



# THE BRO DOWN

*Blue Ridge Orthodontics Newsletter*



**BRO IS NOW  
AMONG THE  
TOP 1% OF  
INVISALIGN  
PROVIDERS IN  
ALL OF NORTH  
AMERICA!**

## FITTING ORTHODONTICS INTO YOUR LIFESTYLE

When you're wearing braces, there are a few things you'll have to adjust to get the optimal results in the shortest amount of time.

When you have braces, there are certain types of foods that can damage your brackets and bend your wires, leading you to need more appointments and longer treatment times. By simply avoiding sticky, chewy, crunchy and hard foods (ice, beef jerky, Starbursts, Nerds, Snickers, Butterfingers, Twizzlers, Skittles, Now and Later's, Gummy Bears, peanut brittle, etc.), as well as foods like corn on the cob, whole apples and sandwiches, your orthodontic experience will be smoother – and this will help prevent unnecessary emergency visits. You also should avoid habits like chewing on fingernails, pencils or pens, or using your teeth to open any type of packaging.

Maintaining a clean mouth is also important and takes focused attention, especially when you are undergoing orthodontic care. It is vital to brush your teeth for three to five minutes after every meal and floss every day. Use a fluoride rinse for 30 seconds twice a day. It may seem like a hassle, but it will all be worth it in the end! If you have questions, please give our office a call. We are here to help.



# BRO DONATES FOOD, TIME AND \$1,000 TO MANNA

On July 16th the Blue Ridge Orthodontics team delivered our food drive collections to MANNA Food Bank. Dr. Roberts, patient volunteers and BRO staff provided more than \$250 worth of food items and BRO's check for another \$1,000. Each dollar given to MANNA provides three meals to feed the hungry. So glad that our contributions mean more than 3,000 nutritious meals will reach area families.



BRO is proud to support MANNA in their work of ending hunger in Western North Carolina. Thanks to everyone who donated and who volunteered to prepare food packages at MANNA with us!



## CHEW ON THESE *Fun Facts*

1. Flossing once a day greatly decreases your risk of gum disease, tooth decay and other oral health issues associated with inflammation of the gums.
2. The average person spends 38 days brushing their teeth during their lifetime.
3. Your tooth enamel is the hardest part of your entire body.
4. U.S. consumers buy 14 million gallons of toothpaste each year!
5. The average person produces a quart of saliva daily.
6. The tongue is the only muscle in the human body that isn't attached to something at both ends.



Congrats to the first four of our six BRO Baby Mamas! We're very excited for all of you to welcome these bundles of joy into your lives! Pictured left to right: Brianna Nix, Denise Rector, Nikki Black, Shama Martinez.

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# DID YOU KNOW THAT

## NEARLY 75% OF CHILDREN AND TEENS HAVE SOME NEED FOR ORTHODONTIC TREATMENT?

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THAT'S WHY BLUE RIDGE ORTHODONTICS IS  
HOSTING A BRACES-OPEN-HOUSE NIGHT!  
THURSDAY, SEPTEMBER 22ND, 4:30PM - 8:00 PM

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Our braces open house is designed so that you don't have to take time out of your busy schedule to come in for a set appointment during the work day. Just drop in any time between 4:30 and 8 PM on September 22nd to get a quick, easy and painless examination – and see if your child or teen is part of the 75% in need of orthodontic care. We'll check your child's smile, your smile, or the whole family's smiles. You'll sit down with a doctor and a treatment coordinator to discuss treatment recommendations and payment plan options on the spot, in half the usual time. Drop in anytime or call ahead, and we'll save a spot (or three) for you. Call 828-585-6042 to reserve a spot, or send an email to [RSVP@blueridgeorthodontics.com](mailto:RSVP@blueridgeorthodontics.com). We can't wait to see you!



## UPCOMING *Events*

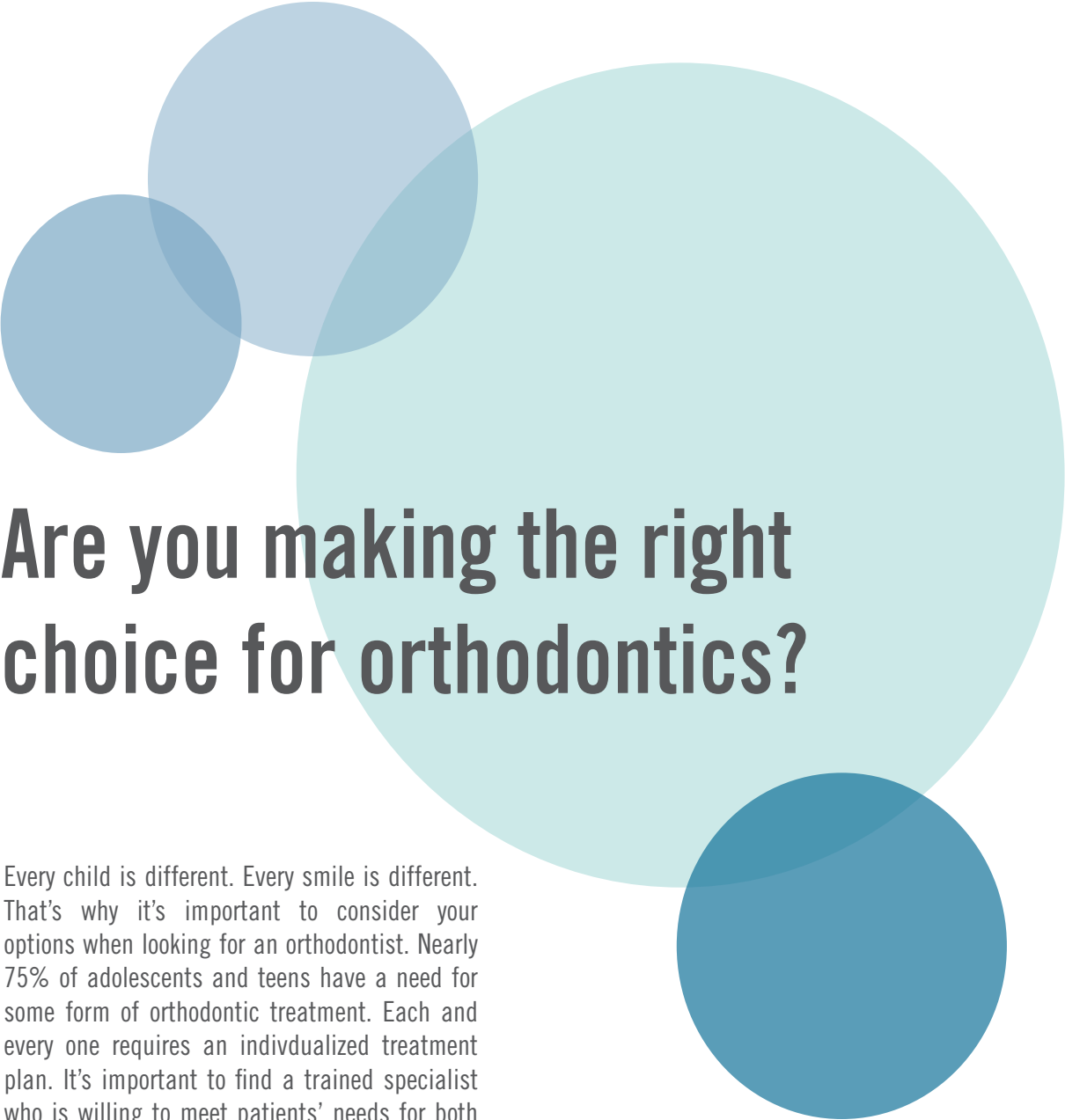
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SEPTEMBER 7: APPLE FESTIVAL PARADE, HENDERSONVILLE

SEPTEMBER 22: FREE BRACES SCAN NIGHT, WALK-INS WELCOME

SEPTEMBER 24: RACE TO THE TAPS, PART THREE, PISGAH BREWING

QUARTER THREE SPONSORSHIP: HOPE CHEST FOR WOMEN



# Are you making the right choice for orthodontics?

Every child is different. Every smile is different. That's why it's important to consider your options when looking for an orthodontist. Nearly 75% of adolescents and teens have a need for some form of orthodontic treatment. Each and every one requires an individualized treatment plan. It's important to find a trained specialist who is willing to meet patients' needs for both traditional and advanced orthodontic care.

## 1. What exactly is advance care?

Orthodontic treatment typically consists of some combination of tooth and jaw alignment, bite correction, airway management and enhancement of facial aesthetics. The combination of these options is known as advanced orthodontic care. Treatments to improve tooth and jaw function, maintain or improve the airway, enhance growth and development of the facial profile and guard against jaw joint dysfunction are all critical. The more orthodontic treatment choices you have, the better you'll be able to customize a treatment plan that's right for your child. Advanced orthodontic therapies may include nutritional counseling, tongue and thumb habit correction, functional bite alignment modeling and lifetime retention of your child's happy and healthy smile.

## 2. The importance of choosing a specialist

Only orthodontists are the unique dental specialists trained for 2-3 years beyond dental school to learn the proper way to align teeth and jaws. Dr. Roberts, Blue Ridge Orthodontics' owner and orthodontist, is Board Certified by the American Board of Orthodontics. Only one in three orthodontists are board certified.

"I grew up in a town where my father was the only board certified plastic surgeon" says Roberts. "That experience drives me to stay at the pinnacle of my profession, and Board Certification is the realization of that."

Board Certification means that Roberts has made a commitment to the highest standards in orthodontic care. To become Board Certified, he has completed the most rigorous written exam in orthodontics, and has successfully completed clinical examination based on patients treated right here in Asheville! Dr. Roberts will continue to submit cases to the board to maintain his certification over his career. This means that every patient is treated with the highest standards possible.

Fully eight out of ten children show signs and symptoms of malocclusion (bad bite). This can compromise the function of the teeth, jaws and supporting jaw joint structures that make it difficult to chew, speak and smile. Choosing an orthodontic specialist is therefore crucial for restoring optimal function and maintaining healthy teeth and jaws, in addition to providing a spectacular smile.

## 3. Know what questions to ask.

*Are they a specialist?* Dr. Roberts and his associate doctors are all orthodontic specialists, they have completed dental school and postgraduate orthodontics programs, and are now all licensed.

*Do they treat adults?* BRO does preform orthodontia on both children and adults. Some of the services offered include traditional metal braces, clear braces, Invisalign, retainers, mouth guards and whitening.

*Do they offer their first visit free of charge?* BRO believes that you should be able to pick the office and treatment options that are most comfortable, and that means you may need to make comparisons. We offer our new patient consultations free of charge so that you can evaluate the new smile we can offer with out a financial obligation.

*Do they offer payment options?* BRO is proud to provide flexible in-house financing options for our patients. We also offer a number of discounts that can be credited to your payment plan.

*Do they have a great reputation?* BRO takes pride in the quality of treatment that we provide as well as the experience you have while receiving it. If you'd like to see what other patients have thought about their time at BRO, take some time and browse through our many Google reviews.

## 4. Make a confident decision.

If you're a parent, you want to take exceptional care of your child. Making the right decision and finding the right doctors to help your child are important considerations for any family. There's a lot to learn about the importance of a healthy smile, the future of orthodontic technology and the foundation for a beautiful new smile for your child. The specialists at Blue Ridge Orthodontics can help you develop a customized plan for your child's healthy and confident new smile. Call today for free, friendly phone advice or schedule a complimentary new patient consultation to see how your life can be changed through your smile!

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## RECENT COMMUNITY INVOLVEMENT

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As a small business, BRO takes pride in being able to give back to the community. Every year we donate goods, time and money to a number of local organizations and charities.

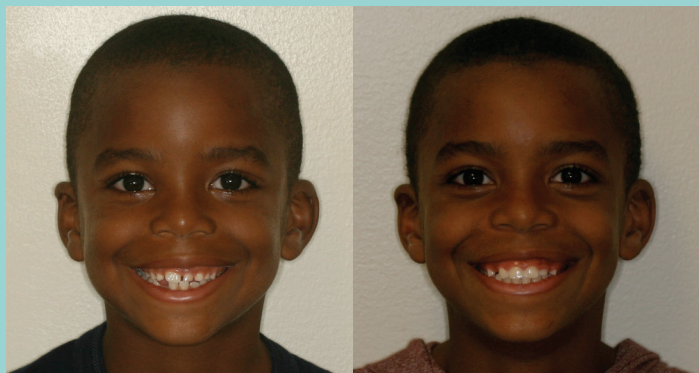
Last year \$3,000 was donated monthly to the Susan G. Koman Foundation. Recently, we have played a part in sponsoring C.T. Koontz's *Little Mermaid* play by donating the funding for all costumes.

We also helped to sponsor the A.C. Reynolds RAM Run, the Legacy Run (that benefits children who have lost parents to cancer); the "Georgia On My Mind" blood drive; Asheville's 7th Annual Walk-A-Mile (which promotes awareness for rape, sexual assault and gender violence); "Are You Smarter Than an Elementary Student," a trivia night to benefit Children First/Communities In Schools of Buncombe County; AC Reynolds' "Music for the Sole 5k," to raise funds for the band, as well as several others.

In addition, BRO also partners with one local organization per quarter to make a larger impact. For the second quarter, BRO staff and patients worked together to collect food for MANNA Food Bank and also volunteered together to assemble food packets for those in need (see full story on page two).

Know of a worthwhile community involvement event or activity? Visit the "Donation/Sponsorship Form" page under the "Our Community" tab of the BRO website.

## PATIENT SPOTLIGHT: *Martiste Mills*



(Before treatment)

(After treatment)

Martiste, age 9, has recently celebrated the removal of his phase 1 braces by eating an un-cut apple for the first time in two years! He is excited about his new smile, but did enjoy being able to pick a lot of different colors for his braces.

Martiste – Moke, Mohawk Mills or Martiste The Beast, as he is called – enjoys hanging with his friends, riding his bike and go cart, going skating, drawing, and playing video games. He also enjoys playing football, basketball and baseball and is a second degree brown belt in martial arts. "I won MVP in football 2 years in a row," says Martiste.

Martiste was also a winner at BRO's spring patient appreciation event at the SoCon games, winning \$100, which Martiste found to be a coincidence.

"For Christmas, my granddad gave me \$100, and my mom said that I could spend it later. Because I know that I am blessed with a lot of toys and stuff, I told my mom I wanted to give it to someone who really needed it. My mom did not really believe that is what I wanted to do at first – but I kept reminding her, and I told my dad, too," Martiste said. "A couple of weeks before the SoCon game, I gave my \$100 dollars to a lady who lost her job because she was having to leave work to take care of her sick child. I like helping people and giving things away."

BRO is proud to have you as a patient, Martiste. Keep up the good work!



# TOOTHBRUSH TIPS FOR YOUNGER PATIENTS



Here are a few factors to consider for young “brushers.”

**Budget:** Electric toothbrushes are pricier. However, while high-end options can cost upwards of \$100, your patients can find some effective powered brushes in the \$10 range. Remember that you’ll need to add the cost of batteries and replacement brush heads to their toothbrush budget. **Dexterity:** People who have limited manual dexterity, including the very young, may find it easier to reach and clean areas of their mouth with an electric toothbrush.

**Habits:** If your younger children have a hard time brushing regularly, and they enjoy the sensation of brushing with an electric toothbrush, then by all means we recommend the brush that will encourage children to brush most often.

**Engagement:** Monitoring and encouraging children while they brush, even if you think they are doing a good job. Skimping on brushing time can have long term repercussions.

## FUN TIME: WORD SEARCH

BRO SMILE BRACES BRUSH BRACKET WAX ORTHO TEETH

A	V	X	Y	L	O	Z	O	H	A	H	W	V	W	H	C	I	Y
U	W	Q	Q	F	I	J	H	C	A	O	X	I	X	E	J	A	V
X	D	C	P	T	K	B	T	R	W	D	C	G	J	D	U	J	R
M	Y	M	Y	G	O	H	R	P	E	H	I	S	N	A	A	D	D
X	L	X	W	V	N	F	O	V	U	M	T	X	U	R	S	B	L
U	F	C	U	S	B	N	A	Y	V	E	I	E	T	N	A	D	H
A	Y	B	M	O	R	R	F	V	M	I	D	P	E	T	H	H	G
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V	L	O	O	L	C	P	R	C	Z	Z	A	R	S	N	X	Z	C
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L	V	H	L	Z	S	O	K	K	K	E	N	Z	N	Z	H	J	K
J	D	W	B	E	R	S	P	O	S	K	T	J	E	N	H	A	M

## STAFF SPOTLIGHT: DR. MEGAN G. SCHULER

Dr. Megan G. Schuler, BRO's third partner, has wanted to be an orthodontist since she herself had braces. Growing up she was self-conscious about her teeth and her smile. When she received orthodontic treatment, she became comfortable with her new smile and realized the difference that straight teeth could make in someone's life.

**"Straightening my teeth completely changed my attitude and gave me confidence," says Schuler.**

After her treatment Dr. Schuler decided that she wanted to help give people the smiles that they always hoped for, so they could face the world proudly.

Dr. Schuler grew up outside Atlanta in Marietta, Georgia, attended the University of Georgia and is – not surprisingly – a UGA fan. Dr. Schuler also enjoys hiking, camping, yoga, reading, traveling, trying new restaurants and spending time with her husband, Brendan.

Dr. Schuler began collaborating with Dr. Roberts in our office on July 13th and will begin seeing her own patients in September of this year.



## *Braces-Safe Recipe: Chicken & Broccoli Alfredo Shells*



### Ingredients:

- 1 jar (16 oz) Alfredo sauce
- 2 cups cooked chicken, shredded
- 2 cups cooked broccoli, chopped
- 1 cup shredded cheddar cheese
- 1/4 cup shredded parmesan
- 21 jumbo pasta shells, cooked

### Directions:

- Pre-heat oven to 350 degrees.
- In a large bowl, mix alfredo, chicken, broccoli and cheeses.
- Spoon mixture into pasta shells.
- Grease 13 x 9 baking dish with butter or cooking spray.
- Arrange shells in baking pan.
- Cover with foil and bake 35 minutes or until heated through.