



JEFFREY M. BARLOW DDS, PA

SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

April 2016 Quarterly Newsletter

Introducing:

Dr. Jeffrey Barlow

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Merritt Island, FL 32953
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[Our Website](#)



Kimberly is our newest team member.

She is one of Dr. Barlow's scheduling coordinators. She recently moved to Florida from California. She enjoys spending time with her family, hiking and camping. One of her favorite afternoon getaways is going to the beach. Welcome to Florida Kimberly! Glad you are a part of our wonderful team!

Upcoming Contests:

April 1st through May 20th--**Who's your favorite/coolest teacher?** Tell us your favorite teacher or the coolest teacher. You will be entered to win a prize for yourself and your teacher will win a prize!

May 23rd through August 12th--**Summer Selfies!** Take a selfie while on vacation, spending time with family and friends. You will be entered into a drawing for the best selfie! You can send in your pictures either by mail or by email. The address is: 105 N Grove Street, Merritt Island, FL 32953 or email to: braces@barlowortho.com.

Continuing Education

Dr. Barlow will be attending the American Association of Orthodontists for continuing education. He is always striving to learn all he can to help improve the office and keep things current.

Celebrating Anniversaries This Quarter:

[Send Us an Email](#)



April 1st, Dr. Barlow 12 years of owning the practice!!

May 6th, Donette 10 years!

May 18th, Tiffany 12 years!

June 13th, Amber 2 years!

June 19th, Jennifer 4 years!

Celebrating Birthdays This Quarter:

Dr. Emily Barlow, April 14th



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, boating, and spending time with her family.

Julie, April 14th



Julie is one of Dr. Barlow's marketing coordinators. Julie enjoys spending time with her family and

friends. In her sparetime, she enjoys shopping, taking short trips and watching football.

Tracy, Mary 12th



Tracy is one of Dr. Barlow's orthodontic assistants. She enjoys spending time with her 3 beautiful daughters. In her spare time, Tracy likes to relax at the beach and hanging out with friends. She enjoys weekend getaways to Orlando.

Carolyn, May 17th



Carolyn is one of Dr. Barlow's treatment coordinators. She enjoys spending time with her husband and grandchildren. Carolyn enjoys the beach and surfing. In her sparetime, she enjoys putting her creative talents to work by creating beautiful art.

Cristine, June 19th



Cristine is one of Dr. Barlow's orthodontic assistants. She has two beautiful girls that she adores. She enjoys spending time with friends, going to Orlando and theme parks.

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](#).

Making a Fashion Statement With Your Braces



The 'mouth full of shining metal', commonly called 'metal mouth' or 'tin grin', is

truly a thing of the past with today's updated braces. Braces have become a fashion statement, and you can choose which type of braces will fit your personal taste and style.

For patients who choose to make fashion statements with their mouths, colors are a way to show your personality. Stainless steel braces are the most common and the most popular type of braces for children and adults, but plain old stainless steel braces don't have to look plain. Today's space age materials make braces more comfortable than ever and more easily decorated. The rubber bands that you put in and take out daily come in dozens of colors. Even the ligatures that hold your wires to the brackets come in a splashy array of colors. Although they're not

interchangeable like the elastics, colored brackets can add real spark to a smile, and your orthodontist can change the colors each time your wires are changed. You can choose colors that coordinate with your wardrobe. You can wear your school colors on your braces. You can proclaim your loyalty to a sports team. You can choose to decorate your teeth for a holiday, like orange and black for Halloween or green for St. Patrick's Day. You can even choose a different color for each bracket and make a rainbow in your smile!

There are clear composite braces that glow in the dark. And if you want to make the ultimate fashion statement, then maybe the classic beauty and elegance of gold is for you. Gold braces and wires are similar to stainless steel braces and wires with the exception of being gold-plated for a 24-carat smile.

For patients whose style is quieter and more subdued, there are braces that bond to the back of your teeth and can't be seen at all. There are clear retainers that are barely noticeable. And there are ceramic braces, made from a ceramic material developed by the NASA space program, that are virtually invisible on your teeth. Ceramic braces are also very strong and dependable, which will help you achieve your treatment goal faster and more efficiently.

Once the braces are off, retainers are another way

to express your personality. They don't have to be roof-of-the-mouth pink nowadays. Your retainer can glow in the dark, be polka-dotted, be personalized with a photo of your best friend, your dog or the logo of your favorite sports team. Your choice is limited only by your imagination.

Braces in one form or another have been in use for 100 years and continue to be the primary mechanism used to move teeth, but today's braces bear little resemblance to the "train tracks" that baby boomers may remember from their youth -- they're updated in style and make a colorful fashion statement that's good for your teeth!

Oral Hygiene Do's and Don'ts



The mouth is the gateway to the body... good health begins with good teeth. Tooth decay, infection and/or gum disease can lead to a variety of

ailments and just generally 'feeling bad.' Here's a list of Do's and Don'ts for keeping your oral hygiene the best it can be:

Oral Hygiene Do's

- Visit your dentist regularly for check-ups and cleaning.

- Visit an orthodontist for an evaluation if you see any of the early warning signs of orthodontic problems.
- Have your child(ren) evaluated by an orthodontist by age seven. Many orthodontic problems can be more easily corrected before tooth and facial growth is complete.
- Brush your teeth at least twice a day using a soft-bristled toothbrush and a fluoride toothpaste.
- Floss between your teeth at least once a day, after dinner and before bedtime. (Tip: Use toothpaste on your floss for extra fresh breath.)
- Rinse and gargle with the mouthwash, ideally right before bedtime.
- Eat a balanced diet, limit between-meal snacks and eliminate sugary foods.
- Clean your tongue when you brush your teeth. (Tip: Instead of using toothpaste to brush your tongue, dip your toothbrush in mouthwash.)
- Drink plenty of liquids, especially water to keep your mouth moist. (Tip: If your mouth is dry, try sucking in your cheeks as if eating something sour to increase flow from the salivary glands.)

Oral Hygiene Don'ts

- Don't forget to clean behind your back teeth.
- Don't give mouthwash or fluoride toothpaste to young children, as they can swallow it.
- Don't clean your tongue so hard that it hurts.

- Don't rely on mouthwash alone to keep your teeth and gums clean and your breath fresh. Practice complete oral hygiene.
- Don't ignore your gums - you can lose your teeth as well as have bad breath.
- Don't drink too much coffee.
- Don't smoke.

For those wearing braces or other orthodontic appliances, keeping teeth and gums clean may be a bit more difficult, but the resulting smile will be worth the effort. If you wear braces...

Braces Do's

- Brush after every meal. If you can't brush right away, rinse your mouth (and removable appliance) with water.
- Floss every day. Your orthodontist can give you a floss threader if you're having difficulties.
- Chew only sugarless gum.
- Call your orthodontist if anything is loose or broken.

Braces Don'ts

- Don't miss your orthodontic appointments. Missed or delayed appointments mean you'll have to wear your braces longer.
- Don't eat hard, sticky or chewy foods, crunchy foods.

- Don't chew on pens, pencils, ice, fingernails or anything that might break your braces.

Shiny clean teeth and fresh breath are good reasons for practicing good oral hygiene, but the most important reason is that keeping your gums and teeth clean and healthy will help you keep your teeth throughout your life. Although some diseases and conditions can make dental disease and tooth loss more likely, most of us have a great deal of control over whether we keep our teeth into old age. Wouldn't you rather be chewing with your own natural teeth?

