



JEFFREY M. BARLOW DDS, PA

SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

October 2017 Quarterly Newsletter

Exciting changes to our office!

We hope you are just as excited as we are to have updated our office. We updated our computer technology and now have a fresh new look. We included elements that will improve your experience, like more seating and charging stations.

We are always committed to giving our family of patients the best possible experience and results!

Dr. Jeffrey Barlow

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[Our Website](#)

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Upcoming Contest:

October 2nd through October 31st



Guess how many eyeballs are in the jar

November 1st through November 30th



Turkey Trivia: 5 questions

December 1st through December 29th

Staff Christmas Picture--Guess how many combined years of Orthodontic experience we have.

Celebrating Anniversaries this Quarter:

Congratulations to Dr. Barlow for owning the Practice 15 yrs!

October 7th, **Jill** 21yrs

October 7th, **Tracy** 7yrs

December 3rd, **Cristine** 4yrs

December 13th, **Lisa** 10yrs

December 15th, **Peggy** 14yrs

Celebrating Birthdays this Quarter:

Debbie, November 7th



Debbie is one of Dr. Barlow's orthodontic assistants and marketing coordinators. She has two grown children and enjoys spending time with them, her husband, and her beautiful grandchildren. In her spare time, she enjoys camping, traveling, and gardening.

Jennifer, November 16th



Jennifer is one of Dr. Barlow's orthodontic assistants. She enjoys hanging out with friends, fishing, and going to the beach. In her spare time, she likes to sign Karaoke.

Dr. Barlow, November 24th



Dr. Barlow enjoys tennis, boating, and fishing during his leisure time. He and his wife Emily, who is also a Dentist, have two children Jake and Addison.

Donette, December 3rd



Donette is one of Dr. Barlow's orthodontic assistants. She enjoys spending time with her family, shopping, and going out to eat. In her spare time, she likes reading home decor books and taking care of her home.

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Halloween Safety Tips For Kids

By www.halloween-safety.com



Anytime a child has an



accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and

the family.

There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

- Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.
- If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire. Better still use PumpkinLights.com to light pumpkins. They make a light that looks like a flickering candle flame!
- Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on.
- Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.
- Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.

- Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!

For more on Halloween safety, see www.halloween-safety.com.

Invisalign - Dental Technology Gives Adults More Options



Over the last several years, technology has grown in nearly every industry, including dentistry. Many dental practices have begun utilizing many of these technological advances, such as digital diagnosis and digital imaging, in their offices. While patients benefit from these new advances, interest also lies in the advancement in dental appliances, specifically for adults.

Many adults needing dental care may confess they had not considered traditional braces before due to their appearance or as many say, the "tin grin." However, a new innovation may change that perception.

The latest hype in the industry is Invisalign®, a system that straightens your teeth without the use of wires or brackets by using a series of clear, customized, removable appliances called aligners.

The founder of Invisalign®, Align Technology, Inc., has been in the industry for seven years and along with their core product, they are making quite a name for themselves. Align Technology, Inc. has been honored with two industry awards for its design and production of Invisalign® - the Medical Design Excellence Award (2002) and the Stereolithography Excellence Award (2001).

The Invisalign® system is quite simple. Using a combination of 3-D computer technology and dental science, the Invisalign® system is a comfortable alternative to traditional metal braces. Invisalign® receives impressions of your teeth from your dentist and creates a virtual treatment plan (ClinCheck®) that shows the projected movement of your teeth from the beginning to the end of treatment.

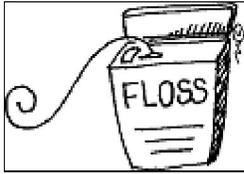
The patient then receives a customized set of aligners, usually wearing each set for two weeks until they have finished the series. The aligners are precisely calibrated and manufactured for each individual treatment plan and are only removed to eat, brush and floss.

Patients rave about not only the aesthetics of this new technology, but the convenience as well. Patients can brush and floss normally and eat and drink what they want. Also, there are no wires, metal or brackets to cause mouth abrasions, which is a concern for many patients with traditional metal braces.

Invisalign® is not suitable for all cases, and only a trained dentist can determine if this treatment option is right for you.

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Why Is Flossing Important?



Some of the food we eat is essential for health and well-being and some is just junk that we could live without.

Whether your diet consists of completely healthy foods or whether you eat lots of sugary snacks, everything you eat can be unhealthy for your teeth.

The bacteria that is normally present in your mouth converts the sugars and starches in your food into acids. Together, the bacteria and acids mix with food particles to form plaque, a sticky film that coats your teeth. If left in your mouth, plaque attacks your tooth enamel and dissolves it, creating a hole, called a cavity, in the hard outer casing of the tooth. Plaque hardens into tartar, which only a dental cleaning by a professional can remove. Plaque and tartar irritates your gums and, if left unchecked, causes gingivitis, an inflammation of the gums, which in turn can lead to periodontal disease and tooth loss. Plaque can also be a source of bad breath. So now you see why your orthodontist, dentist and other dental professionals place such an emphasis on good oral hygiene!

Good oral hygiene is a routine of brushing and flossing every day to remove plaque from your mouth. You should brush at least twice a day and floss at least once a day. Brushing teeth properly and consistently helps to remove most dental plaque, but brushing alone can't remove plaque that is located in places that a toothbrush can't reach... such as between your teeth. Toothbrushes only work on the exposed outer surfaces of your teeth, flossing gets between your teeth and under the gum line.

As a part of your daily routine, you should floss at least once a day, especially after eating foods that

easily stick between the teeth, such as sticky or gummy candies, corn on the cob, popcorn, or potato chips. (Floss first to loosen and dislodge plaque and food, then brush to sweep particles away.) In addition to removing plaque, flossing also helps to remove food debris that adheres to teeth and gums in between teeth, polishes tooth surfaces and helps control bad breath.

Flossing helps keep your teeth their whitest by removing food that could stain them. Flossing well also means your trips to the hygienist will be shorter and more pleasant, because you'll be doing most of the work of removing plaque and tartar in advance. Trips to the dentist will also be more economical, because you'll need fewer dental procedures such as fillings.

If you practice basic dental care, which means brushing and flossing regularly, eating a mouth-healthy diet, and visiting your dentist for check-ups and your dental hygienist for cleanings, you can prevent tooth decay and gum disease and your teeth will last a lifetime.

