

SPRING Newsletter 2009

Bankhead and Firth Orthodontics

What is Phase Treatment?

In the past, orthodontic patients were told to wait until all of the permanent teeth had erupted (about age 12 or 13) before any braces could be put on. Unfortunately, many of the problems that may be easily corrected at a younger age cannot be fully corrected if treatment is delayed until the teenage years. Just as a younger tree can be adapted and encouraged to grow in a particular direction, the jaws and facial bones of children may also be adapted and encouraged to grow in more desirable directions than can the facial structures of older children and teenagers. Today we know that younger children (age 7-11) can benefit in many ways from early orthodontic care.

Because not all of the permanent teeth are in, Phase I is not only about straightening teeth (although this is usually a side benefit for the permanent teeth that are present). The first phase of treatment is about BIG things. Jaw problems, horizontal and vertical bite problems, growth modification, expansion, and habit control. These are all things that can be very difficult to treat once children have reached the age of 12 or 13, when most of the growth has already occurred.

In many cases, extractions may be avoided in younger children with crowded teeth by developing the arches. Although expansion may be accomplished in older children (12+) and even some adults, it is generally less effective and much less stable than arch development at a younger age.

Children in the 7-11 age range are becoming very aware of their appearances. Children establish ideas about themselves at this age that are based on what others say and notice about them. Early treatment can have a dramatic effect on the self esteem of a child, particularly one that has a noticeable orthodontic problem.

Most growth related problems require a certain level of commitment and compliance with orthodontic instructions. Younger children are generally very compliant.

As a general rule, treatment that is broken into a first and second phase lasts no longer than if the treatment were postponed until all permanent teeth are in. Phase I lasts about 12 months and Phase II usually lasts about 12 months. Patients that elect to wait until all permanent teeth are present generally complete treatment in about 24 months, or the same total time required to complete two phases. Costs are comparable as well.

Not all patients can benefit from an early phase of treatment. However, the first phase of treatment ALWAYS simplifies the treatment once all permanent teeth erupt. Research and many years of experience have proven that early treatment, when indicated, can lead to better and more stable orthodontic results.

Spring Recipe Breakfast Burritos

Burritos for *breakfast*? Why not! These zesty little handfults will wake up your taste buds and start your day with a smile. And you can make and freeze them ahead, then just pop them into the microwave for a quick meal.

SERVINGS: 12

TIME: Prep/Total Time: 30 min.

Ingredients:

- 1 pound bulk pork sausage
- 1-1/2 cups frozen Southern-style hash brown potatoes
- 1/4 cup diced onion
- 1/4 cup diced green *or* red pepper
- 4 eggs, beaten
- 12 flour tortillas (8 inches), warmed
- 1/2 cup shredded cheddar cheese
- Picante sauce and sour cream, optional

Directions:

In a large skillet, cook sausage over medium heat until no longer pink; drain. Add the potatoes, onion and pepper; cook and stir for 6-8 minutes or until tender. Add eggs; cook and stir until set.

Spoon filling off center on each tortilla. Sprinkle with cheese. Fold sides and ends over filling and roll up. Serve with picante sauce and sour cream if desired.

To freeze and reheat burritos: Wrap each burrito in waxed paper and foil. Freeze for up to 1 month. To use, remove foil and waxed paper. Place one burrito on a microwave-safe plate. Microwave on high for 2 to 2-1/4 minutes or until a meat thermometer reads 165°, turning burrito over once. Let stand for 20 seconds. **Yield: 12 burritos.**

Remember to give us your email address so that we can add you into our T-Link System!

On our website through t-Link you can:

- * Check Appointment Dates
- * Check Account Balances
- * View Past Payments and Charges
- * Print Statement History

DID YOU KNOW THIS ABOUT OUR STAFF?

∞ Not only is Wendy Schiller one of our great Certified Orthodontic Assistants, she has been an assistant for 30 years.

∞ Wendy graduated valedictorian of her dental class at Bryan Institute.

∞ Wendy has played volleyball since Jr. High School. She currently plays on a women's recreational league, but she has played on Power, Semi-Power, and Co-ed recreational leagues.

∞ Wendy attended and graduated from Fox High School in 1978.

∞ Wendy has a wonderful husband of 28 years named Dave, one daughter Deanna (22 yrs old), and two sons David (20yrs) Daniel (15 yrs).



Office Locations:

Oakville - 5524 Telegraph Road (314) 487-1141

Sunset Hills - 3890 S. Lindbergh Blvd. #115 (314) 843-5553

Eureka - (Rockwood) 54 The Legends Parkway # 161 (636) 938-7766

Consultations are Complimentary!

