

In this Newsletter:

**Our Mission Statement**

By Darla Carle



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



Dear Patients and Friends,

The month of June brings graduations, gardening and getting reacquainted with the outdoors. We have had temperatures over 90 already. The flowers are coming out making everything look more alive.

Orthodontics provides amazing benefits. The face is a very important part of who we are. Not only is it unique enough to make you different than the billions of people who live on this earth, it also makes it easier for you to live. Your face has your mouth which allows you take in food and chew the food to aid in its digestion. Your face has your nose which lets you breathe in air. Your face has at its corners ears which let you communicate with others.

Because your teeth are moved during orthodontic treatment your face does change. Yes, it is very important for your teeth to fit together properly and there are many other components to orthodontics. Like where your teeth are moved to--is it the optimal position for them to be at to support your face, to provide the proper hard surfaces for speech to be produced while making it easy to close your lips and open your lips in a comfortable smile?

My staff and I are thrilled to apply years of research other orthodontists have performed during the past century. The twin wing orthodontic bracket was patented in 1924. The very first Dental specialty was Orthodontics which was formed in 1929 at the Stanley Hotel at Estes Park Colorado.

This month we celebrate with Donna having worked with us and you for these past 12 months. Be sure and thank her the next time you are in!

While the government is talking about terrorism and health reform we keep working on "Creating Beautiful and Healthy Smiles". --looking forward to seeing you this summer!

Dr. A :-)

---

## Important Notice

# SUMMER HOURS



Starting Monday, June 6th, our **SUMMER HOURS** are going to be Monday-Thursday, 7 am-3:30 pm.

---

## June Birthdays

By Darla Carle

# HAPPY BIRTHDAY TO OUR SPECIAL PATIENTS AND STAFF:



**Karen VanNess - June 3**

**Ali Clingerman - June 3**

**Paige Hopkins - June 5**

**Tristen Rodriguez - June**

**Kiley Miller - June 6**

**Brittney Webb - June 6**

**Sarah Wilkinson - June 7**

**Monica Mansfield - June 8**

**Taylor Osman - June 9**

**Breonna Phillips - June 9**

**Emily Thompson - June 10**

**Rilee Sturm - June 11**

**Gwendolyn Smith - June 12**

**Hannah Newton - June 14**

**Alec Witham - June 14**

Cassidy Clouse - June 15

Allison Hunt - June 18

Garrett Smith - June 27

Kaleigh Smith - June 27

Michael Slonim - June 27

Sharice Jones - June 30

Savanah Jones - June 30



## Father's Day June 19th



While it is accepted around the world that the first word that a child utters is 'mother', it is also a universal fact that it is the father towards whom almost every child looks, as his/her hero. He is the person who asks you to smile when you fall down from the bicycle the first time and surely he is the one who asks you not to drive the bike beyond the speed of 60 km/hr when you grow older. In themselves, our father and mother comprise of a whole world for us. And, it was with the aim of honoring the great man that we call dad that the holiday of 'Father's Day' came into being. It provides us with an occasion to say 'Thank You Dad', through various actions and gestures.

---

## Monthly Contest Winners!!!!

By Darla Carle



At May appointment slip drawing:

Anderson - Taylor Siefken \$10.00 gift card

Muncie - Zach Abrell \$10.00 gift card

## Winners of the Applewood Raceway Go Kart tickets are:

Anderson - Clay Caldwell

Muncie - Makayla Diaz

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!

## The Importance of Brushing

Today, because of better care and dental treatments, more people than ever before are keeping their natural teeth throughout their lives. Although some diseases and conditions can make dental disease and tooth loss more likely, you have a great deal of control over whether you keep your teeth into old age. The most important thing you can do to keep your natural teeth is to brush and floss your teeth regularly.



Most dental hygiene problems are caused by plaque. Plaque is a nearly colorless, sticky layer of bacterial film that forms on your teeth. Composed of microorganisms, food particles and other organic matter, plaque coats your teeth and hides in the nooks and crannies between teeth and below the gum line. The bacteria in plaque produce acids that cause cavities. (Sugary foods, such as candy and cookies, are not the only foods that cause plaque. Starches, such as bread, crackers, and cereal, also cause acids to form. If you snack often, you could be having acid attacks all day long. After many acid attacks, your teeth may decay.)

Build-up of plaque also leads to periodontal disease, also called gum disease. Plaque produces substances that irritate the gums, and after a while, gums may pull away from the teeth. Pockets form and fill with more bacteria. If the gums are not treated, the bone around the teeth can be destroyed. The teeth may become loose or have to be removed. In fact, periodontal disease is a main cause of tooth loss in adults. There is even research that suggests that people with gum disease are more likely to suffer from atherosclerosis (a narrowing of blood vessels), a condition that can precede a stroke or heart attack.

The best way to remove decay-causing, gum-destroying plaque is by brushing and flossing your teeth every day. Brushing removes plaque from your tooth surfaces. Flossing removes plaque from between your teeth and below the gum line, where your toothbrush can't reach.

For good oral hygiene and to keep your natural teeth throughout your life, the American Dental Association recommends that you brush your teeth twice a day with fluoride toothpaste. The size and shape of your brush should fit your mouth, allowing you to reach all areas easily. A worn toothbrush will not do a good job of cleaning your teeth, so replace your toothbrush every three or four months or sooner if the bristles become frayed.

By taking care of your teeth, eating a balanced diet and visiting your dentist regularly, you can have healthy teeth and an attractive smile your entire life.

## June Contest

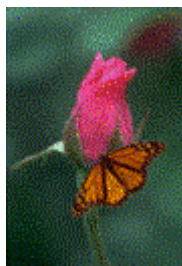
By Darla Carle



For our June contest, all you need to do to enter is write your name down and put in the box for a chance to win a nice, cool ice cream treat from your local Dairy Queen.

## Smile Makin' Crew

By Darla Carle



*Darla - Patient Coordinator*

*Karin - Financial Coordinator*

***Kelly - New Patient Coordinator***

***Donna - Clinical Assistant***

***Brittany - Clinical Assistant***

***Meri - Clinical Assistant***

***ANNIVERSARY:***

***WE WANT TO WISH DONNA, OUR SUPER CLINICAL ASSISTANT, A HAPPY ONE YEAR ANNIVERSARY!! SHE IS A GREAT ASSET TO OUR TEAM.***




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