



THE BRO DOWN

Blue Ridge Orthodontics Newsletter



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

WHY KIDS SHOULD SEE AN ORTHODONTIST

Parents and kids know that braces help correct crooked teeth, but there's more than one reason that a child may need braces. Overlapping teeth, overcrowding or a "bad bite" – known as malocclusion, or when the top and bottom jaws are different sizes – are other reasons for braces. Sometimes braces correct problems from losing baby teeth too soon, injury from an accident or habits like thumb sucking. Other problems are inherited, just part of a child's unique smile.



What's the right time for a first orthodontist visit? The American Association of Orthodontists recommends that children see an orthodontist by age 7, when permanent teeth start coming in. But some kids go when they are as young as 6, others while in their teens. Even adults can need orthodontic treatment.

Often your family dentist will be the first to notice issues and recommend seeing an orthodontist. With a special focus on correcting jaw and teeth alignment problems, an orthodontist can decide whether your child really needs braces and what treatment approach would be best.

Here at BRO we want you to understand our recommendations and your options, so you're comfortable with your treatment plan and know what to expect. Don't hesitate to ask questions. We're here to help!

KidsHealth® (<http://kidshealth.org/en/parents/braces.html>)

Parents Magazine (<http://www.parents.com/kids/hygiene/tooth-care/dental-braces-for-kids/>)

SEE HOW TO WIN AN IPAD MINI INSIDE!

5% OF OCTOBER PROCEEDS GO TO THE HOPE CHEST FOR WOMEN

During the month of October, 5% of BRO profits were donated to The Hope Chest for Women in honor of National Breast Cancer Awareness Month. The Hope Chest for Women is a local non-profit that helps area women diagnosed with breast and gynecological cancer to pay for their treatment. BRO also donated time and labor, volunteering at The Hope Chest's annual fashion show fundraiser, Here's Hope, on October 22. The fashion show featured local cancer survivors dressed and styled by local vendors. The event also allowed ticket holders to participate in a silent auction and raffle while enjoying a delicious luncheon and live music. BRO was in attendance serving as ushers. Our donation also was announced and presented to Dr. Williams, local oncologist, on behalf of the Women from the Hope Chest.



STAFF SPOTLIGHT: JESSIE AGEE



Jessie Agee has been working at BRO for seven years now. She just had graduated from Western Carolina University with a bachelor's degree in communications, when she saw an ad posted online and decided to apply to join the BRO team.

"I love people, and I love teeth," says Jessie. "And I wanted to work somewhere that I could help people feel better about themselves!"

Jessie wears many hats at BRO, from clinical assistant to treatment coordinator. She also is a member of the leadership team that helps to train employees and keeps the office running smoothly. Jessie says that she loves BRO's dedication to training and continuing education to make sure that we always provide the best care to patients.

"My favorite part of my job is getting to see the expression and excitement when a patient gets their braces off. Getting to be a part of their journey to self-confidence gives me goosebumps every time!"

Outside of work Jessie loves exploring Asheville, whether it's downtown or out in the mountains. She is always ready to try something new and is on the lookout for interesting adventures. Jessie also has been bitten by the travel bug – and can't wait to explore new places and learn about different cultures. She currently is counting down the days until she ventures to Mexico at the end of November! She plans to relax by the pool, snorkel with sea creatures and enjoy the sunshine.

GOOD ORTHODONTIC HABITS FOR THANKSGIVING



Thanksgiving is almost here! This holiday is a time to catch up with family and friends, consider all you have to be grateful for and enjoy a traditional feast. However, this celebration is no time to slack on your orthodontic care! To help you have a happy and healthy Thanksgiving, we've compiled these recommendations:

Shorten your meal time

Perhaps the most damaging aspect of a typical Thanksgiving meal is its length. Enjoying the company of friends and family for hours is an important part of the day, but try to avoid snacking or dragging the meal out too long. Continuing to expose your teeth to the acids in food makes it easier for cavity-causing bacteria to

build up in your mouth. Instead of passing the time by munching, focus on sharing stories, watching movies or playing games.

Stay hydrated

It's always a good idea to drink lots of water, but especially when you're eating lots of rich, sweet foods. Staying hydrated can help wash away debris and prevent plaque formation. In addition to providing a light rinse for your mouth between bites, drinking water helps improve your saliva flow, which further fights cavities. Water is also an excellent replacement for more damaging drink options like juice or soda.

Ditch the sticky sides and desserts

Even though a dish may be on the acceptable list for someone with braces, it still can pose a challenge for your dental hygiene. Cranberry relishes are acidic, sweet and stick to your teeth for hours to come. Candied sweet potatoes are another potential problem dish for your teeth. Skip the sticky pecan pie in favor of pumpkin or a fruit pie.

Brush and floss

You need to be especially diligent about dental and orthodontic hygiene on Thanksgiving. Even if you go to a friend or family member's home for the holiday, make sure you bring a toothbrush and floss or floss picks. About thirty minutes after you've finished eating (so that your teeth have time to produce important protective minerals), quickly duck into the bathroom to brush and floss. If brushing proves difficult at another person's house or you forget your toothbrush, at least floss.

Adapted from: Cindy Flanagan, DDS

<http://flanagansmiles.com/houston-news-and-events/top-5-thanksgiving-dental-tips/>

INVISALIGN SCAN NIGHT, DECEMBER 22, 4-7 P.M.

ZERO DOWN AND A FREE IPAD MINI WHEN YOU START TREATMENT THAT NIGHT*

HAVE YOU BEEN THINKING ABOUT INVISALIGN FOR YOURSELF OR YOUR CHILD? NOW IS THE TIME TO ACT. DECEMBER 22ND FROM 4-7 P.M., WALK-IN OR CALL TO SCHEDULE (828-483-5713) AND WHEN YOU START TREATMENT, WE'LL GIVE YOU A **FREE IPAD MINI!** KEEP IT FOR YOURSELF, OR GIVE IT AS A GIFT! ALSO, AVOID A LARGE DOWN PAYMENT AROUND THE HOLIDAY, AND PUT **NO MONEY DOWN** WITH A SIGNED CONTRACT!

IPAD WILL BE GIVEN TO THE FIRST 10 INDIVIDUALS WHO START TREATMENT. NOT VALID ON PRE-SIGNED CONTRACTS. VALID 12/22/16 ONLY.

5 FLOSSING TIPS FOR YOUNGER PATIENTS

Teaching kids good tooth brushing habits can be a challenge. You know...just keeping them still at the sink can be tough. Not to mention showing them how to hold a brush, how much toothpaste is enough, and how to get to all their teeth.

Once kids have the brushing routine down, teaching them how to floss is an important next step. According to the American Dental Association, floss is an interdental cleaning device – meaning that it helps remove food between teeth that a toothbrush can't reach. Flossing helps polish teeth, inhibits plaque development and fights bad breath, too. So the earlier your kids make flossing a daily habit, the better.



Here are five easy tips to keep your kids (and the entire family, for that matter) on track with tooth flossing.

1 **Chart progress**

Make a brushing and flossing chart and hang it in the bathroom. It's a playful reminder to (at least) brush twice a day and floss once a day. Use favorite stickers to keep track of how many days in a row they floss. Use non-monetary incentives as a weekly reward – like staying up half an hour later on weekends, an extra story at bedtime or a trip to the park. If they see something fun at the weekly "finish line," they'll be more motivated to keep flossing.

2 **Have fun with it**

Flossing can be a daily dance party, storytelling event or mini math lesson. Choose short, snappy songs to play during flossing time. Find something with a steady but slow beat. You don't want a frenetic pace to make your kids floss too fast and miss a spot – or to damage their gums by moving the floss back and forth too quickly. Make up a story about evil bacteria and the hero's or heroine's powerful floss. The kids combat the bacteria and save the day by – guess what? – flossing! Kids love to look in their mouths, so use that fascination. Help your children learn to count their teeth while flossing. Since young kids have 20 teeth, flossing can help them learn to count up to that number as they go.

3 **Get them cool flossing tools**

Since young children have a hard time managing a long piece of dental floss, look for kid-friendly alternatives. Available in many colors and familiar characters, floss sticks are easy to hold and use. Practice using with them with your kids. You may need two floss picks per session – one for the upper teeth and another for the lower teeth.

4 **Reinforce their new habits**

Good habits take time to develop, so give your kids encouragement and positive reinforcement. By following brushing with flossing every night before bed, a new routine can be established that becomes as natural as other bedtime rituals.

5 **Set a good example yourself**

Brushing and flossing your teeth alongside your kids will reinforce good habits to them – and show them that you take your own advice about oral hygiene! Teaching them to properly care for their mouth sets the foundation for a lifetime of healthy teeth.

TRANSFORMING SMILES THROUGH ADVANCED ORTHODONTIC CARE

The BRO team knows – and as the before and after photos below illustrate – everyone starts out with a unique smile. So the steps to get to the smile of your dreams will be different for you than for other patients.

We're proud to provide advanced orthodontic care to help make each smile transformation go as quickly and effectively as possible. Advanced care provides more options for your customized treatment plan to best fit your special smile.

What exactly is advanced 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 – with advanced orthodontic technology designed to maximize treatment results while minimizing treatment cost and duration – 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. Advanced orthodontic therapies may include nutritional counseling, tongue and thumb habit correction, 3D airway analysis, functional bite alignment modeling and lifetime retention of your or your child's happy and healthy smile.

What are the benefits of advanced orthodontic care?

- Maintains tooth and jaw function, airway and facial profile growth (which can be compromised by general braces treatment)
- Prevents unfavorable delays in treatment which can have an impact on patient cooperation
- Manages nutritional concerns and pain that can accompany orthodontic treatment
- Lessens the stress, complexity and financial burden that can accompany orthodontic and bite correction diagnosis

Have other questions?

Our team at Blue Ridge Orthodontics works hard to make sure you are comfortable with your treatment plan, understand why we make the recommendations we do and know what to expect. But if you ever have questions, please don't hesitate to ask. We're here to help!

BEFORE AND AFTER

Results for Selected BRO Patients



RECENT COMMUNITY INVOLVEMENT

One of the core values that BRO embraces is "charity." BRO owner, Dr. Roberts, and all staff members take pride in being able to give back to the community.

HELPING HABITAT FOR HUMANITY

Each quarter the BRO staff picks a local organization to support with donations of time and money. Our second quarter selected group was Habitat for Humanity. Six members of the BRO staff spent a Saturday helping the local Habitat members to construct a house in South Asheville. We caulked cracks, covered the dormers, sealed windows and poured concrete. BRO also donated \$1,000 to help sponsor the job site.

Katie Coules, administrative assistant, was one of the BRO volunteers. "It was a really great day for all of us. I love when we are able to get out into the community and actually show people how much our office cares. It was fun to learn some new skills and also to help someone into their new house at the same time."



AREA SCHOOLS SUPPORT

- Over the duration of quarter two, BRO donated shirts to the Asheville swim teams, so all team members could feel unified.
- We provided information about the importance of orthodontic treatment to students at Koontz and Estes.
- BRO made a donation to Glen Arden PTO to purchase specially themed shirts for the students.
- BRO employees also turned up the fall spirit by supporting the Koontz, North Buncombe Elementary and Fairview fall festivals.
- We helped to support East Henderson High School athletics and passed out information materials to football game spectators.



FUN TIME:

WANT TO WIN \$50? COLOR THE LOGO BELOW AND BRING OR MAIL IT TO OUR OFFICE (2 WALDEN RIDGE DRIVE, SUITE 50) BEFORE DECEMBER 30TH. FILL IN YOUR NAME, AGE AND PHONE NUMBER ON THE LINES BELOW. ENJOY!

NAME: _____

AGE: _____

PHONE NUMBER: _____



CHEW ON THESE *Fun Facts*

1. People who drink 3 or more glasses of soda each day have 62% more tooth decay, fillings and tooth loss than others. Put down the pop and sports drinks, and pick up some nice fresh water instead.
2. If you don't floss, you miss cleaning 40% of your tooth surfaces.
3. If you're right handed, you will chew your food on your right side. If you're left handed, you will tend to chew your food on your left side.
4. More people use blue toothbrushes than red ones.
5. Giraffes only have bottom teeth.
6. 78% of Americans have had at least 1 cavity by age 17.



The newly wrapped BRO Jeep got a work-out this fall, when some of the BRO girls took a spin in it to the Hendersonville Apple Festival over Labor Day weekend. We passed out coupons and apple sauce to those attending.



Braces-Safe Recipe: Simple Pumpkin Soup



Ingredients:

- | | |
|--------------------------|----------------------------------|
| 2 1/4 cups pumpkin puree | 2 tablespoons maple syrup |
| 1 tablespoon olive oil | 1/4 teaspoon sea salt |
| 2 shallots, diced | 1/4 teaspoon ground black pepper |
| 3 cloves garlic, minced | 1/4 teaspoon cinnamon |
| 2 cups vegetable broth | 1/4 teaspoon nutmeg |
| 1 cup light coconut milk | |

Directions: In a soup pot over medium heat, add the olive oil, shallot and garlic. Cook for 2 to 3 minutes, or until slightly brown and translucent. Turn down heat if cooking too quickly. Add remaining ingredients and bring heat down to a simmer. Cook for 10 minutes or until heated through. Using an immersion blender or food processor, puree the soup until smooth. Return soup to pot (if using a food processor) and continue cooking for 5 to 10 minutes, then taste and adjust seasonings as needed. Serves 3 to 4.

Source: [Minimalist Baker](#)