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MY JOURNEY TO EAGLE DENTAL CARE

INTRODUCING DR. THOMASON

I remember the exact moment that set me on the path to becoming a dentist. I'm the youngest of five boys, and I've always been extremely close with my brothers. When I was graduating high school, my brother James was finishing dental school. During this time, we took a fishing trip to the Teton River. While on the river, James asked me if I had given serious thought to what I wanted to do professionally. At that time, I wasn't really sure, but was leaning towards mechanical engineering. James suggested to me that I would love dentistry and explained why he thought the career would suit me. It was one of the best decisions I've made, and I owe my big brother a huge thanks for giving me that initial nudge.

There's a lot to love about the field of dentistry, but one of the most rewarding aspects is being able to relieve the pain of others. When somebody enters the office with pain so severe that it's affecting their daily life, it means a lot to be able to lend a hand. I also relish being able to improve patients' smiles – not just cosmetically, but functionally, too. I never forget the instances when I help patients gain an improved quality of life.



Outside of the office, I spend most of my time with my family. Meredith, my wife, is absolutely awesome, and I am a better individual because she's in my life. Our relationship has been a joy from the moment I met her. She is also smokin' hot and beautiful in every way! Even though we both grew up in Rexburg, we didn't meet until after I graduated from dental school and moved to Boise. We were set up on a blind date and immediately hit it off. We've been married for eight years, and we have three beautiful children: Avy, Jett, and Max. Our youngest, Max, was born just a few weeks ago, so it's been a thrilling time for our family. Avy and Jett are excited to have a baby brother!

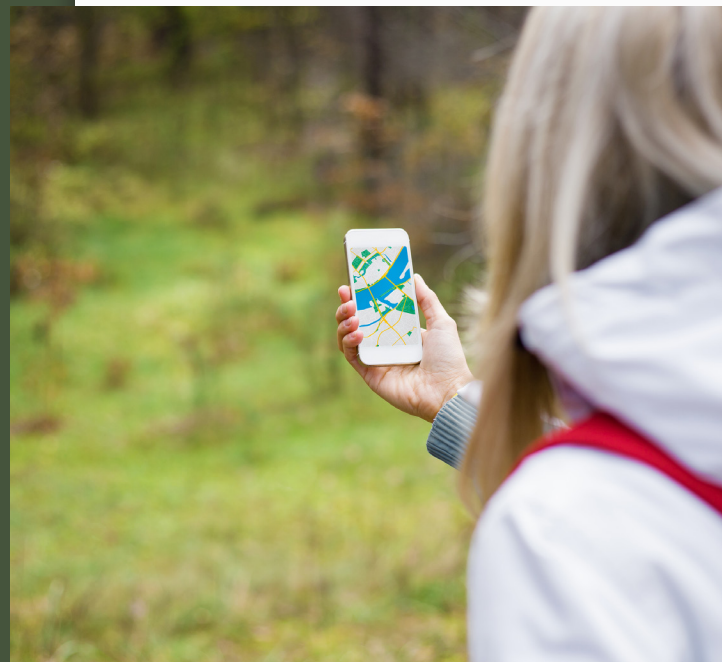
When I'm not trying my best to keep up with the kids, I love spending a little time outdoors. My favorite ways to unwind are motorbiking, fly-fishing, and camping. I also have a hobby that I'm not afraid to admit is a little nerdy: flying remote control planes. They can be really sophisticated machines, and flying them has always been a ton of fun for me. My greatest passions, though, are my family and career. I cannot wait to see where life's journey takes us.

- Dr. Chris Thomason

"I NEVER FORGET THE INSTANCES WHEN I HELP PATIENTS GAIN AN IMPROVED QUALITY OF LIFE."

I feel so fortunate to practice at Eagle Dental Care. We have an amazing team here, and creating a fun environment for both staff and patients comes naturally when you work with people as awesome as those we have here. Don't get me wrong: We take our work seriously, but we're not afraid to have some laughs. We want every person who walks through our door to feel like an old friend, and we strive to make real connections with our patients.

CACHE YOUR DREAMS IN THE GREAT OUTDOORS



tracked via smartphone. An added benefit of this is being able to partake in an activity many outdoor enthusiasts have never heard of: geocaching. Now, you can spend your afternoons hunting for hidden trinkets, and all you need is a GPS. Geocaching has its roots in the 150-year-old game of letterboxing, in which people hid boxes containing small handwritten letters in outdoor locations.

Once exclusively a tool of the U.S. Military, Global Positioning Systems are essential to geocaching. The hobby officially began in 2000, when accurate GPS readings became available to the masses due to the military's removal of Selective Availability, a program intended to limit non-military use of the system.

It didn't take long for people to begin concealing and hunting caches throughout the world. Geocaching originally required the purchase of an expensive handheld GPS unit, but can now be done with a smartphone.

Everything you need to get started can be found on Geocaching.com. Simply create an account and follow the instructions. One really cool aspect of geocaching is how it marries technology with the great outdoors. It's every parent's solution to getting their child out from in front of the TV. Plus, it can be a fun side activity to add to any outdoor adventure. Most importantly, geocaching is an inexpensive way to spend quality time in nature, alone or with others.

Want to be a modern-day treasure hunter? Geocaching is for you! These days, just about any kind of outdoor adventure can be planned and

4 DRINK HACKS TO KEEP YOUR BEVERAGE COOL

The sun is summer's greatest ally — and greatest enemy. For every sun-soaked day at the beach, there are sunburns trying to ruin the party. With every excuse to drink an icy beverage, the sunshine's more determined to keep the drink from staying cool.

These hacks will allow you to enjoy the benefits of the summer sun without the side effect of a warm beverage.



First, let's say you just got home from the grocery store where you purchased a 12-pack of your favorite soda. You're thirsty and it's room temperature at best, right? Patience is a virtue, but there's nothing wrong with accelerating the process. **Fill a bowl with ice water and add a teaspoon of salt, then submerge a can of soda in**

the bowl. This process will cool your drink more than twice as fast as just putting it in the freezer.

This other example requires less work, but it takes more freezer space. And if you're like the rest of us, your freezer is pretty packed in the summer! **Wet a paper towel and wrap it around a bottle or can before you place it in the freezer.** The contents inside will cool much more quickly.

If you have more time to plan, this hack will keep your drink cold for longer. Ice doesn't fit in a bottle, and freezing your beer or other beverage will get you to Slushy Town in a hurry. **Fill an empty bottle about halfway, put the cap on, and place it in the freezer on its side.** When it's frozen, pour your favorite beverage inside — the ice from top to bottom will keep the contents cool on the go.

Bonus Hack: This has nothing to do with the sun, but is still a neat way to make drinking your beverage easier. If you go fancy and use a straw when you drink from a can, you know how hard it is to get the straw to stay put. **Spin the can's tab around and feed the straw through it.** Now you'll have a well-behaved straw that doesn't shift around when you need it to be there for you.

The sun is hot, and the summer is long. You need the comfort of a cool beverage to help you get through it. Keep cool, wear sunscreen, and have fun!

A DENTAL DILEMMA: SHOULD YOU RINSE YOUR TEETH AFTER YOU BRUSH?

Here you are again at the bathroom sink. You've lathered up your teeth with fluoride toothpaste, using the proper brushing technique — 30 seconds per quadrant, all the way to the gumline. You're a brushing pro, in fact. But then, when you're done, you suddenly meet the great dental dilemma: To rinse or not to rinse?

Of course, this isn't an entirely realistic situation. There's no dental dilemma, right? Almost everyone rinses with water after they brush.

You have to get that toothpaste sludge out of your mouth and clear away those germs. But you might be surprised to know that most oral health experts recommend against it.

The reasoning here is pretty simple. The fluoride in your toothpaste coats and protects your teeth from the acid damage caused by the bacteria and sugars in your mouth; it even reverses early tooth decay. But while fluoride is bacteria-resistant, it's not water-resistant, and studies show that when you swish that post-brush water around in your mouth, it can wash away that helpful coating, causing your teeth to lose out on those fluoride benefits. In this way, a thorough water rinse can actually increase your risk of cavities.

"Wait," you might protest, "I'm just supposed to deal with that uncomfortable film? That overwhelmingly minty taste and the gross toothpaste slurry in my mouth?"

One option for those who are particularly offended by not rinsing after brushing is to wash out the mouth with a fluoride rinse instead of water. Pay attention to the bottle, though — many commercial mouthwashes don't actually contain any fluoride and thus would have the same negative effect as water. You can also simply use less water — the smaller the amount, the better. Using less water should fix that post-brush feeling and still leave your teeth protected.



TESTIMONIALS ★★★★★

"I've been going here for 15 years, and it's basically family. I never dread going to the dentist. The girls are always friendly and very helpful. Julie is the greatest and has always helped me over the years with scheduling, payments, and understanding the appointments. Dr. Thomason takes his time and makes sure he does a thorough exam while still being time-efficient. This really is a great place to go!"

-Allyson N.

"Took my daughter for her first-ever dentist appointment here. The staff was very friendly. Jen was absolutely amazing with my daughter. My daughter was a little nervous when we first went in, but Jen made it so fun for her! She completely took any nerves away! She was thorough and very knowledgeable and explained to my little girl everything she was doing. Thank you, everyone, for making it a great experience. We will be back!"

-Bethany B.

"Wow! I never imagined I could have such an easy and pleasurable dental visit. My hygienist, Jennifer, not only did a thorough job on my cleaning, but she also managed to make it completely pain-free, even with my sensitive teeth. She is just wonderful. The doctor was very knowledgeable and took time to discuss my treatment plan with me. Great staff and top-notch care."

-Amy J.



SENSATIONAL SUMMER SALAD

INGREDIENTS

- 1 pound strawberries, thinly sliced
- 3 medium peaches, thinly sliced
- 1 cup blueberries
- 1 heaping tablespoon fresh basil or mint, chopped
- 2 tablespoons lemon juice
- 1 tablespoon maple syrup
- 2 teaspoons balsamic vinegar



INSTRUCTIONS

1. In a medium serving bowl, combine the strawberries, peaches, blueberries, and basil.
2. Drizzle lemon juice, maple syrup, and balsamic vinegar on top.
3. Gently toss to combine.
4. Serve immediately, or chill for later.

Recipe inspired by CookieAndKate.com.

LAUGHING GAS

