



Tooth Talk

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Ask the Doc

What Causes Crooked Teeth?

Crowded teeth, thumb sucking, tongue thrusting, premature loss of baby teeth, skeletal malformations, and a host of other reasons can all contribute to poor tooth positioning. Not to mention the hereditary factors. Extra teeth, large teeth, missing teeth, wide spacing, small jaws - all can be causes of crowded teeth.

Glenn Glass DMD, MS



Have a great 2008!

Prescription Toothpaste & Perio Med

To help reduce the potential for white spots and decay, we are offering a 5000 ppm toothpaste (Control Rx Multi™) to our high risk patients. These patients can also include adults with exposed root surfaces. For our patients with severe gingivitis Perio Med™ is recommended. We are in the process of documenting our success of these products and hope to publish our findings in a subsequent newsletter.

FLUORIDE VARNISH

As we all know, there is no substitute for proper oral hygiene. Unfortunately, with the age of the traditional orthodontic population, proper oral hygiene is the exception, not the rule. Our office has been busy studying the literature for the past year on ways to help fight this battle. We have found our weapon. **FLUORIDE VARNISH.** We will be applying a fluoride varnish to all of our patients with moderate to high risk of cavities as part of their comprehensive treatment. The ADA Council of Scientific Affairs has completed systematic reviews of randomized controlled trials (May 2006). The Panels conclusions on fluoride varnishes are as follows:

1. Patients whose risk of cavities is low do not receive additional benefit from professionally applied topical fluoride.
2. Fluoride Varnish applied every 6 months is effective in preventing cavities in the primary and permanent dentition of children and adolescent patients. Every 3 months for severe risk patients.

We hope the application of the fluoride varnish for our "hard to motivate" patients will help reduce the number of post orthodontic white spot lesions. We are using 3M ESPE Varnish 5% NaF White Varnish. For a copy of the literature, please call our office.



Set your DVRs for Friday, February 15th, to watch our patient Robbie Owen, on CMT's Country Fried Videos. He uses a bow and arrow and string to pull his teeth. You've gotta see it to believe it!

Upcoming Contests

- Wear one of Dr. Glass' T-shirts to your appointment and enter in a monthly drawing for \$50.
- February/March-Four leaf clover search. Win \$50.
- April/May - Enter to win Mother's Day Spa gift.

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

Products available to help your dental hygiene:

- **The PHILIPS sonicare toothbrush**
- **Hydro Floss**

We've gone Wi-Fi! Feel free to bring in your computers to work, surf the net, or just play.

Camellia Cafe

Chef Ryan Glass
(he's Dr. G's brother)
Wed.- Fri. for lunch.
Tue-Sat for dinner.
Now open for
Sunday Brunch !!

Dial-a-Doc



One of our goals is to work with the dentists as a team in delivering our patients the best smile possible, both beautiful and healthy. We know that after leaving our office and returning to the hectic routine of life, it's sometimes hard to remember to schedule future appointments with the dentists, so for your convenience our office is in the process of providing a space for you to make that call before leaving our office. Names, numbers, a calendar, and reminder cards. "Kill two birds with one stone" as the saying goes. We hope that this will encourage you and remind you to keep seeing your dentists on a regular schedule.

We are proud to announce

that our patient

Courtney Parker

was crowned

Miss Alabama

Teen USA 2008.

She will be competing in the national pageant in August!

A great big thank you to all the patients that brought in a toy for our local **Toys for Tots** drive here at the office. Your donations were greatly appreciated and helped to brighten a child's Christmas this year!



Meet the Team Favorite Christmas Gift This Year...

Diane



Lampe Berger

Renee



I Pod Phone

Amberley



Pjs with feet & a Hello Kitty robe

Jan



\$\$ to buy what I need.

Jessica



Northface jacket

Kathleen



New tennis clothes

Anne



Diamond & Sapphire ring