



# FALL NEWSLETTER<sub>2010</sub>

## Bankhead and Firth Orthodontics

### 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 great-grandparents of today's adult patients 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.

### MOUTH PROTECTION DURING SPORTS

Dental injuries are the most common type of injuries to the face, and 60% of facial injuries occur during sports practice. An athlete is 60 times more likely to suffer damage to the teeth when not wearing a mouth guard.

A mouth guard is a flexible piece of plastic that fits around the upper teeth and protects them from injury. In addition to protecting against direct damage to the teeth, by cushioning the lips and cheeks from the teeth or orthodontic appliances, a mouth guard helps prevent laceration and bruising.

The most commonly used type of mouth guard is sold in sporting goods stores. They're called "boil and bite mouth guards," because they're softened in boiling water and then formed to fit your mouth. Make sure if you are currently in braces the type of mouth guard is especially labeled for orthodontic appliances.

Whatever type of mouth guard you choose, you should wear it for any activity in which there is a chance of contact with other participants or hard surfaces. Mouth guards aren't just for football and hockey. If you or your child ride a bicycle, participate in gymnastics, volleyball, skateboarding, or any sport or activity in which a facial or dental injury might occur, a mouth guard is a necessity. Half of all dental injuries can be prevented, and a mouth guard is an important aid in protecting your teeth, face, and mouth.

### WIN AN iPad!

Make a 1 to 2 minute video commercial for Bankhead and Firth Orthodontics. Dr. John Firth would love to hear your testimonial and how you would encourage others to become his patients. Be as creative as you want!



### FLAVORS OF FALL Gingerbread Cupcakes with Pumpkin Cream Cheese Frosting

- 1 box prepared gingerbread mix, prepared to package directions for cake
- 8 ounces cream cheese, softened
- 1/2 cup canned pumpkin puree
- 1/4 teaspoon grated nutmeg
- 1 orange, zested
- 1/2 teaspoon vanilla extract
- 3 1/2 cups powdered confectioners' sugar
- Shaved crystalized ginger, for garnish

Divide prepared cake mix into nonstick muffin tins and bake for 20 minutes. The batter will make 8 to 10 muffins, depending on the size of your tin. Turn muffins out of tins to quick cool.

Frosting: Beat cream cheese, pumpkin, nutmeg, orange zest and vanilla with hand mixer at medium speed. Beat in sugar until frosting is fluffy. Frost cupcakes and top with crystalized ginger.

### DID YOU KNOW THIS ABOUT OUR STAFF?

- Fallon has been employed with Bankhead and Firth Orthodontics for 8 years!
- She graduated from Hillsboro High School.
- Fallon likes music, dancing, and being with friends and family.
- She loves to spend her free time with her fiancé Greg and puppy dog Skookie.



Remember that Halloween and Thanksgiving are just around the corner. Please avoid hard, sticky foods and treats. There are many great alternative goodies that you can substitute that are just as tasty!