



# JEFFREY M. BARLOW DDS, PA

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## *January Quarterly Newsletter*

**Happy New Year and Welcome to 2017!**

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**Dental Health Month:**



**Be on the lookout for Dr. Barlow....**

Every year, during the month of February in observance of Dental Health Month, Dr. Barlow speaks to elementary schools in Brevard County. This year Dr. Barlow will be speaking at 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 ways to brush

[Our Website](#)  
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and floss. Be on the lookout to see when Dr. Barlow will be coming to your school.

**Upcoming Contests:**

**January 2nd through February 17th:**

Guess the number of Hershey Kisses are in the jar!

**February 20th through April 14th: Welcome Spring**

Guess the number of Jelly Beans in the jar!

**Celebrating Anniversaries this Quarter:**

January 2nd, Julie 14 years



**Celebrating Birthdays this Quarter:**

**Brenda, January 30th**



Brenda is one of Dr. Barlow's treatment coordinators. She has 6 grandbabies and one more on his way. She takes every opportunity she can to go out to the West Coast to see her grandchildren and now she will have one close to home. In her free time, Brenda enjoys spending time with her family and taking in senior dogs from the SPCA to foster.

**Amber, February 4th**



Amber is one of Dr. Barlow's scheduling coordinators. Amber has a beautiful daughter that she loves spending time with. She likes to spend time at the beach, shopping and relaxing with friends and family.

**Chelsea, March 28th**



Chelsea is Dr. Barlow's lab and sterile tech. Chelsea makes all of the in-house retainers. Congratulations to Chelsea on the birth of her second son. She loves to spend time with both boys and her family

**In This Newsletter:**

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**Want Straight, Healthy Teeth and a Confident Smile?**



**Want Straight, Healthy Teeth and a Confident Smile? Invisalign can be**



**your path to clearly  
beautiful pearly whites.**

Getting your teeth straightened isn't just for teenagers anymore. Like many adults, you have probably wanted to straighten your teeth. Our teeth tend to get slightly crooked over time, especially if we wore braces as kids but stopped wearing our retainer at some point. Straightening your teeth as an adult may seem to be an impossible dream, and you've got a long list of reasons why you can't do it. "I don't want metal braces at my age," or "It'll be too much trouble," or "It'll take too long," and—everyone's old favorite—"It'll be too expensive."

Your dental provider addresses your concerns here:

1. **"I don't want metal braces at my age."** With Invisalign, you don't wear metal braces. Instead, your teeth are straightened by wearing a series of virtually invisible plastic aligners. Almost no one can tell you've got the aligners on (unless you tell them).
2. **"It'll be too much trouble."** Treatment with Invisalign is *easy*. You'll receive a series of clear aligners, which you'll wear for about two weeks at a time. You wear them all the time, except when you're eating, drinking anything but water, brushing, and flossing.
3. **"It'll take too long."** We can't tell you exactly how long treatment will take. But Invisalign treatment takes, on average, about one year.
4. **"It'll be too expensive."** Invisalign treatment is often similar in cost to traditional braces. In addition, if you have orthodontic coverage, Invisalign is often covered to the same extent as traditional braces. Our office offers a variety of affordable payment plans. Our office will be happy to work with you on all of the insurance and financial details.

Be one of the many patients we have treated who are enjoying their new smiles. Call our office today for a free consultation—don't wait another day to give yourself the gift of straight, healthy, beautiful teeth!

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## To My Teenage Patients

By AAPD



A bright smile fresh breath - that's what a healthy mouth means. It also means you can talk and laugh with confidence. Here are facts, ideas and tips on keeping a healthy smile in your teenage years.

### **What You Need To Know about Your Dental Health**

**FACT 1:** You have not outgrown tooth decay. In fact, dental decay may be more of a problem for you during the teen years than it ever has been before. **FACT 2:** Gum disease (gingivitis) is a risk to your dental health. It is also a threat to your appearance. Gum disease causes red and swollen gums, bleeding gums and bad breath. **FACT 3:** You will have all your permanent teeth with the possible exception of your wisdom teeth (third molars). During these growing years, your face and jaws will undergo many changes. You can be healthy and attractive through these changes by taking good care of your teeth and visiting your dentist.

### **How You Can Keep a Healthy Smile**

It is up to you! What you do and do not do is important. Here is a checklist for a healthy smile: Eat intelligently! Life is going to be hectic now. Choose fresh fruits and vegetables instead of

junk foods when you eat on the run. Snack smartly. Be careful of snack foods containing sugar; they can cause damage to the teeth and gums. Practice good prevention at least twice a day. Brush effectively using a fluoridated toothpaste. Floss to prevent gum disease and tooth decay on the sides of the teeth. Keep up with your dental checkups. Tooth cleanings, fluoride treatments and sealants are important preventive services for you. Do not smoke or chew tobacco! The warnings you hear and read about are true. Besides lung and heart problems, tobacco can cause oral cancer. Of all cancers, 2.4 percent occur in the mouth and tobacco use has been estimated to account for over 90 percent of cancers of the oral cavity and pharynx.\* If you are using tobacco and notice any changes in your mouth, contact your doctor immediately. Wear a mouth guard for any sport or activity in which your mouth can be hit. Buckle up in the car. A seat belt and shoulder harness can keep your face from striking the steering wheel, the dashboard or windshield during minor accidents. **Quiz on Eating Disorders**

You (or a friend) may have an eating disorder if you answer YES to the following questions:

1. Do you weigh yourself more than once a day?
2. Are you obsessed with being very thin, even while you are below a normal weight?
3. Do you have a fear of not being able to stop eating?
4. Do you vomit after a meal – or have the urge to do so?
5. (For females only) Have you missed three consecutive menstrual periods?

All eating disorders have health risks. The worst cases can lead to death. Eating disorders associated with vomiting can damage the teeth because of stomach acid. If you suspect you have an eating disorder, please see your doctor as soon as possible. **Tips For Smart Snacking**

1. Be careful of between-meal snacks.

2. Clear the snack from the teeth as soon as possible. Even a simple swish and rinse with water will help.
3. Do not let snacks take the place of nutritionally balanced meals.

### **How Your Dentist Can Help**

There are many things a dentist can do to help assure your oral health for a lifetime. Preventive dentistry techniques such as tooth cleanings, sealants and fluoride treatments are just as important as ever for you. Tips on flossing and brushing, and ideas on snacking and choosing a healthy diet, are available to you from your dentist and staff as well. Your dentist will be glad to talk to you about how your teeth look. If you feel your teeth are too dark, there are techniques now to whiten them. If you have broken teeth, teeth with defects or spaces between your teeth, there are a number of esthetic dentistry techniques to help you look better. If you are concerned about your bite, crooked teeth or the appearance of your smile, your dentist can give you advice about correcting such problems. During your teen years, your wisdom teeth (third molars) will be developing. Although some third molars come into the mouth normally, others need to be removed because of poor position and lack of space. Your dentist will make sure the proper treatment is prescribed at the right time. \*U.S. Department of Health and Human Services. Oral Health in America. A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000.

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### **Teeth Whitening**

*By American Academy of Cosmetic Dentistry*  
Dental Procedures ~ Teeth Whitening

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## **Teeth Whitening — Makes Your Smile Sparkle!**

Statistics reveal that Americans place a high value on their smile. According to an American Academy of Cosmetic Dentistry® national survey:

- Virtually all adults (99.7%) believe a smile is an important social asset.
- 96% of adults believe an attractive smile makes a person more appealing to members of the opposite sex.
- Three-quarters (74%) of adults feel an unattractive smile can hurt a person's chances for career success.
- And when respondents were asked, "What would you most like to improve about your smile?" The most common response was: Whiter & Brighter Teeth. If you are not happy with your smile, teeth whitening may provide the solution

### **Teeth Whitening Procedures Can Help:**

- Lighten coffee-stained teeth.
- Remove cigarette and tobacco discolorations.
- Correct yellowing in teeth due to aging.

### **Choices for Whiter Teeth**

As in any dental procedure, the AACD recommends that you consult with your dentist to find out which teeth whitening procedure is best for you.

The following are two options for whitening your teeth:

**In-Office Power Teeth Whitening** 1. A teeth whitening gel containing a high concentration of hydrogen peroxide is applied to the teeth.

2. In-office teeth whitening can often be accomplished in one visit to the dentist.

3. Home teeth whitening may be recommended to enhance the effects.



**At-Home Dentist-Supervised Teeth Whitening**

1. The patient wears a custom-fitted mouth tray containing a teeth whitening gel for a few hours each day or night.
2. The trays can be adjusted to lighten individual teeth.
3. The average patient will wear mouth trays for one to two weeks. More severe stains can often be improved with extended use of a home teeth whitening system.

**AACD Dentist Supervised Treatments vs. Over-the-Counter Kits** Numerous over-the-counter teeth whitening products are now available, but dentist-supervised teeth whitening remains the safest and most effective method for brightening your smile. Here are some key reasons why you should always consult with your AACD dentist.

**Proper Fitting Mouth Trays**

Often, over-the-counter teeth whitening trays do not fit the patient's mouth properly. Improperly fitting trays may cause the teeth whitening gel to leak and can result in gum irritation and a less effective treatment.

**More Comfortable Solutions**

With today's dentist-supervised systems, even patients with sensitive teeth can undergo teeth whitening treatment.

Be sure to consult with your local AACD member cosmetic dentist to find out which teeth whitening treatment is best for you. Teeth whitening remains one of the most economical ways to enhance your smile.

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

