym. The school was gated and had extensive security and a thin metal roof. While we were working, a rainstorm produced a symphony of noise that was surprisingly invigorating. I quickly realized that conditions like these are normal for the local residents and our team would need to adapt to them.



While that day was amazing, the third day had the most impact on everyone. We traveled to a part of the city that houses some of San Jose's poorest residents. The neighborhood is right by the dump, dotted with tiny houses in incredibly close proximity. We

snaked our way through narrow alleys and arrived at a church that was little more than a structure of cinder blocks. People came in to get treatment, all of them with smiles on their faces. The entire experience was so moving that we had to really focus on providing care to as many people as possible, but it was hard not to get caught up in the moment.



Before we went there, everyone warned us about how dangerous it was. That may be the case in some areas, but we didn't feel unsafe at any moment during the trip. In fact, everyone we interacted with was kind, grateful, and unflinchingly welcoming. I can tell you that their gratitude was reciprocated. There was not a moment when I didn't feel blessed to have the chance to go on this trip and lend a hand to those who need it most.

It was even more meaningful to share this experience with my family. The girls spent time fitting eyeglasses for residents, playing with the kids, and helping out wherever they could. My daughter, Nicole,

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WORKOUTS WITH A TWIST MAKE EXERCISE FUN THIS SUMMER

Summer is a time for fun! The days are longer, so why waste the extra sunlight trapped on a treadmill? There are plenty of great opportunities to exercise without feeling bored out of your mind. Consider one of these fun activities you may have never tried before.

STAND-UP PADDLEBOARDING

Stand-up paddleboarding (SUP) is the fastest growing water sport in the world, and it's pretty simple. You stand on a paddleboard – like a surfboard, but wider and more buoyant – and use a long paddle to glide across the water. It's the simplicity that makes SUP fun. You can battle fierce river rapids and waves on the ocean, or enjoy a more relaxing experience paddling across wide lakes and lazy rivers. Whatever your skill level, you're building core strength, improving your balance, and getting some fresh air.

RACQUETBALL

In order to play racquetball, you need to have access to a racquetball court. If you can find a court near you, this game is certainly worth

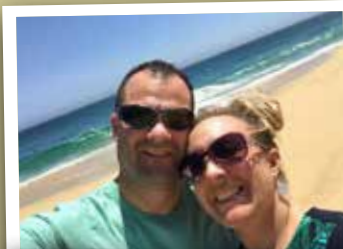
trying. It's the intense cousin of tennis. Instead of hitting the ball back and forth over a net, racquetball players take turns hitting the ball against a wall. This creates momentum, and the ball moves much faster, so there's a lot of jumping and lunging across the court as players try to reach the ball before it can bounce twice. Bring a water bottle, because you're sure to sweat during this cardio workout.

INDOOR BOULDERING

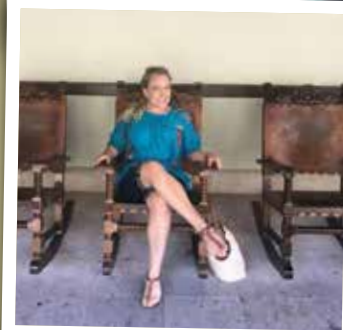
Bouldering is a form of rock climbing using a boulder rather than the side of a cliff. You can bring the activity indoors, where artificial climbing walls and safety mats help climbers ease into the sport. This pastime works your arm muscles and core, but it also challenges your mind. There's a lot of problem-solving as you figure out the best way to navigate the wall.

Exercise doesn't have to be a chore. There are plenty of great ways to work up a sweat and still make great memories this summer. You just have to be willing to try something new.

CONGRATS TO KAREN, OUR CABO TRIP WINNER!



Our latest referral contest winner and newest hygienist, Karen, recently returned from her trip to Cabo. We wanted to let her share some memories of her journey with you.



"When I first heard about the contest," Karen recalls, "I was new to the practice and had recently moved to the Treasure Valley. It was perfect timing, because I already wanted to refer friends, family, and neighbors to my great new practice and build up my patient pool." Turns out Karen did just that and got a trip to Mexico as a result.



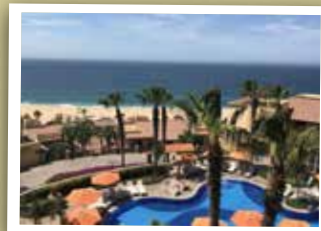
On the day she heard that she had won, Karen was in shock.



"I put my head in my hands and wanted to cry," she says. "I'd never even had a passport before, and all of a sudden, I learned that my husband and I would be heading to Cabo. It was a pretty surreal experience."

If finding out that she won was amazing, the trip itself was even more magical. "Nick, my husband, and I loved the chance to spend a few days relaxing, sitting by the pool, and being pampered. We left our five kids with the grandparents and got to spend some quality time together. We even took a sunset cruise to the place where the Gulf of California meets the Pacific Ocean."

For Karen, winning the contest was just another manifestation of how much she's enjoying life at Castlebury Dental. "They really take care of their staff and patients," she says.



ORAL HYGIENE CAN SAVE YOUR LIFE THE LINK BETWEEN GUM DISEASE AND HEART DISEASE

Most people know that poor dental health can lead to cavities, bad breath, and gum disease. But did you know that neglecting your brushing routine could put you at risk of a heart attack or stroke?

Poor dental hygiene causes gum disease, which can lead to other health problems, such as heart disease, diabetes, and even dementia. One of the most common warning signs of gum disease is inflammation. Gingivitis, a condition in which your gums become inflamed, occurs when there is a buildup of plaque on your teeth. Swollen, tender gums that bleed easily are a sign of gingivitis.

Not treated properly, this condition can escalate to periodontitis. When this happens, the gum tissue begins to pull away from the teeth, allowing harmful bacteria to form pockets beneath the gumline, attack the bone, and enter the bloodstream.

Any bacteria that slips into your bloodstream through the network of blood vessels in your mouth can be carried to your heart. The bacteria can cause inflammation and arterial plaque, which restricts the amount of blood that's able to flow to your heart and puts you at a

higher risk for a heart attack or stroke.

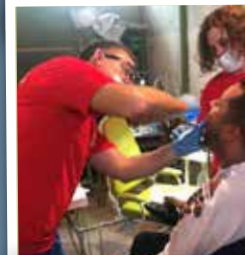
Once you develop periodontitis, no amount of brushing and flossing will be sufficient, and a professional cleaning at a dentist's office is necessary. The best defense against gum disease is a proper brushing and flossing routine. If your gum problems persist, speak to your dentist as soon as you can. Periodontitis is treatable through deep cleaning and antibiotics. You'll immediately feel better, and you'll lower your risk of heart attack and stroke.



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studies Spanish, so she was able to serve as an impromptu translator. If there's one thing I want my children to inherit from me, it's the impetus to give back to people in adverse circumstances. Based on the evidence of this trip, all of them have this impulse in spades. I was so proud to see them 100 percent invested in the spirit and purpose of the trip.



For me, trips like these are always a reminder of why I became a dentist in the first place. At its core, my job is about helping people. That purpose really comes into focus when you're treating people who don't have access to dentistry. Don't get me wrong, I value the technology and comfort we are able to offer our patients, but this trip was a reminder that helping people isn't reliant on technology, location, or even speaking the same language.



I'm honored and humbled to have been able to take this journey with my staff members and family. It's something I'll never forget.



-Dr. Brown

SPICY CHIMICHURRI GRILLED CHEESE

inspired by naturallyella.com



Add a nutritional punch and plenty of flavor to this classic American dish by swapping out white bread and processed cheese for something a little more creative.

INGREDIENTS INSTRUCTIONS

For chimichurri:

- 2 jalapeños
- 4 green onions
- 1/2 cup cilantro
- 1 clove garlic
- 2 tablespoons olive oil
- Juice of 1 lime
- 2 teaspoons honey

For sandwiches:

- 1 tablespoon olive oil
- 1 ripe avocado, cut into slices
- 2-4 ounces fresh mozzarella
- 4 slices whole-wheat bread

1. Pulse chimichurri ingredients in a food processor or blender until combined but not pureed. Add extra olive oil as needed.
2. Heat grill or skillet to medium-low. Brush outsides of bread with olive oil. Smear 1 tablespoon chimichurri on each slice of bread. Place a layer of avocado and cheese between slices.
3. Cook gently until bread is crisp and cheese is melted.
4. Slice and serve.