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SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

October 2015 Quarterly Newsletter

Office Happenings:



Dr. Barlow and his staff enjoyed a weekend away for continuing education at the Southern Association of Orthodontist's annual meeting. We are always striving to learn new ways to improve our office.

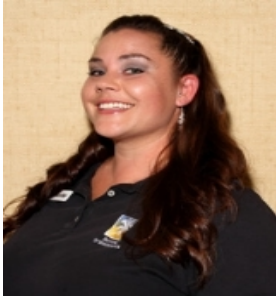
Celebrating Birthdays this Quarter:

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 precious granddaughter. In her spare time she enjoys traveling, camping and gardening.

Jennifer, November 16th



Jennifer is one of Dr. Barlow's orthodontic assistants. She enjoys shopping, hanging out with friends, and going to the beach. In her spare time, she loves to cook. One day, Jennifer would like to learn how to surf and scuba dive.

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 (8), and Addison (5).

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.

Upcoming Contests:

October and November

How many Pumpkin Seeds are in the Pumpkin?



Winner takes home 2 SeaWorld tickets!

Halloween Safety Tips For Kids



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.

Facts About Kids and Sports Safety



The American Association of Orthodontists (AAO) is providing tips and information on how to best protect athlete's smiles during recreational and organized sports.

- **Injuries can happen at any age or skill level** – More than half of the seven million sports and recreation-related injuries that occur each year are sustained by youth between ages 5 and 24. *
 - Collision and contact sports have higher injury rates. Baseball, soccer, basketball and football account for about 80% of all sports-related emergency room visits for children between 5 and 14 years of age.*
- **Mouth guard use is very low** – 67% of parents say their child does not wear a mouth guard – yet, 70% say their biggest fear when their child plays is that they will get hurt.**
 - One out of every four (27%) parents say their child has sustained an injury during an organized sport resulting in a trip to the emergency room.**
- **Most coaches and leagues are not advising the use of mouth guards** – Of the parents whose children do not wear a mouth guard, 84% say it's because the league or coach does not require it.**
- **Hard hits occur no matter what the sport** – The average high school baseball pitcher can throw a fast ball between 75-85 miles per hour. This compares to being hit in the mouth by a speeding car.***
 - Cheerleading is one of the most dangerous sports, accounting for 65% of all injuries in high school girls' athletics.****
- **Children with braces need to wear mouth guards** – One out of every three (31%) parents say their child has orthodontic treatment or braces while playing an organized sport.*
 - Lacerations can occur if an orthodontic patient's mouth is not properly protected.

* Centers for Disease Control and Prevention

** American Association of Orthodontists

*** eFastball.com

**** MSNBC.com

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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!