



Stamm Dental Wellness

CREATING HAPPY, HEALTHY, ALIGNED COMMUNITY

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Winter Issue 2023



-Dr. Heather Stamm

Newsletter

Winter

IT'S A GOOD DAY TO HAVE A GOOD YEAR! HOW DO YOU START?

Even though it is "just another day," the first day of a new year brings with it the theme of a new beginning, a chance to start fresh, a blank page to plan and create. New Year, new you? Yes, please! With the calendar turning to 2023, our thoughts naturally lean toward making goals and resolutions for the New Year. Often we have a desire to invest in taking better care of ourselves and our families, but of course with inflation on the rise this can seem undo-able for some. If money is tight, where can you scrimp and where can you spend wisely? Well, here is a fiscal truth for you: self-care dollars saved are NOT really saved if you get expensive consequences some place else, right?

For Example: (it's a dental one of course!) Skipping a dental checkup to avoid a co-pay of \$50 means that a neglected cavity could now actually cost you a root canal, which is more \$ out of your pocket and usually causes pain.

So what can you do? Invest in yourself and start a HEALTH BUDGET!!!!

(Sorry, not trying to sound like your mother) Ok, I probably lost you on the word BUDGET

but just think of it as telling your \$ where to go instead of wondering where it went,

and why not focus on you and your health?



Health is a priority that belongs in every one's budget, but hard to track your return on investment. So I am here to help with some ideas.

HEALTH ON A BUDGET IDEAS:

- **HSA AT WORK-OPT-IN.**
 - PROVIDES YOU A TAX SAVINGS
 - MONEY IS AVAILABLE SO EASIER TO INVEST IN YOUR HEALTH
- **TAX REFUND** (I KNOW SO TEMPTING TO DO SOMETHING "FUN" BUT PERFECT CHANGE TO ALWAYS INVEST THIS INTO YOUR SELF. REMEMBER YOU DESERVE IT.
- **MAX OUT YOUR DENTAL BENEFITS EVERY YEAR**
 - FREE \$ AND YOU CAN USE TOWARD S YOUR HEALTH AND MAKE PAYMENTS ON THE REST
- **HEALTHY FOOD - IT'S A MYTH THAT IT IS EXPENSIVE** (SEE STAMM'S SKIMP IDEAS)
- **EXERCISE-IT'S FREE ON YOU-TUBE!**
- **DISEASE IS EXPENSIVE-SEE OUT OF POCKET \$**
 - **DIABETES--\$5-8K PER YEAR**
 - THIS = 1000 STARBUCKS :LATTE'S
 - **CHRONIC HEART DISEASE 20-25K/YEAR**
 - **CANCER COSTS 5-17K PER YEAR**

WAYS TO SKIMP:

- **Brew your own coffee-**
 - Added health benefits make it BULLETPROOF.
- **Swear off Plastic Water Bottles-use your own**
- **Drink less alcohol**
- **Make a Big Pot of Soup for lunch all week**
- **Avoid processed snack foods for a craving. Plan ahead and have cut up veggies/dip or apples and sunflower butter**
- **Use Imperfect Food Delivery like Dr. Stamm**
 - Cheaper and Help the environment
- **Avoid Brand Names**
- **Eat meat as a side dish and not as main event**
 - Buy Bulk-Share a Grass Fed Cow
 - Buy Whole Chickens instead of pieces..costs you \$5 less per pound
- **Meal Plan and Stick to the list in the store**
- **Use Coupons-**
 - Dr. Stamm once saved \$57 in 1 grocery visit.!
- **Sheet Pan Dinner-**
 - Dr. Stamm's Recipe cost \$3.26 per person



FUN GIVEAWAYS ARE OUR JAM AT STAMM

Our Fall winner gets the gift of health and relaxation. A spa gift card at one of our favorite places 3 Cutters and Dr. Stamm's favorite sauna blanket. CONGRATS!

Our 1st quarter giveaway is going to be super fun!! A Colorado Rockies package that includes 4 tickets to opening Day April 7th and some baseball goodies.

We truly are honored to help your friends and family and appreciate your referrals. **Thank you for your continued confidence and support.**



We got your back

The Dental and Health Insurance world has become an ever changing terrain that it is often hard to navigate for providers and patients. We want to do our absolute best to help you navigate it! We accept many dental plans on the market. However, we were having more and more patients coming in that have opted out of their dental plan and we wanted to create an affordable and clear solution for non-covered families and individuals.

The STAMM DENTAL & WELLNESS PLAN is a plan we created to help many of our loyal patients that did not have insurance coverage or chose to opt out.

Our plan works the same way many dental plans do. It is designed to cover preventative services such as cleanings, dental imaging and oral exams and also has partial coverage for basic and major dental and wellness interventions.

Why Choose Stamm Dental Plan

- Significant discounts for major dental procedures like crowns, bridges, implants and Invisalign.
- Provides you and your family with affordable preventative dental coverage that your dentist administers.
- No need for third-party approvals, you get the care you need and want in the time-frame you desire.
- Clear benefits and a team here to help to get your questions answered immediately.
- Wellness chiropractic check-up for each family member on the plan.

Investment for Annual Plan

-1st person in Household: \$395/year -2nd in Household: \$375/year -Additional Family Members: \$225/year

Dental Anxiety-it's normal, but how to ease it?

DID YOU KNOW NEARLY 40% OF ALL PEOPLE HAVE DENTAL FEAR OR ANXIETY?



If you fear clowns, you avoid the circus. If you don't like snakes, you don't go hiking in the Southwest. But what do you do if you fear the dentist? Unfortunately, unlike the circus or a hiking trail in Arizona, you can't avoid the dental office forever.

The great news is there are things you can do to manage it. ...

- ▶ Discuss any fears you may have with our team--no matter how big or small we can help
- ▶ Try Box Breathing--4 counts of Breath In, Hold, Breath out for a count of 4, hold
- ▶ Bring a distraction in the dental chair
 - ▶ We have Netflix for you
 - ▶ Listen to a Podcast
 - ▶ One patient brings healing stones
- ▶ Ask Questions--getting clarity really helps
- ▶ Use Sedation Dentistry in Various Forms
 - ▶ Nitrous -wears off quickly and helps you feel relaxed
 - ▶ Oral-take a pill in the office and fall asleep, but can be aroused if needed. You do need a ride after treatment.
 - ▶ IV-a nurse practitioner monitors you and you are completely asleep.

BENEFITS OF SLEEPING WHILE YOU GET HEALTHY!

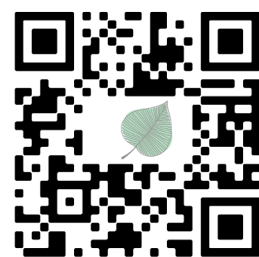
TIME: Dental Sedation can make it feel like less time has passed. Great if need to get a lot of work done in one visit which saves you time.

COMFORT: Dental sedation can dull the senses during treatment. This is perfect if you have a gag reflex, hard to numb, sensitive teeth or TMJ problems.

RELAXATION: Sedation dentistry allows you to not have to worry so that you can invest in your health which is what truly matters.

HEALTH: When you're not afraid of the dentist you are likely to go more regularly. This helps keep your health on good standing which ultimately saves you problems in the future.

Scan here to
watch Dr. Stamm
explain how we
can help!



SCAN ME



Most Insurance Benefits have reset for the NEW YEAR. Call to schedule an appointment to start the year off taking action to create amazing dental and whole body health for you and yours!

WHY DOES YOUR JAW HURT?

Do you have pain in or around your jaw joint? Does your jaw get stuck? Do you have clicking or popping? Are frequent headaches a problem? If so, you may want to have **TMD (Tempromandibular disorder)**.

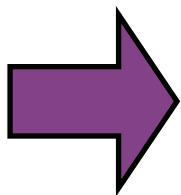
Your jaw joint allows you to open or close your mouth and slide your jaw from side to side or back and forth. It is a complicated system of muscles, connective tissues, and the bony joint itself. Because it is so complex, your jaw joint can develop a number of problems.

- Diseases that affect the muscles or joints, like arthritis
- Injury to the jaw joint or connective tissue
- Habitual movements of the teeth and jaws, like grinding or clenching.

Signs and Symptoms of TMD can include

- Pain/soreness in or around the ear
- Pain/soreness when chewing
- Tender or tired jaw muscles
- Clicking or popping joints
- Limited opening of the mouth
- Headaches, facial or neck pain

Scan here for
a patient
story.....



SCAN ME

It can be difficult to identify the cause of TMD. Treatment usually focuses on relieving the symptoms associated with it and then also getting to the root cause.

Things you can try at home that may help:

- Eat softer foods
- Limit wide jaw movements
- Avoid chewing gum
- Apply moist, warm compresses
- Facial massages (See Dr. Chrissy)
- For acute can do prescription

Sometimes your soreness can be from some sort of trauma and go away fairly quickly but if persists or keeps happening then time to see your favorite Stammily Dental Team for a full evaluation.

Treatment could include:

- Orthodontic treatment to fix dysfunctional bite causing interferences
- Sleep consultation because poor sleep puts abnormal pressures on your muscles and joints
- Simple Nightguard Splint Therapy
- Temporary splint
- Chiropractic care for alignment
- Orofacial Myofunctional therapy to address dysfunctional oral habits.

..KICK START HAPPY

Some of us find joy in a latte, in the hug of a loved one, or a hilarious Tik-Tok! But true happiness is an inside job, and one that takes practice, patience, and a whole lot of self love. Here are a couple ideas to KICK START your happiness from the inside out.

Speak it Into Existence with Positive Affirmations and write one down.

For Example: "I am taking steps toward my health goals. I can make a difference today. I am going to make the most of this day"

Spark Someone Else's Happiness: Happiness is contagious. Share a bit of yours by doing a kind act for someone. This will also make you feel great as well in the process. It's a win win!

