



**HAROLD C. AVILA, DDS MS, PC**  
SPECIALIZING IN ORTHODONTICS

## My Newsletter

Oct 26, 2010

### 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.



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## Doctors Corner

By Dr. Avila

Hello Gang,

The month of November is coming on very mildly, but the feel of winter is still making itself felt. Hints of snow remind us of the special family time which is coming our way.

I am doing a presentation before the East Central Dental Society on November 2 about TMJ Evaluation and Care. While I do provide TMJ services, what provides for the Avila family is Orthodontics. It is interesting how what was taught to me during my orthodontic residency has made treating TMJ easier. In February I will be lecturing about TMJ during the Dental Convention at Loma Linda, California.

It has been two years since I visited Dr. Marchetto's office in Florida. Dr. Marchetto had been doing "Indirect Bracket Placement" and an orthodontic consultant recommended I visit with him and learn his approach using the "Indirect Bracket Placement" technique. It was a learning curve, but our office has grown and we now use the "Indirect Bracket Placement" technique exclusively for our patients.

What has been the feedback from our patients? They appreciate the speed of their bracket placement using the system. I have found that treatment has progressed quicker and has allowed for shorter treatment time for our patients. --and our staff enjoy the ease of the system. It has been a growing experience but one which has made our work even more enjoyable.

Thinking about Thanksgiving I want to thank you for choosing our office for your orthodontic treatment--we appreciate you. Take the opportunity this Thanksgiving Season to spend more time with your family this year than you did last year. Once time has been spent, you cannot buy it back for any amount of money.

Have a Blessed Thanksgiving...

Dr. Avila :-)

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## Less Tin In a Grin (Advances in Braces)

Today, advances in materials and techniques for use in outer space and in computers are changing the way your orthodontist improves your smile. If you're considering braces and thinking of pictures of your parents, or even your grandparents, with smiles full of metal, think again. New options in orthodontic technology and technique are making braces less noticeable and more comfortable. In some cases, these advances also mean you'll achieve that new smile faster.



In the past, the most noticeable part of your braces was the stainless steel bands wrapped around and cemented to individual teeth. Today, you may need bands on only a couple of teeth. The majority of your teeth will have smaller, more comfortable brackets bonded directly to them with adhesive.

Another innovation is in the wires that are attached to the brackets. Called 'space age' because they were developed for use in the NASA space program, these wires are made of flexible metal. They're also called 'memory wire' because they return to a pre-formed shape, which is how they move your teeth. These new wires are easier to install, require fewer replacements and adjustments, and work faster.

If your orthodontic condition permits, there are nearly invisible orthodontic options. Brackets made of ceramics are tooth colored or clear. Lingual braces are applied to the inside of the teeth, so they're not visible at all. For adults and mature adolescents whose teeth require only minimal straightening, there are also clear aligners, which really aren't braces in the old-fashioned sense at all. A computer generates a set of clear aligners that are worn in succession to straighten your teeth.

Advancements aren't just in braces, either. Computer technology is rapidly changing and improving the way your treatment is planned. Your orthodontic records can now be done digitally, with digital X-rays and digital photographs that are saved directly to computer. There are computer programs that aid your orthodontist in diagnosis and in creation of a treatment plan. You may even be able to see an image of the way you're going to look with your new smile.

And the advances continue. Heat activated wires, bent into their memory position by robots using digital photos of your mouth, are already available. Your orthodontist doesn't have to adjust these wires as often, and you can tighten your own braces by drinking something hot. While these wires don't actually move your teeth faster, they may shorten treatment time by moving them along a shorter path. There is even a promising technology in development that will move your teeth using opposing magnets.

By the time you read this, there will be even newer technologies to help you achieve straighter teeth. The 'tin grin' of yesteryear may not be fashionable today, but a healthy, shiny, beautiful smile will never go out of fashion!

## Monthly Contest Winners!!!!

By Darla Carle



At October appointment slip drawing:

Anderson - Angela Richie \$10.00 gift card

Muncie - Katelyn Kidd \$10.00 gift card

Sharice Jones won the tickets to go see the Headless Horseman at Conner Prairie!!!!!!

Congratulations to each one of these winners!!!!!!



## November/December Contest

By Darla Carle

For our November/December contest, all you will need to do is put your name in for a drawing. The winner will win a stocking full of

goodies.



## 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

40 tokens- \$10 movie pass

20 tokens- \$5 gift card McDonalds

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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## Thanksgiving History

By internet

In 1621, after a hard and devastating first year in the New World the Pilgrim's fall harvest was very successful and plentiful. There was corn, fruits, vegetables, along with fish which was packed in salt, and meat that was smoke cured over fires. They found they had enough food to put away for the winter.

The Pilgrims had beaten the odds. They built homes in the wilderness, they raised enough crops to keep them alive during the long coming winter, and they were at peace with their Indian neighbors. Their Governor, William Bradford, proclaimed a day of thanksgiving that was to be shared by all the colonists and the neighboring Native American Indians.

The custom of an annually celebrated thanksgiving, held after the harvest, continued through the years. During the American Revolution (late 1770's) a day of national thanksgiving was suggested by the Continental Congress.

In 1817 New York State adopted Thanksgiving Day as an annual custom. By the middle of the 19th century many other states also celebrated a Thanksgiving Day. In 1863 President Abraham Lincoln appointed a national day of thanksgiving. Since then each president has issued a Thanksgiving Day proclamation, usually designating the fourth Thursday of each November as the holiday.

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## Thanksgiving Word Search

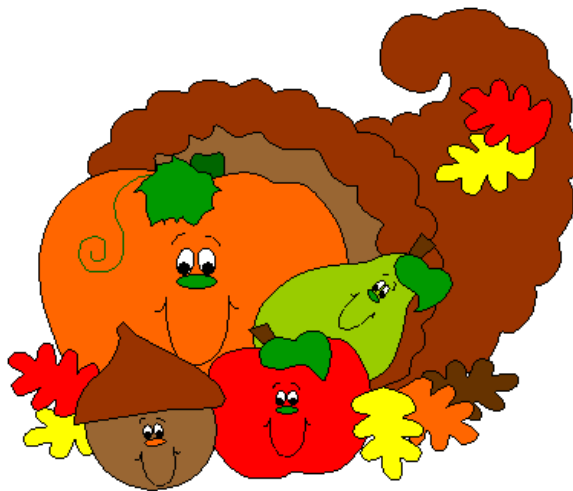
By **Darla Carle**

# Thanksgiving Word Search

R E L A T I V E S T I F S M F  
P N R E U K S S N C H A O E A  
X I E F B O B E T I L A A O S  
O B L Z Y O L T U R K S N T D  
W R Y G I C E T R E T P U K Y  
T S E V R A H L K N Y F M L S  
Y V A R G I M E E N F T I U N  
S Q U A S H M R Y I W M A R P  
F A L L P R A S N D A L O B A  
R M H T N B A G C F A C E K I

cook  
corn  
dinner  
fall  
family  
feast  
food  
gravy  
harvest

maize  
pilgrims  
pumpkin  
relatives  
settlers  
squash  
stuffing  
thanks  
turkey



**Smile Makin' Crew**

By Darla Carle



Darla - Patient Coordinator

Karin - Financial Coordinator

Kelly - New Patient Coordinator

Donna-Clinical Assistant

Brittany-Clinical Assistant

Amy-Clinical Assistant





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