



# JEFFREY M. BARLOW DDS, PA

SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

## *April 2017 Quarterly Newsletter*

### UPCOMING CONTESTS:

April 17th - May 12th



Mother's Day contest--**What's Special about your Mom?**  
Tell us why your Mom is so special to you and be entered to win a special gift for her.

**Dr. Jeffrey Barlow**

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[Our Website](#)

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May 15th - June 16th



Father's Day contest--**What's Rad about your Dad?** Tell us why your Dad is so Rad and be entered to win a special gift for him.

**Celebrating Anniversaries This Quarter:**

April 1st, **Dr. Barlow** 13 years of owning the practice!!

May 6th, **Donette** 11 years!

May 18th, **Tiffany** 13 years!

June 13th, **Amber** 3 years!

June 19th, **Jennifer** 5 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 spare time, she enjoys shopping, taking short trips and watching football.

**Tracy, May 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.

### **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 the theme parks.

### **In This Newsletter:**

[April is National Facial Protection Month](#)

[Children's Dental Tips](#)

[How Braces Work](#)

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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](http://www.aaoms.org), [www.braces.org](http://www.braces.org) and [www.aapd.org](http://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](#).

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## **Children's Dental Tips**

*By American Academy of Cosmetic Dentistry*

### **Dental Tips For Kids**

1. Think "Clean not Green." Teeth should be clean so there is no leftover food on them for the bacteria (bugs) that live in your mouth to eat. Bacteria cause decay by eating sugary leftovers and turning them into acid. The acid rots the teeth and makes holes (cavities). Clean teeth have no sugar leftovers on them and therefore don't decay. Clean teeth = no cavities.
2. Brush your teeth twice a day. An adult should help at least one of those times until the child has the skills and dexterity to do the job well by him or herself.
3. Floss every day. Even baby teeth benefit from being clean, and nothing cleans between teeth as well as dental floss.
4. Sealants prevent decay. A sealant is a hard plastic that is bonded into the grooves of the biting surfaces of back permanent teeth. The teeth should be sealed as soon as possible after they come in.

5. Fluoride really does make teeth harder and less likely to decay. Use a fluoride toothpaste. Fluoride prescriptions (drops or tablets to chew daily) come in different strengths and are advantageous for most kids. Even when the water supply is fluoridated, some additional fluoride is usually still a great idea since most kids don't drink very much tap water. School programs like "Swish and spit" are also a good thing. For kids with a higher decay rate, extra fluoride rinses should also help.

6. Orthodontia (braces) should be started early if possible. By starting early, there is less likelihood that permanent teeth will have to be removed. Early ortho also usually results in being done with the braces at an earlier age. Let your regular dentist take x-rays to check for missing permanent teeth (preferably by age 6). If baby teeth must be removed early due to decay, make sure to have a space maintainer put in to help keep the teeth from drifting.

7. Never put a baby to bed with a bottle of any liquid other than water. Milk and juices have acids and sugar in them, and they can quickly rot a baby's teeth if they are in contact with these liquids all night long. Water is safe.

8. Teeth are not tools; they are for eating. Don't use them as package openers, wire strippers, nut-crackers, or pliers. Protect them. Wear a mouth guard if playing sports. Do not do piercings in the mouth – they can permanently chip, break, and ruin teeth.

9. Get regular professional cleanings from a hygienist or dentist (usually at least once every six months).

10. See the dentist. The first trip should be as early as age 1. Most dentists prefer to wait until age 2 or 3 unless there are any problems or possible problems. Plan on a check-up about twice a year for



most kids. These routine checkups give your dentist the best chance to diagnose any problems early, and make specific recommendations for each child. Remember -- prevention and early treatment are the best medicine.

Content provided courtesy of the American Academy of Cosmetic Dentistry, [www.AACD.com](http://www.AACD.com).




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## How Braces Work



The principles of correcting teeth alignment with pressure are centuries old. Hippocrates wrote about straightening teeth in 400 B.C.E. and archeologists have found mummies with crude metal bands wrapped around their teeth.

Braces are the most efficient and accurate way of moving teeth. The jawbone is a solid structure surrounding your teeth, but it can change shape in response to prolonged pressure. Braces put pressure on one side of a tooth, and the bone on the other side gives way. The tooth moves slowly into its new, correct position and new bone grows in behind it. Adult bones are more dense than children's bones, therefore, it takes longer to move adult teeth than to move a child's teeth.

Tooth movement is really a normal physiological process that allows your orthodontic correction to occur. Your jawbone adapts to the pressure from your braces, allowing teeth to be moved forward or backward, in or out, up or down. The direction of movement is determined by the direction of

pressure. Prolonged pressure causes bone to dissolve in the area into which the tooth is moving. As the tooth shifts, the surrounding ligaments stretch, signaling the body to fill the gap behind the tooth. The body then deposits new bone to support the tooth in its new position.

All braces are custom made and traditionally consist of three appliances – brackets, arch wires and rubber bands.

1. Brackets are cemented to each tooth to hold the wire in place. Sometimes, bands are used instead of brackets, but with modern methods it is no longer necessary to cement a band around each tooth. These bands and brackets act as a handle on each tooth and each is 'tailor made' for a specific tooth.
2. A beautifully rounded arch wire is deformed by twisting it into the brackets. This distorted arch wire runs through all the brackets and acts as a track along which the teeth are to be moved. The wire, which has a 'memory' of its original shape, exerts pressure on the teeth as it returns to its pre-formed shape. Wires are changed throughout the treatment, with progressively thicker wires added, and each change brings your teeth closer to the ideal tooth position. Finally, the attached teeth form a beautifully rounded arch themselves.
3. After the upper and lower arches are rounded, Rubber Bands are attached to the upper and lower brackets to make the arches fit together. Rubber bands move your teeth in directions that braces can't. You will remove and replace your rubber bands yourself daily, so that proper, constant force is applied to your teeth.

In addition, if your teeth need a little extra help moving into a bright healthy smile, you may have to wear head or neck gear. Typically, head or neck

gear is only worn at night or when you're at home in the evening. Each patients' teeth are different and so is each patients' orthodontic treatment, but normally, patients have to wear braces about 18 to 24 months.

So... it may look like they're doing nothing, just sitting there in your mouth, but your braces are building you a new, beautiful smile!

