



## In This Newsletter:

[Our Mission Statement](#)

[Doctors Corner](#)

[How Braces Work](#)

[March/April Contest](#)

[Monthly Contest Winners!!!!](#)

[March Birthdays](#)

[Token Information](#)

[Smile Makin' Crew](#)

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## 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.

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## Doctors Corner

*By Dr. Avila*



Well this has been a February to remember. The ice, snow and sun are making sure we will be ready for spring to arrive sooner than later.

On February 10, I was at the Loma Linda Dental Convention giving a 2-hour lecture on TMD Evaluation and Care. After the lecture there was time to share with a

mentor and a classmate.

Dr. Bench and I have not been together for about 9 years now. Just before graduating from Orthodontic Residency, we talked about the possibility of me buying his practice in Lancaster California. He is now 84 and still lecturing to orthodontists on how to provide orthodontic treatment. He has recently lectured in Venezuela and Brazil. He teaches orthodontic residents at Loma Linda University.

He and his wife were getting ready to host a wedding dinner at their home the following week. We had lunch together at Anthony's Grotto where the dining room was fashioned to make it look like you were eating underwater and big windows looked out over a lagoon. After lunch we talked about TMD treatment, orthodontic treatment and the orthodontic field. We had planned on being together for about 3 hours which turned into over 5 hours--it took about 4 hours to drive back to Loma Linda, a trip which had taken 2 hours earlier in the day without "rush hour" traffic.

So what is new in our office? We are still looking at putting together a superb back office staff so you will likely be meeting someone new during the month of March. I know this transition has been difficult for our patients--it has been difficult for me and the rest of my wonderful staff. We are committed to having the best qualified help to assist in providing amazing orthodontic treatment for you.

See you at your next appointment,

Sincerely, Dr. A :-)

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## 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 childrens' 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!

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## March/April Contest

*By Darla Carle*



We will be having an Easter Word Search contest for the months of March and April. You can get your sheets in each office. Make sure you sign and turn them in to Darla. The lucky winner will receive a box of chocolates from

Lowerys.

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## Monthly Contest Winners!!!!

*By Darla Carle*



At February appointment slip drawing:

Anderson - Zach Miller \$10.00 gift card

Muncie - Solomon Brown \$10.00 gift card

Guess that Sweetheart winners:

Muncie - Marci Thurman

Anderson - Clay Caldwell

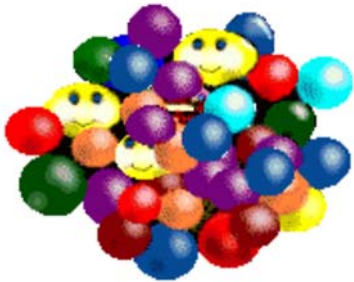
Congratulations to each one of these winners!!!!

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## March Birthdays

*By Darla Carle*

# HAPPY BIRTHDAY TO OUR SPECIAL PATIENTS AND STAFF:



**Danielle Dodd - Mar 2**

**Tyson Enis - Mar 2**

**Malikah McMillan - Mar 4**

**Abigail Johnson - Mar 4**

**Heather Cox - Mar 4**

**McCartney Walden - Mar 6**

**Robert Constant - Mar 6**

**Jaren Cravens - Mar 8**

**Dalton Ghanayem - Mar 9**

**Madeline Williams - Mar 10**

**Blake Brooks - Mar 10**

**Chloe Kinsey - Mar 10**

**Emma Strangeway - Mar 11**

**Rachael Wethington - Mar 11**

**Jackline Kingori - Mar 15**

**Elijah Hudson - Mar 15**

**Brittany Cain - Mar 18**

**Ethan Strangeway - Mar 20**

**Alex Villarreal - Mar 21**

**Lindsey Reum - Mar 21**

**Kaitlin Dobbins - Mar 22**

**Gabriel Fowler - Mar 23**

**Josh McQueary - Mar 23**

**Melissa Thennes - Mar 26**

**Kim Flowers - Mar 26**

**Tori Smith - Mar 27**

**Emma McCord - Mar 28**

**Aaron Overla - Mar 31**

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## **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!

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## **Smile Makin' Crew**

*By Darla Carle*



***Darla - Patient Coordinator***

***Karin - Financial Coordinator***

***Kelly - New Patient Coordinator***

***Donna - Clinical Assistant***

***Brittany - Clinical Assistant***



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