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**Our Mission Statement**

*By Darla Carle*



**Happy Halloween,**

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*



Dr. English and Dr. Avila

Hi there!

Last of September this year, I had the opportunity to lecture for the Orthodontic Residents at the University of Texas Houston. The topic was the benefits of the orthodontic brackets we use to treat our patients. The bracket has a unique architecture providing benefits of both mono-wing and twin-wing brackets. The first twin-wing bracket was patented by Dr. Edward H. Angle in 1925. There was an enthusiastic response to the lecture. The Chairman of the Orthodontic Department is Jeryl D. English.

Houston has been without rain for many months now and some of their trees were dying. The daily temperatures reached 100 degrees while I was there.

Here in Indiana, cold weather is at hand, you can feel it coming!!

While not a born Hoosier, I am definitely a Hoosier at heart. Many Hoosiers do not enjoy cold weather like I do. Coming from California I love to see how the trees turn color because of the cold weather. Then the fluffy stuff...

Reminds me of how my son looked out our front window on the morning of December 23 after a winter blast. He stared and stared, finally he said--"it's Christmas!!!" .

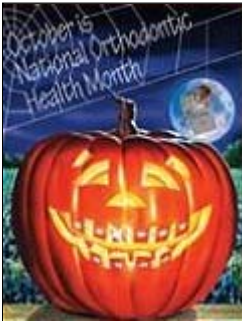
Holidays mean lots of sweet foods, please remember to brush your teeth many times per day. Often we think we need toothpaste to brush our teeth. Toothpaste does make it easier to clean our teeth, we still get a very good benefit by just brushing our teeth and swishing with water afterwards.

...and above all, remember to smile wide and often--your days will be much nicer!!

Enjoy Life!! Dr. A :-)

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## 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](http://www.braces.org) or call 1-800-STRAIGHT (1-800-787-24448). Your dentist also can provide recommendations on orthodontists near you.

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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 you're 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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## Monthly Contest Winners!!!!

*By Darla Carle*



At **September** appointment slip  
drawing:

Anderson - Brittany Abbott \$10.00 gift  
card

Muncie - Hannah Newton \$10.00 gift  
card

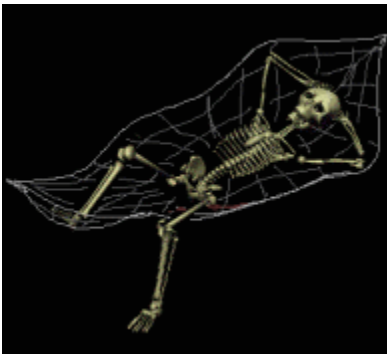
Kirsten Hudson won our 25.00 gift  
card for the back to school word  
search

Congratulations to each one of  
these winners!!!!

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## **October/November Contest**

*By Darla Carle*



## **HELP US UPDATE YOUR INFORMATION!!!**

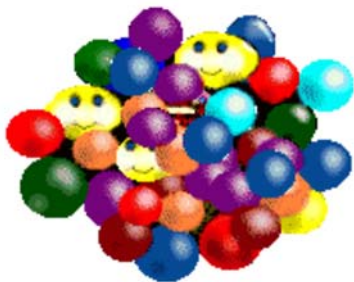
Please help us update your information by filling out a slip and giving it to Darla for a chance to win a **\$25.00 gift card**. How easy is that?

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### **October Birthdays**

*By Darla Carle*

## **HAPPY BIRTHDAY TO OUR PATIENTS AND STAFF:**



**Rebecca Clark - Oct 2**

**Clint Boone - Oct 2**

**Destani Tabor - Oct 9**

**Preston Bishir - Oct 9**

**Taylor Bowlin - Oct 10**

**Isaac Blasiman - Oct 12**

**Brittany Abbott - Oct 13**

**Tyler Leach - Oct 17**

**Marisa Conatser - Oct 18**

**Chad Becker - Oct 19**

**Hannah Stonerock - Oct 20**

**Rebecca Osburn - Oct 21**

**Amber Hummel - Oct 22**

**Elias Seeman - Oct 25**

**Cameron Yeakle - Oct 25**

**Gracie Black - Oct 29**

**Whitney Bruner - Oct 30**

**Ashley Young - Oct 30**

**Brittany Chandler (staff) - Oct 30**



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## Appointment Reminders

*By Darla*



As of now, we are using automated phone calls to remind you of your appointment. This system

is 8 years old, and is no longer supported.

Beginning Dec. 31, we would like to use either text reminders or email reminders. **To get text reminders, go to your account on our website and sign up for the text.** If you are having problems, please call me and I can walk you through it.

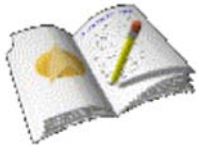
Thank you

Darla

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## **NEW EMERGENCY PHONE #**

*By Darla Carle*



**Please make a note  
of our new  
EMERGENCY  
CONTACT NUMBER.  
If it is a true  
orthodontic  
emergency, you  
may now call**

**765-212-0513. This is a cell phone and we will be able to service you better.**

**If you have any questions, please feel free to call our office.**

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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*

*Meri - Clinical Assistant*

