



December Newsletter

Dec 01, 2009

In this Newsletter:

Our Mission Statement

By Darla Carle

Merry Christmas to All



We are especially interested in making all our patients feel right at home! We put your needs first to achieve efficient and comprehensive treatment. Our staff is trained and skilled, and we strive to provide energetic and fun-loving service to each patient. Each member of our treatment team is a registered assistant, and our office staff has years of experience in treating patients with the highest level of care. We strive to stay abreast of the very latest in technology and advances by regularly attending continuing education courses and seminars.



Doctors Corner

By Dr. Avila



It is that time of year when Santa comes back. He has been gone these past 11 months and now he is back again. Many times I wonder how it is for little kids. All of a sudden a Jolly man in a white fur lined red suit

appears everywhere and then--just as quickly as he came, he disappears for another 11 months.

I do not know what your religious beliefs are. Many people around the world celebrate the birth of the Christ during this time, hence the terms Christ-mas and Christ-ian. Those persons also celebrate His life during all 12 months.

You have braces on and all of this food is calling your name--what are you to do?

Go ahead and eat the food. That being said, you do need to be careful with what you eat and how you eat it.

If it is crispy and hard, be careful to position the tasty morsel directly between your molars--chomp and then chomp some more and more. This way you will be staying away from your brackets--remember use only tooth structure to chomp! Turn that crispy, hard, tasty morsel into something which is easy to digest.

If it is sticky, be careful to gently go through it by licking and gently chewing it. Try not to chomp it--brackets may and will come off.

Remember, it's not what you eat between Christmas and New Years that counts, it's what you eat between New Years and Christmas that counts.

Happy Holidays to you and yours this Holiday Season. Remember to smile, it makes the whole world a better place.

Dr. A :-)

Making a Fashion Statement With Your Braces

The 'mouth full of shining metal', commonly called 'metal mouth' or 'tin grin', is truly a thing of the past with today's updated braces. Braces have become a fashion statement, and you can choose which type of braces will fit your personal taste and style.



For patients who choose to make fashion statements with their mouths, colors are a way to show your personality. Stainless steel braces are the most common and the most popular type of braces for children and adults, but plain old stainless steel braces don't have to look plain. Today's space age materials make braces more comfortable than ever and more easily decorated. The rubber bands that you put in and take out daily come in dozens of colors. Even the ligatures that hold your wires to the brackets come in a

splashy array of colors. Although they're not interchangeable like the elastics, colored brackets can add real spark to a smile, and your orthodontist can change the colors each time your wires are changed. You can choose colors that coordinate with your wardrobe. You can wear your school colors on your braces. You can proclaim your loyalty to a sports team. You can choose to decorate your teeth for a holiday, like orange and black for Halloween or green for St. Patrick's Day. You can even choose a different color for each bracket and make a rainbow in your smile!

There are clear composite braces that glow in the dark. And if you want to make the ultimate fashion statement, then maybe the classic beauty and elegance of gold is for you. Gold braces and wires are similar to stainless steel braces and wires with the exception of being gold-plated for a 24-carat smile.

For patients whose style is quieter and more subdued, there are braces that bond to the back of your teeth and can't be seen at all. There are clear retainers that are barely noticeable. And there are ceramic braces, made from a ceramic material developed by the NASA space program, that are virtually invisible on your teeth. Ceramic braces are also very strong and dependable, which will help you achieve your treatment goal faster and more efficiently.

Once the braces are off, retainers are another way to express your personality. They don't have to be roof-of-the-mouth pink nowadays. Your retainer can glow in the dark, be polka-dotted, be personalized with a photo of your best friend, your dog or the logo of your favorite sports team. Your choice is limited only by your imagination.

Braces in one form or another have been in use for 100 years and continue to be the primary mechanism used to move teeth, but today's braces bear little resemblance to the "train tracks" that baby boomers may remember from their youth -- they're updated in style and make a colorful fashion statement that's good for your teeth!

Monthly Contest Winners!!!!

By Darla Carle



At November appointment slip drawing:

Anderson - Joseph McCreary \$10.00 gift card

Muncie - Neal Chapel \$10.00 gift card

Congratulations to each one of these winners!!!!



Token Information

By Darla Carle



Make sure you keep your tokens in a safe place and collect as many as you can to turn in for selected items below. Here are some ways to collect your tokens:

Wear your Dr. A t-shirt to your appointment for two extra tokens.

Don't forget while your getting your teeth cleaned to have your dentist/hygientist sign your *keep them clean* sheet for 10 extra tokens.

Bring in your report card for tokens. Straight "A's" get you 15 tokens and "A's & "B's" get you 8 tokens. Twice a year.

5 Tokens for your birthday.

Here's what you can buy with your tokens:

Gift Cards- Target, Walmart, Movies, McDonalds & Star Bucks

40 tokens- \$10 movie pass

20 tokens- \$5 gift card McDonalds

20 tokens- \$5 gift card Star Bucks

40 tokens- \$10 gift card to Target or Walmart

100 tokens-\$25 gift card to Target or Walmart

20 tokens- Dr. A T-Shirt

Don't forget to check out the magic cabinet!

Smile Makin' Crew

By Darla Carle



Darla - Patient Coordinator

Karin - Financial Coordinator

Kelly - New Patient Coordinator

Donna-Clinical Assistant

Brittany-Clinical Assistant

Jen-Clinical Assistant



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You have received this newsletter because your email address is registered with Harold C. Avila, DDS MS, PC