



THE BRO DOWN

Blue Ridge Orthodontics Newsletter

*We're
on the
move!*

DID YOU KNOW?

**BRO WILL BE
MOVING OUR
OFFICE SOON.
SEE PAGE 5 AND
STAY TUNED
FOR DETAILS!**

THANK YOU FOR A GREAT YEAR AT BRO!

We're grateful that you have been a part of the BRO family during 2016, and wish you and yours health and happiness in the new year.



There are lots of new year's resolutions that you could make to improve your orthodontic health. For some good ideas, see our story on page 3. And for our younger patients with braces, here are some resolutions – both silly and serious – to keep in mind:

- 1 I will wear my rubberbands regularly! 24 hours/day!
- 2 I will not flick my rubberbands at my brother or sister.
- 3 I will brush my teeth at least twice a day – the RIGHT way.
- 4 I will visit the dentist every 6 months for my cleaning and checkup.
- 5 I won't lie to my mom when she asks about my brushing.
- 6 I won't crack Jolly Ranchers against my braces anymore.
- 7 I won't "lose" my retainer.
- 8 I won't gross out my parents by smiling with food in my braces.
- 9 I won't make the dog wear my retainer anymore.
- 10 I will be proud of my smile with my braces!!!

SNAKES ALIVE! AT ESTES ELEMENTARY SCHOOL



Dr. Roberts volunteered with other parents at Estes Elementary School's Snakes Alive program this fall.



STAFF SPOTLIGHT: KATIE COULES

Katie Coules has been working at BRO for three years now. Studying Business Administration with a marketing focus at AB Tech, Katie has been excited to apply what she's learned (and learning) as part of the BRO team.

"Growing up, I loved the atmosphere at the orthodontist when I was in treatment. At my interview I could tell the staff was very friendly and outgoing. I was super pumped that I was offered the job!"

Katie multitasks as executive assistant. She works closely with Dr. Roberts, as well as supporting business operations and patient service. Lately Katie is helping prepare for the opening of our new location on Hendersonville Road. She especially appreciates the entire BRO team's dedication and the practice's commitment to community service. After volunteering for Habit for Humanity with BRO, Katie said:

"I love when we are able to get out into the community and actually show people how much our office cares."

Outside of work Katie enjoys being active – whether it is working out at the gym, hiking or playing volleyball. Her pets – dogs Ellie and Frankie, and cat Fitch – are her "kids." Katie feels at home in the Asheville area and looks forward to buying a house in the next few years.

Thanks for bringing your thoughtfulness, enthusiasm and energy to BRO, Katie!

COMMIT TO YOUR ORTHODONTIC HEALTH IN 2017



Your orthodontic health is an important part of overall wellness, and the new year is a great time to make resolutions for improving your health. Consistency is key to staying the course with any resolution. Take things one step at a time – and if you make a misstep one day, don't give up. Remember that there's always tomorrow! Here are some ideas for 2017:

Commit to Flossing

Brushing your teeth twice a day is important, but it isn't adequate to keep plaque from building up – or to completely remove bits of food. Flossing is needed, too, especially during orthodontic

treatment. If you're not in the habit of flossing, the new year is a great time to start. One way to make it easier to remember is to put a package of floss on top of or directly next to your toothpaste. Place the floss so that you have to touch it when taking your toothpaste out for brushing. Stash another container of floss in your car, purse or desk drawer at work, so that you can floss on the go if you forget to do it at home.

Cut Back on Sugary Treats

Cutting back on sugar can cut your risk for tooth decay considerably, especially if you have braces. Simple swaps will help, like drinking water or sugar-free sparkling water instead of soda. Enjoy fruits and vegetables for snacks instead of sticky candies or baked goods. Dairy products – like yogurt or low-fat string cheese – are high in calcium and great for your teeth, especially for children whose teeth still are developing.

Improve Your Smile

As a part of the BRO family, you may already be improving your smile with orthodontia. Tooth whitening is another way to make your smile brighter and your mood more confident. Ask us about our whitening treatments – both in-office and take home. They may be a great choice for you or a family member now – or after completing braces or Invisalign® treatment.

Adapted from articles at: Colgate Oral Care Center | www.colgate.com/en/us/oc/oral-health

UPCOMING *Events*

FEBRUARY 4: WEDDING FESTIVAL AT THE US CELLULAR CENTER

FEBRUARY 11: KIDS' RUN / VALENTINE'S 5K AT LAKE TOMAHAWK PARK

FEBRUARY 25: NORTH BUNCOMBE CHILLY CHALLENGE

MARCH 16: INVISALIGN SCAN NIGHT AT BRO FROM 4:30 TO 8 P.M.

WE'LL MISS YOU, DOCTOR ALVARADO!

After two years with BRO, we must wish Dr. Karla Alvarado farewell. She and her husband will be leaving Asheville this winter.

Says Dr. Alvarado, "BRO has been an amazing experience for me. All of the people that I have been able to interact with have definitely made me love what I do even more. I have enjoyed watching everyone's transformation and their smile get a little bigger with each appointment. Dr. Roberts, Dr. Schuler and the BRO staff are an amazing team, and they take incredible care of everyone who walks in the office. BRO rocks!"

Good luck to you, Dr. Alvarado! We'll always think of you as part of the BRO family.



READY, SET, GROW! BRO IS ON THE MOVE IN 2017



Blue Ridge Orthodontics will have a new home this fall. The BRO team is pumped about our move to Hendersonville Road (shown in the architect's rendering above.)

"BRO has outgrown our office on Walden Ridge Drive, and our new location is designed for even more growth," said Dr. Roberts. "In addition to a beautiful reception and waiting area, our treatment suites will be equipped with the latest state-of-the-art technology to make your orthodontic treatment even more comfortable and effective."

The BRO team celebrated "Demolition Day" on October 4th as we tore down the old building at the Hendersonville Road site to make way for our wonderful new office!

On January 3rd, Asheville Chamber of Commerce members helped us celebrate our official groundbreaking ceremony, too.

In the weeks to come, we'll keep you posted about construction progress and our grand opening date.



“HERE’S HOPE” EVENT A SUCCESS FOR THE HOPE CHEST FOR WOMEN

BRO is proud to support The Hope Chest for Women, a local non-profit that helps women in Western North Carolina who have been diagnosed with breast and gynecological cancer to pay for their treatment – as well as offering resources, referrals and education.



During October 2016, a percentage of BRO profits were donated to The Hope Chest for Women in honor of National Breast Cancer Awareness Month. 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



Left in circle: Fashion fun at “Here’s Hope.” Above, left to right: Blue Ridge Orthodontics’ guest volunteer Lizzy Nau, Christen Chiles (staff) and Taylor Morrow (staff) ushered during the event. Below: Dr. Roberts and team present our donation check to The Hope Chest for Women.

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 of \$10,000 also was announced and presented during the festivities.

To learn more about The Hope Chest for Women, visit: HopeChestForWomen.org



FUN TIME:

WANT TO WIN \$50? COLOR THE LOGO BELOW WITH A WINTERTIME THEME AND BRING OR MAIL IT TO OUR OFFICE (2 WALDEN RIDGE DRIVE, SUITE 50) BEFORE MARCH 31. FILL IN YOUR NAME, AGE AND PHONE NUMBER ON THE LINES BELOW. ENJOY!

NAME: _____

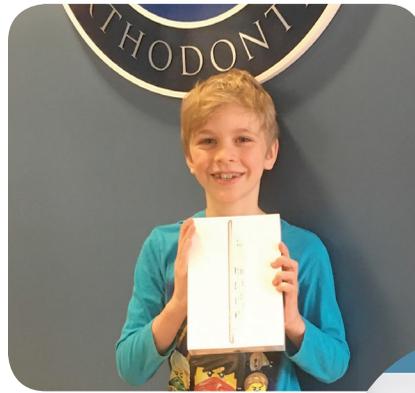
AGE: _____

PHONE NUMBER: _____



CHEW ON THESE *Fun Facts*

1. People in prehistoric times likely did not suffer from tooth decay. The American Dental Association reports this is because sugar was not a part of their diet.
2. Tooth enamel is the strongest substance in the human body.
3. The modern, mass-produced toothbrush was invented in 1780 by Englishman William Addis, who attached animal bristles to a bone handle. Brushes with nylon bristles were developed in the 1930s.
4. A typical toothbrush contains 2,500 bristles grouped into around 40 tufts per toothbrush.
5. The average person spends 38.5 days brushing his or her teeth over a lifetime.



Canyon Gittings was the lucky winner of our iPad giveaway in December. The competition was fierce, with more than 100 drawing entries by BRO patients and their family members. Enjoy, Canyon – hope this made your holidays even happier!



Braces-Safe Recipe: Spinach Artichoke Pasta



Ingredients:

12 oz. box of bow tie pasta	1/2 lemon, juiced
2 teaspoons butter	1/2 teaspoon salt
2 cloves garlic, minced	1/4 teaspoon red pepper flakes
8 oz. reduced fat cream cheese	10 oz. frozen chopped spinach
1/2 cup milk	14 oz. can artichoke hearts
1/2 cup reduced fat sour cream	1/2 cup shredded parmesan

Directions: Pre-heat oven to 350 degrees. Cook pasta according to package directions. Thaw spinach and squeeze out as much excess water as possible. Drain and chop artichoke hearts. In a medium saucepan over medium heat, melt butter and add garlic. Cook until fragrant, about 30 seconds. Add cream cheese and stir until melted. Slowly stir in milk, then add sour cream, lemon juice, salt and red pepper flakes. Stir in artichoke hearts, spinach and parmesan cheese. Drain pasta and add to mixture in saucepan. Toss and season to taste with salt and additional lemon juice, as needed. Serve with additional shredded parmesan.

Source: A Life of Flavor Blog