



The Advanced Orthodontic Treatment is here.....SureSmile!

SureSmile is the advanced orthodontic treatment being offered by Dr. Firth. With certain patients Dr. Firth can use the SureSmile computer system to move your teeth more precisely and custom wires that provides a smoother movement for a more comfortable experience. Not only is he offering SureSmile to new patients, but Dr. Firth is offering it to patients currently in treatment. Dr. Firth will need to examine current patients that are interested SureSmile treatment to see if they are a candidate, just ask!

Right from the beginning, it's easy to see that SureSmile is a revolutionary new process. We use 3-D images taken by the SureSmile OraScanner to build a computer model of your teeth. The OraScanner functions much like a video camera, taking pictures of your teeth and sending them to the computer to build a complete 3-D model.

Next, Dr. Firth uses SureSmile 3-D Treatment Planning Software to analyze the virtual model of your teeth and then plot precise individual tooth movements for the entire course of your treatment. Because your care is planned on the computer from the beginning, Dr. Firth can design archwires that work more efficiently from the start of treatment, which means fewer wire changes and adjustments.

SureSmile robots custom bend space-age Shape Memory Alloy archwires exclusively for your orthodontic treatment based on Dr. Firth's instructions. These "smart" wires, which permanently retain your individual prescription, are some of the most efficient archwires available in orthodontics today. The end result is more directed tooth movement that "shortens the distance" to the target position.

In SureSmile orthodontics, Dr. Firth's certified technician uses the handheld OraScanner to capture 3-D images, allowing him to build a precise 3-D computer model of your teeth. Treatment planning occurs on the computer, where Dr. Firth is able to precisely map out your entire treatment and design target positions for your teeth. With this information he can determine the most efficient way to move them to the desired positions more directly, reducing treatment time. SureSmile robotic process creates each patient's unique wires by precisely reproducing Dr. Firth's design. These Shape Memory Alloy wires deliver more efficient tooth movement because they retain the custom bends.

Now that you know the basics of the SureSmile process, you probably have even more questions about how it can work for you. While Dr. Firth and his staff are always the best source of information, we've compiled a list of answers to some of the most frequently asked questions about SureSmile. *Check it out!*

Answers to the most frequently asked questions?

Is Dr. Firth still in control of my treatment?

Absolutely. SureSmile allows Dr. Firth to treat patients using the same fundamental process and tools that he has used for years. In fact, Dr. Firth has greater control over treatment thanks to the 3-D visualization tools that SureSmile provides.

How does the OraScanner work?

Using a flashing white light – not x-rays or lasers – the OraScanner takes a series of digital pictures that are used to make 3-D computer models of your teeth.

How long does it take to do a scan?

A scan takes between 30 to 40 minutes on average. Factors such as tooth crowding and the size of your mouth may affect the length of time that a scan takes.

What are SureSmile Shape Memory Alloy wires?

The alloy used to make SureSmile archwires has been used in conventional orthodontics for some time. The robotic process customizes these wires to an individual patient's needs using high temperatures. The material characteristics of these archwires and their permanent customization enable them to deliver efficient, constant forces as they move your teeth to target positions.

Is there a risk of damaging my teeth because they are moving faster?

SureSmile wires do not move teeth any faster than the same wires used in conventional orthodontics. However, thanks to 3-D tools, they can move your teeth along a shorter path to the target position. Your overall treatment is shorter due to the shorter distance.

Where can I find more information on braces, and about SureSmile?

For more information on braces, visit www.bankheadandfirthortho.com. For more information on SureSmile, ask Dr. Firth or one of his staff members.

Did you know this about our Staff!

- Lynn Hager has been employed with Bankhead and Firth Orthodontics for over 20 years!
- She graduated from Lindbergh High School.
- Lynn likes country music, dancing, and scuba diving.
- She loves to spend her free time with her family.
- Lynn has a wonderful husband named Mike and two little beautiful girls, Kayla (11) and Olivia (5).



Orthodontic Treatment for Adults

Orthodontists are fond of saying, "A smile can be improved at any age!" and patients are listening. Today, more and more adults are choosing to have orthodontic treatment. The American Association of Orthodontists estimates that one in five orthodontic patients is an adult and that more than 1,000,000 adults in the United States and Canada are receiving treatment from orthodontists who are members of the organization. Orthodontics is also the fastest-growing dental specialty in the United Kingdom and adults are the fastest-growing group within the specialty. Gaps between teeth, crowding, protruding front teeth and teeth in abnormal positions are orthodontic problems that can easily be corrected in adults. Orthodontic treatment may help prevent many serious orthodontic problems, such as tooth decay, gum disease, tooth loss, abnormal wear of tooth surfaces, or deterioration of bone. Even some chronic pain can be traced to orthodontic problems creating stress on joints and muscles. While health concerns such as crooked teeth, bad bites, and jaw dysfunction are often the primary reason for choosing to undergo orthodontic treatment, many adults are choosing to treat themselves to the cosmetic improvement they didn't have a chance to undergo as children.

The newer, low visibility innovations in orthodontics are almost entirely due to demand from adult patients who want to straighten their teeth, but don't want a "tin grin." These innovations include tooth-colored ceramic braces, clear braces, tooth-colored ties and arch wires, and nearly invisible, clear plastic aligners that are computer generated and may be removed for eating and brushing. Lingual appliances, which are fixed appliances that are attached to the back, or tongue side, of the teeth, and are therefore completely unseen, are becoming increasingly popular as interest in adult orthodontics increases.

Braces work by applying gentle, gradual pressure to teeth to make them move into better alignment. These forces work the same way for adults that they do for children, but adult treatment may take a little longer because an adult's jaws are no longer growing. Because of this lack of jaw growth, and because an adult may have experienced gum or bone loss, or have damaged or missing teeth, orthodontic treatment may be only a part of the treatment plan. While orthodontic treatment may take a bit longer or involve treating gum or other disorders, healthy teeth that are supported by healthy gums can be moved at any age. And straight, even teeth are easier to clean and, therefore, easier to keep healthy.

The great-grandparents of today's adult patient expected to lose most of their teeth by age 40. The rate of loss of teeth has declined each decade due to improved dental care, increased awareness of the importance of dental hygiene, and increased life expectancy. With excellent hygiene, regular check-ups and a healthy diet, today's 30-something will keep his or her teeth for another 75 years! More and more patients are choosing to make sure those years are filled with healthy, straight, beautiful smiles.

Fall Recipe Easy Applesauce Muffins

RECIPE INGREDIENTS:

- 6 tablespoons butter
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2 eggs
- 2/3 cup brown sugar
- 1 1/2 cups chunky applesauce

1. Kids' Cooking Skills: Use this recipe as an opportunity to teach your kids how to mix wet and dry ingredients, scoop batter into muffin tins, and test for doneness.
2. Heat the oven to 375 degrees. Line a 12-cup muffin tin with bake cups and set aside.
3. In a small microwave-safe bowl, melt the butter on high for about 30 to 60 seconds; set aside to cool slightly.
4. Sift together the flour, baking powder, baking soda, cinnamon, and salt into a large mixing bowl. When mixing dry and wet ingredients for muffins, gently stir just until the flour disappears. This will produce muffins with a nice crumbly texture.
5. In another large bowl, whisk together the eggs and brown sugar. Stir in the applesauce and melted butter until the mixture is smooth. For mess-free muffins, use an ice-cream scoop to spoon the batter into the bake cups.
6. Pour the apple mixture over the flour mixture. Mix with a wooden spoon until combined (it's ready when you can't see any traces of flour).
7. Fill the bake cups about two-thirds full with batter. Bake for 20 minutes or until light brown.
8. Have your kids test for doneness by inserting a knife in the middle of one muffin. If it comes out clean, the muffins are ready to eat. Makes 12.