



BEL AIR ORTHODONTICS

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Shaping Smiles - Shaping Lives

Brace Connection Newsletter

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Welcome to our first newsletter designed just for you, our professional friends and partners.

The Brace Connection is designed to keep you updated on the latest orthodontic news and fun activities at Bel Air Orthodontics.

As always, we're interested in your opinions, comments and feedback. Feel free to contact us any time at 410-838-2244 or email us at info@belairortho.com.

INSIDE THIS ISSUE:

Ask the Doctor	1 - 2
Retainer Stories	2
Orthodontic News	3
Contest Results	3
Dental Trivia	3

For additional copies of our newsletter, visit us on the web at www.belairortho.com/fordentists



Ask the Doctor . . .

Each quarter, Dr. Godwin will address your most frequently asked questions. We hope that you'll find the answers interesting and useful in your practice. Do you have a question about orthodontics? If so, email us at info@belairortho.com. If your question is featured in an upcoming newsletter, your office name will be entered into our quarterly drawing for a chance to win *Lunch On Us*. This quarter's newsletter addresses questions regarding early, interceptive orthodontic treatment.

Q. When should a child be screened for their orthodontic needs?

A. We can enhance a smile at any age, but there's typically an optimal time period to begin orthodontic treatment. The American Association of Orthodontists recommends that every child have an orthodontic evaluation by age 7. Although many children are not ready for treatment at age 7, an early evaluation allows me to monitor dental development so that I can help our patients choose the optimum time to begin treatment. To emphasize the importance of early screening, we provide our patients with a complimentary initial examination.

Q. What are the benefits of early orthodontic screening?

A. By age 7, permanent first molars and incisors erupt, establishing posterior and anterior occlusion. By examining the mixed dentition, front-to-back and side-to-side tooth relationships are evaluated. I can determine whether an occlusion exists that is damaging tooth structure or the child's periodontium. In addition, early screening allows me to provide our patients with input regarding dental development anomalies.

Q. What is your philosophy regarding early treatment?

A. In my practice of orthodontics, I limit early treatment to those patients whose dental development requires redirection. Specifically, I provide early treatment for patients with anterior and posterior crossbites, impinging overbite, and severe dental protrusions. A majority of early orthodontic treatment is actually provided by you, the primary care provider, as you extract baby teeth which are disrupting normal dental development.

Turn the page for more Ask the Doctor Q & A's.



Ask the Doctor . . . (Continued)

Q. What are the advantages of interceptive treatment and how does it affect comprehensive Phase II care?

A. Some of the direct results of early treatment are:

- Improved ability to bite and chew
- Enhanced speech development
- Improved self-image during the formative years
- Reduced risk of trauma to protruding front teeth
- Reduced need for removal of permanent teeth
- Reduced risk of asymmetric jaw growth
- Reduced risk of periodontal damage
- Improved oral hygiene

Q. How does early treatment affect comprehensive care?

A. Early orthodontic treatment, also known as Phase I care, is usually provided to patients in mixed dentition. Again, the goal of Phase I treatment is to create the healthiest environment possible for the eruption of permanent teeth. Most patients who receive early treatment require a second phase of comprehensive orthodontic care in order to establish their final occlusion. However, Phase I early treatment often decreases the time required in full braces and reduces the frequency of permanent tooth extraction, thereby reducing the cost of comprehensive treatment.



Have You Ever Wondered Where All Those Missing Retainers Go?

Well, our patients have some amazing stories to tell. Fact, fiction or just plain silly . . . only our patients know for sure. All we asked is that the stories entertain us, and many of our patients delivered just that. Here are just a few of the stories we received. We hope you'll enjoy them as much as we have! This will be a regular feature in our upcoming newsletters, so look for more fun stories to come.

The Maniacal Lunch Lady

One day a boy named Dan went to school and forgot his retainer case at home. He didn't realize this until lunch when he discovered that he didn't have anywhere to put his retainer. He decided that putting it on his lunch tray just once wouldn't matter because he always remembered important things. Little did he know that an evil cafeteria lady lay in wait for children who made this innocent mistake. As he finished his lunch, the maniacal lunch lady crept closer and closer until she was within an arm's reach of the retainer. As Dan took his last bite of chicken, the lunch lady snatched the retainer right off his tray. Dan, noticing this act of thievery, turned his head just in time to see the culprit scrambling away with the retainer clutched in her claw-like hand. Hoping to catch the perpetrator, he ran after her with lightening speed. Unfortunately by the time he turned the corner, there was no sign of her. It seemed as if she disappeared into thin air. To this day, there are rumors that this deranged creature preys on unsuspecting students who are just trying to maintain their straight teeth. So beware . . . you might be next!



Golf Game Gone Wrong!

It was a warm Sunday afternoon, and I was on the 8th hole on the links at St. Andrew's Scotland when it happened. I had a good feeling . . . a vision of hitting the ball well over 375 yards and hole out for a one on a par four. I got up over the ball, the wind blowing from behind me at 15 mph. I was holding an 8.5° Titleist driver, and it felt right. When I made my backswing, I could feel it was going to be sweet. Unfortunately, I swung so hard at the ball that my retainer flew out of my mouth and landed on the ball in mid air. Despite my retainer being on the ball, a stiff breeze kept my ball in the air, and it flew farther and faster. Just when I thought I was going to come short of the green and my dreams of a par four, a strong breeze kicked up and carried the ball onto the green. I held my breath as the ball rolled toward the hole and my retainer held tight to the ball. To my surprise, my retainer slowed the ball down just enough . . . HOLE IN ONE! When I went to retrieve my ball, I noticed that my retainer was sticking out of the ground, and it looked like it had stopped the ball and dropped it into the hole! Unfortunately, there was one problem . . . the retainer had broken. That was quite a sacrifice I had to make for a good golf game!





No Uniform is Complete Without a Mouth Guard

Join us and help young athletes protect their smiles. The American Association of Orthodontists and moms across the country are promoting sports safety and protecting kids from unnecessary sports injury. By taking the AAO's pledge at MomsForMouthGuards.org, you can help ensure that more young athletes will be wearing mouth guards while playing sports.

As Moms for Mouth Guards pledges are received, the AAO will donate funds to the National Alliance for Youth Sports to promote sports safety and buy mouth guards for young athletes in need. The pledge is free for you, but the promise and awareness could prevent a child from an unnecessary trip to the emergency room.

According to the National Youth Sports Safety Foundation, more than 5 million teeth will be knocked out in sporting activities this year alone. The simple act of wearing a mouth guard and helmet could prevent such an injury. For tips on preventing accidents, treating facial injury and more, visit the American Associations of Orthodontists website at www.braces.org.

Your signature can help save a smile.



Luck of the Irish Raffle Results Are In . . .

The results are in, and congratulations go to the following raffle winners whose names were randomly chosen from all those who participated:

Office of Dr. Alfred Liszewski
Office of Dr. Charles Sheets
Packer Family Dentistry
Office of Dr. Iris Shields

Team members from each of the winning offices received two movie tickets to Regal Cinemas! Thanks to all who participated and made our Irish Raffle a success.



Look for our Summer Raffle heading your way soon. Remember, you've got to play to win . . . So send it in!

Just For Fun . . . Dental Trivia



- Three million miles of dental floss are bought each year in North America. That's great news because research shows that if you don't floss, you miss cleaning 35% of your tooth surface.
- The average human produces 25,000 quarts of saliva in a lifetime. That's enough saliva to fill two swimming pools!
- The first nylon bristled toothbrush with a plastic handle was invented in 1938.

For more fun, visit us on the web at www.belairortho.com.