



JEFFREY M. BARLOW DDS, PA

SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

April 2015 Quarterly Newsletter

Celebrating Anniversaries this Quarter:

April 1st, Dr. Barlow 11 years of owning the practice!!

May 6th, Donette 9 years!

May 18th, Tiffany 11 years!

June 13th, Amber 1 year!

June 19th, Jennifer 3 years!

Celebrating Birthdays this Quarter

Emily, April 14th

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[Our Website](#)

[Send Us an Email](#)





Dr. Emily is Dr. Barlow's wife and works part time in the office. She is a mother of two and in her spare time enjoys going to the beach and boating with family and friends.

Julie, April 14th



Julie is one of Dr. Barlow's marketing coordinators. In her spare time she enjoys spending time with her family, a day out to shop and having lunch with friends.

Tracy, May 12th



Tracy is one of Dr. Barlow's assistants. She enjoys spending time with her family and friends. In her spare time, Tracy likes to shop, read, and relax on the beach.

Carolyn, May 17th



Carolyn is one of Dr. Barlow's treatment coordinators. She enjoys spending time with her husband at the beach and surfing. Carolyn also has grandchildren that she adores and loves to spend time with.

Cristine, June 19th



Cristine is one of Dr. Barlow's assistants. She has a little girl that she adores and one on the way. Cristine enjoys going to Orlando and to Wet n Wild whenever she gets the chance.

Upcoming Contests:

April 13th-May 29th Office Trivia

There will be 5 multiple choice questions about Dr. Barlow's office. Answer all 5 questions right and win!

June 1st-August 31st Flat Jeffrey is Back!

Take Flat Jeffrey on vacation with you, take pictures and send them in to win!

In This Newsletter:

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April is National Facial Protection Month



Nearly 60,000 people injure their faces annually while playing baseball and more than 100,000 people suffer facial injuries from bicycle accidents. This month enhances public awareness of

facial protection and specialized treatment for facial injuries, at least half of which are in children.

Pediatric dentists, oral and maxillofacial surgeons and orthodontists—which are all ADA- recognized dental specialists—are sponsoring "April is National Facial Protection Month." Their message is clear: Avoid sports injuries by wearing protective equipment. The [American Academy of Pediatric Dentistry](#) (AAPD), the [American Association of Oral and Maxillofacial Surgeons](#) (AAOMS) and the [American Association of Orthodontists](#) (AAO) encourage active people—children, parents, weekend warriors, professional athletes—to play it safe when getting outside this spring (or playing indoor sports).

According to the National Institute of Health, childhood sports injuries may be inevitable but prevention does matter. For instance, football players can protect their faces with mouth guards and helmets. Likewise, basketball players should wear mouth guards and eye protection.

A study published in the February 2003 Journal of the American Medical Association showed that players who used faceguards—devices made of plastic or metal that attached to baseball helmets—were 35 percent less likely to suffer facial

injuries than non-users. Further, the Centers for Disease Control estimates that universal helmet use could save one life each day and prevent one head injury every four minutes. The Marshfield (Wisconsin) Clinic states that wearing protective eyewear can prevent 90 percent of eye injuries in the U.S. It seems the first step to facial protection is just putting on the gear.

From skateboarding to rollerblading, baseball to volleyball, karate to gymnastics, downhill skiing to bicycling, all sports are contact sports. From mouth guards, to face shields, to eye shields, dental specialists advocate wearing protective gear to save face.

Top 10 Ways to Save Face

1. Wear a mouth guard for any contact sport (soccer, yes; chess, probably not). Mouth guards can help prevent jaw, mouth and teeth injuries and are less costly than recovering from the injury.
2. Wear a helmet and it will protect your head by absorbing the energy of an impact. You don't have to lose your head because you take a spill when cycling, snowboarding, rollerblading or horseback riding.
3. Wear protective eyewear so your mom won't have to say, "You'll poke your eye out." More importantly, you'll be able to keep your eye on the tennis ball, baseball, football, etc.
4. Wear a face shield to keep your skin free from scratches and bruises. Hockey pucks, basketballs, and racquetballs can do severe damage.
5. Be aware of family pets. Each year roughly 44,000 people incur facial injuries from dog bites. Children should be supervised when playing with family pets (cats and rabbits too).

6. Buckle up and use appropriate child safety seats. Passengers who don't buckle up are more likely to have a brain injury in a crash than the buckled driver.
7. Keep babies and toddlers safe. They crawl and climb, so pad sharp corners of tables, use safety locks on cabinets, install stairwell safety gates, and secure windows. They also teethe, so hide the sharp pencils.
8. Be alert. Alert spectators can avoid foul baseballs and flying hockey pucks. Watch your step when climbing up bleachers.
9. Use common sense. If an activity carries risk of dental or facial injury, wear the right protective gear. Without it, even a pickup basketball game could result in a trip to the emergency room.
10. Ask the experts. To learn more, visit www.aaoms.org, www.braces.org and www.aapd.org.

"April is National Facial Protection Month" is listed with the U.S. Department of Health and Human Services [Office of Disease Prevention and Health Promotion](#).

Choosing the Best Toothpaste



Thanks to better care and technological advances, more people than ever before are keeping their teeth throughout their lives. The most important thing you can do to make sure you're one of

those who keep their natural teeth is to brush and floss regularly.

Most dental decay is caused by plaque, a sticky, colorless bacteria that is constantly forming on your teeth. Saliva, food (especially sugar) and fluids combine to produce plaque, which collects on teeth and where teeth and gums meet. Plaque that is not removed by regular brushing and flossing can harden into tartar, a crusty deposit that can only be removed by a dentist. Plaque also leads to gum disease, a potentially serious infection that can erode bone and destroy the tissues surrounding teeth. Flossing removes plaque between teeth, and brushing removes plaque from the large surfaces of the teeth and, if done correctly, from just under the gums.

With brushing being such an important factor in your oral health, you can see why your choice of a toothpaste is important, but with so many brands and types - plaque control, tartar control, whitening, gum care, sensitive teeth, polish, smoker's - from which to choose, picking the right toothpaste can be a daunting task. Your dentist or dental hygienist can help narrow the field by discussing what your special brushing needs are.

If you tend to build up plaque or tartar quickly, you'll want a plaque or tartar-control toothpaste. Anti-plaque/tartar toothpastes will have ingredients such as fluoride and/or antibacterial agents to limit plaque and tartar formation. (Check with your dentist before choosing fluoride toothpaste for your young children. Excessive fluoride ingestion by pre-school age children can lead to discoloration of the permanent teeth. If your child uses fluoride toothpaste, make sure s/he does not swallow toothpaste while brushing.)

If you smoke or drink tea or coffee, a whitening toothpaste may help with stains. However, whitening toothpastes only remove adherent stain. The ingredients necessary to actually bleach your teeth are not chemically stable enough to be included in toothpaste. Use caution with those

toothpastes made to remove heavy stains, frequently referred to as "smoker's toothpaste" or "tooth polish". These toothpastes may be excessively abrasive and may cause progressive wearing away of the tooth and supporting tissues. (Also, if you smoke, be sure to see your dentist regularly, as smokers are at increased risk of gum disease, early tooth loss and also soft tissue conditions including oral cancer.)

Temperature sensitive teeth will benefit from a toothpaste made to desensitize your teeth. Your needs may change as you age, so don't be surprised if your hygienist recommends a type of toothpaste you haven't used before.

Once you've determined which type of toothpaste is best, choose the one that tastes and feels best and doesn't cause irritation or sensitivity problems. If you like the flavor and texture of your toothpaste, you'll brush more and longer. And brushing well and regularly means you'll be smiling with your natural teeth well into your mature years.

Attention Parents: The "Simpli Clear" Way to Straight Teeth

All-new Simpli5 is your fast and simple aligner system for minor-to-moderate anterior crowding or spacing. Developed by Ormco's AOA Lab, Simpli5 consists of up to five sequential trays for dual- and single-arch cases. Each tray generates up to 1/2mm of movement, or 5mm overall for a dual arch case.

Fast!

- Impressions to aligners in just 3-4 weeks
- Ideal for former OrthoClear cases further along in treatment as well as for new cases involving minor-to-moderate movement

Who are your ideal candidates for Simpli5?

- Minor-to-moderate anterior crowding or

spacing

- Minor orthodontic relapse



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