



The Hollywood Connection

Oct 01, 2010

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Upcoming Movies

10/8/10 Secretariat

11/5/10 Megamind

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11/19/10 Harry Potter and the Deathly
Hollows part 1

12/10/10 The Chronicles of Narnia - The
Voyage of the Dawn Treader

12/17/10 Yogi Bear



Side Note

Orthodontic Tips for Trick-Or- Treaters



The haunting hours of Halloween can mean big trouble for trick-or-treaters who wear braces. The American Association of Orthodontists (AAO) reminds patients to follow special guidelines for keeping braces intact and keeping themselves safe.

October...

(Full Article Below)

Google Reviews

Submit a review of Dr. Wing and our office @ Google Reviews on our website www.wingorthodontics.com We would love to hear how we're doing and how we could improve. Write a review and enter yourself in a drawing for 4 movie tickets at the end of each month!

Hollywood Stars

This section of our quarterly newsletters will be dedicated to you our Hollywood Stars, so that you might share your exciting news and/or achievements with us.



Email us at info@wingorthodontics.com with your exciting news.

300 fans on Facebook

By Wing Orthodontics

We need your help to reach our office goal of having 300 fans on Facebook by the end of the year! Keep in touch with all of our office events and contests, as well as checking out all of our newest Hollywood smiles when our star patients get their braces off! Starting in August, all of our Facebook fans will be entered in a quarterly drawing for a gift card of their choice.

Wing Orthodontics 2nd Annual Pumpkin Contest

The mood has been set to "eerie" and you can see the office has been transformed to a ghoulish fear factory. The staff has been hard at work in their labs creating their pumpkins. Take a guess in the office and tell us which pumpkin belongs to which team member as well as which one is your favorite.

Contest starts 10/1/10 and ends 10/31/10

Who's our Spotlight on at the office?

"This month our office is spotlighting Chelsea Bawden, one of our outstanding back office assistants. For the next three months she is entitled to the coveted covered parking spot and the Golden Bracket award.



Chelsea has been in orthodontics for 3 years, and we've been lucky to have her on the Wing Orthodontics team for 2 of them. She has become the office pro at Invisalign impressions, and she excels in all of her other duties as an assistant, as well.

Although Chelsea doesn't look a day over 16, she is in fact married and has one little son. She also has a new daughter on the way arriving in January. She will be leaving our office in December to get ready for her new baby, but we hope to steal her back whenever we can. Thanks for all you do Chelsea!"

Orthodontic Tips for Trick-Or-Treaters

The haunting hours of Halloween can mean big trouble for trick-or-treaters who wear

braces. The American Association of Orthodontists (AAO) reminds patients to follow special guidelines for keeping braces intact and keeping themselves safe.

October marks National Orthodontic Health Month. As part of its commitment to oral health education, the AAO is providing braces-friendly recipes and tips to patients and parents. Information for trick-or-treaters also can be found at <http://www.braces.org>.



WHAT TO AVOID AND WHAT TO LOOK FOR:

"If it's sticky, chewy, hard or crunchy, it's a food that anyone wearing braces or retainers should avoid," says Donald R. Joondeph, D.D.S., M.S., an orthodontist and president of the AAO.

The AAO urges patients to steer clear of the following Halloween treats, or recipes with these ingredients:

- All hard candies
- All chewy candies
- Caramel
- Nuts
- Licorice
- Taffy
- Jelly beans
- Hard pretzels
- Bubblegum
- Popcorn (including unpopped kernels)
- Taco chips
- Ice

"By following their orthodontist's guidance on dental hygiene and avoiding certain foods while wearing braces, patients will be on track to a lifetime of healthy teeth and a beautiful smile," says Dr. Joondeph.

Of course, Halloween does not have to be completely treat-less. Braces-friendly Halloween treats can help orthodontic patients enjoy the "spook-ta-cular" holiday. For example, plain chocolate candy is okay, provided the orthodontic patient remembers to brush and floss afterwards. Bobbing for apples as well as caramel apples are not recommended for orthodontic patients.

However, patients can enjoy thinly sliced apples, dipped in yogurt or creamy chocolate sauce.

Orthodontists suggest looking for foods that are soft, such as soft chocolate that can melt in one's mouth or peanut butter cups. Overall, candies that aren't sticky, chewy, hard or crunchy are generally acceptable.

"We want patients to have fun while in orthodontic treatment," says Dr. Joondeph. "Cooperation is always key, and exercising caution at Halloween could keep patients on the right track to great results!"

WHAT TO DO IF FOOD DAMAGES A PATIENT'S BRACES:

If an orthodontic patient chews the wrong type of treat and damage occurs, it is recommended that the patient calls his/her orthodontist the next business day so that arrangements can be made to correct the problem.

"Small problems can often be solved over the phone. Loose brackets or poking wires can often be held in place with orthodontic wax until the patient can come into the office," says Dr. Joondeph. Some problem-solving tips can also be found on the AAO Web site at <http://www.braces.org/knowmore/breaks/>.

HALLOWEEN SAFETY TIPS:

In addition to orthodontic safety, AAO members advise parents and children to follow trick-or-treating safety guidelines:

- Young children should always be accompanied by an adult
- Carry a flashlight
- Wear a light-colored or reflective costume
- Choose face paint over masks for young ghosts and goblins
- Have an adult inspect all treats before the children dig in

HOW DO YOU KNOW WHEN ORTHODONTIC TREATMENT IS

NECESSARY?

Be aware of early signs or habits that may indicate the need for an examination by an orthodontist. These signs or habits may include:

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Mouth breathing
- Thumb sucking
- Finger sucking
- Crowding, misplaced or blocked out teeth
- Jaws that shift or make sounds
- Biting the cheek
- Lower front teeth biting into the roof of the mouth
- Teeth that meet abnormally or not at all
- Jaws and teeth that are out of proportion to the rest of the face
- A crossbite (one jaw does not fit properly with the opposing jaw due to differences in size)

WHO IS AN ORTHODONTIST?

An orthodontist specializes in the diagnosis, prevention and treatment of dental and facial irregularities. Orthodontists receive an additional two to three years of specialized education beyond dental school to learn the proper way to align and straighten teeth.

STRAIGHT FACTS ABOUT BRACES:

- About 95 percent of all educationally eligible orthodontic specialists are members of the AAO.
- Members of the AAO currently treat 5.75 million patients in the U.S. and Canada. This number has steadily increased since 1982.
- Approximately 4.4 million orthodontic patients through age 17 in the United States and Canada are being treated by AAO members.
- Orthodontic treatment is a growing trend. Since 1982 (the first year the AAO tracked the number of patients), the number of patients who seek orthodontic treatment has increased by 135 percent.

- While healthy teeth can be moved at almost any age, the majority of patients begin treatment between the ages of 9 and 14.
- The length of treatment time varies from person to person, based upon each person's unique circumstances. However, most orthodontic treatment lasts from 12 to 36 months, with 24 months being the average.
- There are about 9,350 practicing orthodontists in the United States and Canada who are members of the AAO.
- The AAO has 15,000 members in the U.S., Canada and abroad.

ABOUT THE AAO:

The AAO comprises 15,000 members in the United States, Canada and abroad. Founded in 1900, the AAO supports research and education leading to quality patient care and promotes increased public awareness of the need for and benefits of orthodontic treatment. Orthodontists are uniquely qualified to correct improperly aligned teeth and jaws. They are specialists in the diagnosis, prevention and treatment of dental and facial irregularities. Orthodontists receive an additional two to three years of specialized education beyond dental school to learn the proper way to align and straighten teeth.

For more information about orthodontics or for the names of orthodontists in your area, visit www.braces.org or call 1-800-STRAIGHT (1-800-787-24448). Your dentist also can provide recommendations on orthodontists near you.