



August 2009 Newsletter

Aug 01, 2009

In this Newsletter:

Bring on the YouTube Videos!!!

BECOME A YOUTUBE STAR!

And Win a Wii



Dr. Beaber is searching for our first YouTube star. We need you to film a short video clip (no more than 2 1/2 min.) with an orthodontic theme. You can be a flossing superhero or a plaque fighting ninja, it's up to you! All entries must be in by **October 1, 2009**. So, be creative & you might be the lucky first prize winner of the Wii System. Good luck!!!

P.S.- There will be prizes for second and third place as well.

Side Note

Toothy Tidbits!

Every year, kids in North America spend close to half a billion dollars on chewing gum!

Amount of floss bought per person every year: ...

(Full Article Below)

Snack Time With Braces...

By Amy

Hey there all my braces buddies! As many of you know I just got my braces put on a couple months ago and now I am in the same boat as all of you as far as what I can and can't eat! I've found that some of my favorite snacks such as granola bars, starbursts, and POPCORN I can't eat any more! So I've been searching for good snack ideas and decided to share them with all of you! Each month I will have a snack recipe or two that are braces friendly! Let me know what you think of them or email me if you have any good snack ideas as well! Happy snacking!



Melon Madness Smoothie

- 1 1/2 cups seeded and chopped watermelon
- 1 1/2 cups seeded and chopped honeydew melon
- Juice of 2 limes
- 1 cup vanilla nonfat yogurt

- 1 cup ice cubes

Place all ingredients in a blender and blend until smooth. Pour into glasses. Makes 4 servings (Please make sure it is blended extremely well and there are no ice cube chunks in your smoothie!)

It's All In The Family

By Stacy and Amy

Greeting's Mom's and Dad's! Now that your kiddo is in braces have you thought about braces for your self??? There are so many benefits to going through treatment along side your child. For example you will be able to relate to all they are going through, as well as sharing the same restricted diet of "no no" foods. We also offer ½ clear braces that are much less conspicuous and OUR average adult treatment time is ONLY 18 months!!! You and your child can both be smiling beautifully in no time! And while we're at it why stop there!! We have wonderful family discount plans for all immediate family members, so bring in the whole family!



How Braces Work

The principles of correcting teeth alignment with pressure are centuries old. Hippocrates wrote about straightening teeth in 400 B.C.E. and archeologists have found mummies with crude metal bands wrapped around their teeth.



Braces are the most efficient and accurate way of moving teeth. The jawbone is a solid structure surrounding your teeth, but it can change shape in response to prolonged pressure. Braces put pressure on one side of a tooth, and the bone on the other side gives way. The tooth moves slowly into its new, correct position and new bone grows in behind it. Adult bones are more dense than children's bones, therefore, it takes longer to move adult teeth than to move a child's teeth.

Tooth movement is really a normal physiological process that allows your orthodontic correction to occur. Your jawbone adapts to the pressure from your braces, allowing teeth to be moved forward or backward, in or out, up or down. The direction of movement is determined by the direction of pressure. Prolonged pressure causes bone to dissolve in the area into which the tooth is moving. As the tooth shifts, the surrounding ligaments stretch, signaling the body to fill the gap behind the tooth. The body then deposits new bone to support the tooth in its new position.

All braces are custom made and traditionally consist

of three appliances – brackets, arch wires and rubber bands.

1. Brackets are cemented to each tooth to hold the wire in place. Sometimes, bands are used instead of brackets, but with modern methods it is no longer necessary to cement a band around each tooth. These bands and brackets act as a handle on each tooth and each is 'tailor made' for a specific tooth.
2. A beautifully rounded arch wire is deformed by twisting it into the brackets. This distorted arch wire runs through all the brackets and acts as a track along which the teeth are to be moved. The wire, which has a 'memory' of its original shape, exerts pressure on the teeth as it returns to its pre-formed shape. Wires are changed throughout the treatment, with progressively thicker wires added, and each change brings your teeth closer to the ideal tooth position. Finally, the attached teeth form a beautifully rounded arch themselves.
3. After the upper and lower arches are rounded, Rubber Bands are attached to the upper and lower brackets to make the arches fit together. Rubber bands move your teeth in directions that braces can't. You will remove and replace your rubber bands yourself daily, so that proper, constant force is applied to your teeth.

In addition, if your teeth need a little extra help moving into a bright healthy smile, you may have to wear head or neck gear. Typically, head or neck gear is only worn at night or when you're at home in the evening. Each patients' teeth are different and so is each patients' orthodontic treatment, but normally, patients have to wear braces about 18 to 24 months.

So... it may look like they're doing nothing, just sitting there in your mouth, but your braces are building you a new, beautiful smile!

Toothy Tidbits!

By Amy

Every year, kids in North America spend close to half a billion dollars on chewing gum!

Amount of floss bought per person every year: 18 yards

Amount that should be bought per person every year: 122 yards (figuring one foot a day)

Percent who say they floss daily: 28% (some are fibbing, according to the sales data above)