

Tooth Talk

Volume 1, Number 3 October 2007

Ask the Doc

What do you think is the best retainer once the braces are removed?

Retainers, unfortunately are a necessary evil that will remain with you as long as you want your teeth to remain straight. They exist to protect the investment you or your parents have made in a straight, beautiful smile! I, Dr. Glass, did not wear my retainer as a 10th grader and my teeth shifted severely. My Dad was not happy when my orthodontist recommended re-treatment. I had my teeth re-aligned and a fixed retainer (wire bent on the backside of the teeth) bonded in. This same retainer is still with me today after 19 years. The truth is... any retainer will work if worn. My personal recommendation is a removable (clear or wire) retainer for the upper teeth to be worn at night only (which decreases the chances of losing it), and for the lower teeth, a fixed retainer.

Glenn Glass DMD, MS



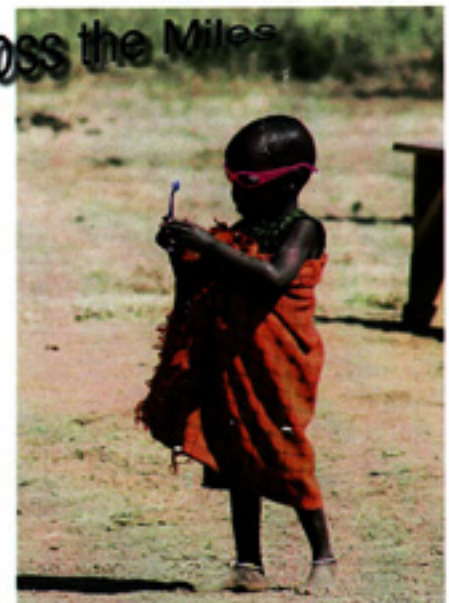
PARTNERS IN PREVENTION

Our office is challenging and rewarding our patients who return to their general dentist's office to have their teeth cleaned. Local dentist offices have been given Partners in Prevention pads to fill out as our patients come for their visits. The hygienists fill out their name, your name and any comments they have about the state of your teeth, that will help our office be better prepared for your next visit. Our goal is to open the lines of communication with the dentist's office so that we can work together in reaching the goal of YOUR beautiful smile! The comment cards are picked up by our office at the end of each month and placed in a drawing. The winning patient will receive a \$100 gift certificate. Please remind your general dentist/hygienist to fill out our PIP card at your next cleaning! Our office would like to thank every patient and parent for their role in helping to create and maintain your beautiful and healthy smile.

Reaching Smiles Across the Miles

BRUSHES IN THE BUSH

A young boy from the Massai Tribe in the Bush of Africa, near Tanzania, examines a toothbrush donated by Dr. Glass. The tooth brushes were donated to a church mission group through one of our patients. The trip conducted a pastor conference and a Medical Clinic to teach good hygiene.



Upcoming Contests

- OCTOBER - The Candy Corn Count contest
- NOV. - DEC. - Holiday Toy Drive
- **Wear one of Dr. Glass' T-shirts to your appointment and enter in a monthly drawing for \$50.**

Visit our website, www.glassortho.com, for valuable information, quick answers and fun games.

Congratulation!
Chef Ryan Glass and the Camellia Cafe for being voted one of the top "100 Places to Eat Before You Die In the State of Alabama" by the Alabama Department of Tourism. Stop in and see why!

Open

Wed.- Fri. for lunch
Tue-Sat for dinner.
Tell him you're a patient!
He may have a lagniappe!?!?



Sugar & Acid are double trouble. Regular soda contains both sugar and acid that can lead to tooth decay. And while diet soda is sugar free, it still contains harmful acid. The acid attacks teeth. Each acid attack lasts 20 minutes and acid attacks start again with every sip.

Tips:

- *Drink soda in moderation. Don't sip on a soda for extended periods of time. Sipping exposes teeth to prolonged sugar and acid attacks.*
- *Use a straw to keep the sugar away from your teeth. After drinking, rinse mouth with water to dilute the sugar that can cause decay.*
- *Never drink soda or juice before sleeping without brushing. The liquid pools in the mouth and coats the tongue and teeth with sugar and acid.*

White Spots are visual damage of the acid and sugar decay. These spots can not be removed. While in orthodontic treatment, parts of the teeth are obscured with appliances making it easy for acid and sugar to hide. That is why it is so very important to stay away from drinks full of acid and sugar. Our goal is not just a straight smile, but a healthy one as well!



Bring in an unwrapped new toy for our local

Toys for Tots

drive here at the office.

Enter your name in a drawing for a holiday surprise!

Collection ends Dec. 13th.

Products available to help your dental hygiene:

- The PHILIPS sonicare toothbrush.

- Hydro Floss

Great Christmas gifts!

You Can't Keep a Good Bird Down

Thank you to all those who expressed their concern about the bird napping of Pelican "Bill", who placed 3rd in the people's choice awards for their favorite pelican. Despite the generous reward posted by COPA (The Committee on Public Art), Dr. Glass, and Dr. Booth, Pelican "Bill" is still missing. The public and patient outcry for his return inspired Kathleen Taupeka, the artist behind the brace-faced bird, to recreate his image in a mixed media portrait on canvas, including braces by Dr. Glass, entitled "You Can't Keep a Good Bird Down". On September 29th, 2007 at the Fairhope Civic Center, "Bill's Portrait" was auctioned off with the rest of his flock for a handsome prize that contributed nicely to the fundraiser's cause for public art in Fairhope. We can only hope and dream that "Bill" will make a triumphant return. The world will be waiting! The painting of Pelican "Bill" is proudly hanging in Dr. Glass's game room.

Meet the Team

Diane



Renee



Amberley



Jan



Jessica



Kathleen



Anne



Whitney



We are especially interested in making all our patients feel right at home! We put your needs first to achieve efficient and comprehensive treatment. Our staff is trained and skilled, and we strive to provide energetic and fun-loving service to each patient. We strive to stay abreast of the very latest in technology and advances by regularly attending continuing education courses and seminars.