



M-BRACE-YOU

24th Edition

JANUARY 2012

iPAD 2 Contest

Thanks for all who participated in the iPad Contest on our Facebook. You all sent in very creative and friendly "Stevenson Smiles." The winner of the contest was Rafael Castellanos with 140 votes. Have fun with your iPad 2 and congratulations!



THANK YOU

Looking over the past years and looking toward the future, we as an Orthodontic Team wish to thank you for the support of our practice. We thank you for having confidence in us so that you are comfortable referring your family and friends. We enjoy observing the growth our patients make as their new smile develops and what they achieve in their personal lives as well. It is fun to have past patients drop by to say hello and catch up on what has happened to them since their treatment was completed. We are grateful to be part of our patient's lives for the short two years or less that they are with us. Each of you bring to the practice something that teaches all of us. Thank you for that which you contribute to our lives. We wish you all a prosperous and peaceful New Year.

Annual Holiday Movie Party

Our Annual Holiday Movie was lots of fun for all that attended. 616 Of our patients, friends, and family members attended! This year we gave away door prizes which made the event more exciting. We gave away a Sonicare Diamond toothbrush and gift cards to Fred Meyer, Bath & Body Works, Old Navy and iTunes. The movie "Dolphin Tale" was great for all ages. We hope to see you all again next December. Thank you for the donations you made to Snow Cap. We collected 578 pounds of food and over \$150 in cash donations! We appreciate your generosity to help a worthy cause.



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Famous Soul Surfer



Remember Bethany who at the age of 14 was attacked by a 14-foot tiger shark while surfing in the Hawaiian Island of Kauai? You may have seen her story in the major motion picture “Soul Surfer” released this year. What you may not know about her is that she underwent orthodontic treatment with Damon Braces to correct her open bite and crowding. The Damon Brace System gave her healthier teeth and gums, clearer speech, increased confidence and enhanced facial features.

Just like Bethany, all Dr. Stevenson’s patients wear Damon Braces. We are proud to offer this unique system to you. The braces are more comfortable to wear, usually require fewer appointments, and deliver a beautiful broad smile faster than traditional braces. Stop by the office to see a life size cut out of Bethany Hamilton with a QR code that you can scan with a smart phone and learn more about her story. Today she travels the world surfing and sharing her personal story of confidently smiling through adversity. So maybe when you feel a little discomfort from your braces, you can think of Bethany and confidently smile through adversity!

Bad Breath? - See Your Dentist

Whether you call it bad breath or halitosis, it's an unpleasant condition that's cause for embarrassment. Some people with bad breath aren't even aware there's a problem. If you're concerned about bad breath, see your dentist. He or she can help identify the cause and, if it's due to an oral condition, develop a treatment plan to help eliminate it.

Bad breath can be caused by a variety of things. What you eat, such as onion or garlic, is expelled through the lungs causing bad breath. If you don't brush and floss daily, particles of food remain in the mouth, collecting bacteria, which can cause bad breath. Bad breath can also be caused by dry mouth (xerostomia), which occurs when the flow of saliva decreases. Saliva is necessary to cleanse the mouth and remove particles that may cause odor. Tobacco products cause bad breath. Bad breath may be the sign of a medical disorder, such as a local infection in the respiratory tract, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, liver or kidney ailment.

Maintaining good oral health is essential to reducing bad breath. Schedule regular dental visits for a professional cleaning and checkup. Brush four times a day if you wear braces with fluoride toothpaste to remove food debris and plaque. Brush your tongue, too. Once a day, use floss or an interdental cleaner to clean between teeth. Mouthwashes are generally cosmetic and do not have a long-lasting effect on bad breath. If you must constantly use a breath freshener to hide unpleasant mouth odor, see your dentist. If you need extra help in controlling plaque, your dentist may recommend using a special antimicrobial mouth rinse. A fluoride mouth rinse, used along with brushing and flossing can help prevent tooth decay.

Upcoming Contests for 2012



January-February 2012

We will start off the New Year with a "Making a Change Contest." We will use our Facebook and emails to let you know the charities Dr. Stevenson donates to. You will vote on which charity receives the biggest contribution. The charity that receives the most votes will receive a donation of \$500 from Dr. Stevenson. Voting will also enter your name into a drawing for \$100 Visa card. Look for information on our Facebook page and emails to come. There will also be information when you come in for your appointment. We will also have a "Hope Jar" where you can donate if you wish towards Dr. Stevenson's charities.

Harry Potter

March 2012

Harry Potter Week - March 12-16th

Come dressed in anything Harry Potter: glasses, scarf, cape, or bring any magic wand to win a \$5 gift card to Burgerville.

Check our website
www.braceyoursmile.com
or our Facebook page
www.facebook.com/perrystevensonorthodontics
for more contest information.

German Pancake

Ingredients

- 6 eggs
- 1 cup milk
- 1 cup all-purpose flour
- 1/3 cup sugar
- 1/2 teaspoon salt
- 2 tablespoons butter
- 1 tablespoon confectioners sugar, for dusting

To Make It:

1. Heat oven to 400 degrees F. Whisk together eggs, milk, flour, sugar and salt in large bowl.
2. Melt butter in oven-proof skillet, preferably 10-inch cast-iron pan, over medium heat. Using a pot holder, remove skillet from heat. Pour egg mixture into hot skillet.
3. Carefully transfer hot skillet to 400 degrees F oven and bake for 20 minutes or until pancake is golden and puffed.
4. Sift confectioners sugar over top of pancake and serve immediately. Serves 8.



Think Green for the New Year

Did you know that our office has been green since 2009? The City of Gresham awarded us a Special Merit Certificate for Voluntary Pollution Prevention. Each year we recertify with the City to keep our status. We recycle all paper, plastic, light bulbs, and glass. Whenever possible we purchase recycled paper, bags, and ink cartridges. The coffee, hot chocolate, and water cups, and the utensils we use are all compostable. We also use light bulbs that are energy efficient and meet the guidelines set forth by the city. Join us in the New Year by voluntarily preventing pollution in your own homes and businesses by recycling and purchasing recycled or compostable products. Every little change makes a big difference.

