



JEFFREY M. BARLOW DDS, PA

SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

January 2016 Quarterly Newsletter

HAPPY NEW YEAR!

Dental Health Month

BE ON THE LOOK OUT FOR DR. BARLOW.....

Every year, during the month of February in observance of Dental Health Month, Dr. Barlow attends elementary schools in Brevard County. This year Dr. Barlow will be attending Merritt Island Christian School, Lewis Carroll, Divine Mercy, St. Mary's, Ralph Williams, Park Avenue, St. Theresa's, Lewis Stevenson, Viera Charter, and Manatee. He goes to the schools to educate 3rd graders on the importance of oral hygiene and demonstrates the proper way to brush and floss. Be on the lookout to see when Dr. Barlow will be attending your school.

UPCOMING CONTESTS

JANUARY 4TH - FEBRUARY 29TH:

Dr. Jeffrey Barlow

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Merritt Island, FL 32953
(321) 459-1313

[Our Website](#)
[Send Us an Email](#)



What is your New Year's Resolution? **Prize:**
Bluetooth Speaker

MARCH 1ST - APRIL 29TH:

Facebook check-in at Dr. Barlow's
office **Prize:** Amazon Gift Card

Celebrating Anniversaries this Quarter:

January 2nd, Julie 13 yrs

Celebrating Birthdays this Quarter:

Brenda, January 30th



Brenda is one of Dr. Barlow's treatment coordinators. Brenda has 4 grandbabies and twins on the way. She takes every opportunity she can to go out to the West Coast to see them. In her spare time, Brenda enjoys spending time with her family, reading, going to the beach, and shopping.

Amber, February 4th



Amber is one of Dr. Barlow's scheduling coordinators. She loves spending time with her 13 year old daughter and family. In her spare time, she

enjoys relaxing on the beach, hanging out with friends, and shopping.

Chelsea, March 28th



Chelsea is Dr. Barlow's lab and sterile tech. Chelsea enjoys spending her free time with her son who just turned 3! They both love to be outdoors enjoying the St. Johns River, fishing, four wheeling or just relaxing by the water.

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About Orthodontics

By American Association of Orthodontics

What is orthodontics?

Orthodontics is the branch of dentistry that specializes in the diagnosis, prevention and treatment of dental and facial irregularities. The practice of orthodontics requires professional skill in the design, application and control of corrective appliances to bring teeth, lips and jaws into proper alignment and to achieve facial balance.

What is an orthodontist?

Orthodontists must first attend college and complete a three to five year dental graduate program at a dental school accredited by the Commission on Dental Accreditation of the

American Dental Association (ADA). They must then complete a two-to three year ADA-accredited residency program of advanced education in orthodontics. Through this training, the orthodontist learns the skills required to manage tooth movement (orthodontics) and guide facial development (dentofacial orthopedics).

Only dentist who have successfully completed this advanced specialty education may call themselves orthodontists.

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Insurance Coverage

By American Academy of Cosmetic Dentistry

Does Dental Insurance Typically Cover Cosmetic Dentistry?

Dental benefits from your employer offer some financial help for basic dental care, and, under certain circumstances, a small portion of cosmetic and appearance-enhancing procedures may qualify for reimbursement. Your dentist must, of course, precisely report the procedures he or she performed and may be asked to outline the underlying reason for performing each procedure. In most cases, purely cosmetic procedures (like plastic surgery and other cosmetic procedures not covered by medical insurance) will not have been included in the agreement negotiated between your employer and the insurance carrier; so, don't be disappointed if that is what you discover in your own plan.

Each benefit plan is unique so if it is important to be clear about what to expect, check with your benefits manager or insurance carrier directly. Remember that you will always be limited to the

small yearly reimbursement maximum negotiated by your employer as well as any restrictions or limitations agreed to in the contract. Your dentist and his or her team will be helpful in providing information you can use when discussing benefits with your insurance carrier. They, however, have no influence over the decisions made by your employer or the carrier and have little information about the details of your plan.

Content provided courtesy of the American Academy of Cosmetic Dentistry, www.AACD.com.



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.

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