



M-BRACE-U

MAY 09

From the office of Dr. Perry Stevenson

16th Edition

WEBSITE NEWS

If you missed the highlight of our office on the morning program Better TV, you are in luck! If you go to our website, www.braceyoursmile.com, you can access the program. Click on the "Learn More" arrow tab under the SureSmile section and you will be directed to the Better TV website. A short commercial will come on followed by the program with Dr. Stevenson's interview as well as our patients Lacei Nelson, Sonia Shim, and Tanner Wingfield.

On our website we have also included a weather announcement. It is located under the "Office Info" tab. When we experience inclement weather, you can go to our website to find out if the office is closed. This will give you another source to find out if we are seeing patients. Of course, we will continue to leave a message on our phone system as well. Keep your fingers crossed--hopefully we are passed the snowy weather!

INSURANCE BENEFITS

Providence Hospital offers excellence orthodontic insurance for their employees. If you are an employee or know someone that is and are in need of orthodontics, please call our office. We would be happy to schedule a complimentary consultation for braces.

FAMOUS LANDMARKS CONTEST

We are happy to announce that Abigail Sykes is the winner of a brand new iPod Touch. She is the lucky winner chosen from 533 entries. Have fun with your new iPod, Abigail!



HEALTHY CHOCOLATE?

Did you know that some chocolate is actually good for you? Dark chocolate, specifically, is high in anti-oxidants and flavanoids, plant-based compounds found in tea, red wine, and many fruits and vegetables. These compounds have been shown to have many health benefits including preventing heart attack and stroke and maybe even preventing cancer. Some studies also suggest that a small helping of dark chocolate can prevent gum disease as well as bleeding gums. (Academy of Orthodontic Assisting, 19 Feb 2009)

FOCUS ON THE TEAM

We thought you might like to get to know us a little better. Each newsletter we will feature a different member of our team. This issue we would like to introduce Angella Shepard. Many of you already know her since she is your patient manager, but for those who don't, here is a little bit of info.

Angella graduated from Sheldon High School in Eugene, Oregon in 1990. She then received her training as an orthodontic assistant and started assisting in 1995. She has been working with Dr. Stevenson for 8 ½ years. She has experienced braces twice, once with headgear! (Thank goodness head gear is a thing of the past in our office!) Just ask Angella how awful it is to wear!

Angella and her family have recently relocated to Vancouver, Washington where her husband of 12 years works as an English teacher, varsity football coach, and boys basketball coach at Union High School in Camas, Washington. Angella is a mother of three boys ages 2, 6, and ten. Between sport seasons, the family loves to vacation at the Oregon Coast in Gearhart.

When Angella is not busy with work, her children's activities, and attending her husband's games, she likes to golf, scrapbook, play at the park, and present Silpada parties in her spare moments. In spite of all the demands on Angella's time, we are certainly glad she has chosen to spend some time with us. We appreciate the great addition she is to our team.

Star Wars

A long time ago in a galaxy far, far away... **Star Wars Contest.** Stop by the office to match the Star Wars characters with their names. Instead of one winner this time, there will be 10. Each winning entry will receive a \$35 gift card to Fred Meyers! The contest will end May 31st.

Hawaiian/Beach Week will be the week of June 15-19, 2009. Come dressed in Beach/Hawaiian attire and receive a special gift. We've got our finger's crossed for warm weather that week!



SILENT NITE

It is estimated that more than 90 million North Americans snore while sleeping.¹ According to a UCLA School of Dentistry study, snoring can kill you. The struggle for breath can result in soaring blood pressure, which can damage the walls of the carotid arteries and increase the risk of stroke.²

Concerned? So are we. That is why we chose to offer our patients Silent Nite, a unique snore prevention device. It is custom made for each patient and does not interfere with breathing through the mouth. Small movements of the jaw are possible while wearing a Silent Nite device minimizing stiffness in the joints of the jaw in the morning. Silent Nite devices help promote deeper, more restful sleep by preventing snoring.

Several of our patients are using the device with great success. If you are interested, please give us a call. We will be happy to schedule a complimentary consultation. The cost for Silent Nite is \$299. Great for dads and husbands!

¹ Yuong, T., Palta Metal. "The Occurrence of Sleep Disordered Breathing Among Middle-Aged Adults." New England Journal of Medicine. 1993

² Friedlander AH, Yueh R., Littner M. R. "The Prevalence of Calcified Carotid Artery Atheromas in Patients with Obstructive Sleep Apnea Syndrome." Journal Oral Maxillofacial Surgery. 1998.

DO YOU LIKE TO TEXT?



If you have signed up with T.Link to receive email appointment reminder messages, you may receive a text message as well. If you have not signed up to receive email messages, you can simply call us with your email and we will add it to the system. In 24 hours you can then access your account through our website www.braceyoursmile.com. *This is a secure site and your email address will not be shared with anyone.* Following are the directions to sign up for text messaging.

- Sign in to your T.Link account
- Click the SmartText image
- Click continue
- Enter your cell phone number, choose provider and check appropriate boxes
- Make sure your cell phone is turned on and click continue
- When you receive your confirmation code, enter it in the Confirmation Code Field
- Click to Confirm Signup
- You are now signed up to receive text message reminders for your appointments.

FACE BOOK

Check out our Face Book page. We have posted some fun pictures. Tell us what you think. Just another way to communicate with us! To find us search for "Stevenson Orthodontics." We want as many friends as possible, so find us and join our Facebook Families!

RETAINER WEAR

Once braces have been removed, we will follow the patient's retainer wear for 1 year. The first retainer check appointment will be 8 weeks after the braces have been removed. At that point, the patient will then be seen for two 24 week checks and then dismissed from further appointments. Of course, we will be happy to see you at anytime if there are concerns or questions.

Please remember to wear your retainers as directed after appointment checks are no longer needed. The lower retainer should remain in the mouth indefinitely and the upper retainer will need to be worn 1 to 2 nights a week, also indefinitely.

NEW BRACES (December 19, 2008 – April 12, 2009)

Lara Wilent, Sandie Hitchcock, Amy DelPlato, Breanna Johnson, Matthew Vanoudenhaegen, Don Schaffer, Delanie Garrett, James Brown, Ashley, Benson, Kristopher Duke, Kiara Tolman, Christopher Bahner, Aaron Helfrich, Nancy Eichler, MacKenzie Spinks, Joshua Whittle, Julie Edwards, Brianna Gardner, Jacob Edgren, Katey Stephenson, Kelly Stief, Morgan Jensen, Tonia Janzen, Kira Morally, Ryan Riepma, Jenna Collins, Riley Brown, Madison Hamilton, Walker Frank, Victoria Davisson, Emily Shelton, Melissa Sester, Cody Jordan, Jessie Stone, Grace Warner, Miguel Morales, Amayrany Gomez, Amanda Kelner, Mitchell Ford, Brandon Raleigh, Nathan Smith, Shelley Bean, Miranda Young, McKenna Schwab, Ryan Sester, Troy Alker, Stephanie Cortes, Kylea Stiles, Haven Levesque, Paul Grassl, Walker Seals, Elise Parkman, Courtney Hatton, Cierra Baker, Austin Guerrero, Chance Dougan, Brian Downer, Laurie Regan, Renee Balakir, Bryce Stanberry, Dominic DeLima, Janis Loceniaks, Elizabeth McKnight, Sarah Walker, Aimee Stuart, Amanda Terry, Angelina Reinhardt, Olivia Dailey, Jordan Hlebechuk, Ray Rose, Justin Anderson, Janet Prather, Kiran Bernard, Maria Martinez, Brittany Wheelless, Brendon Harvey, Brayden Bennett, Sienna Reed, Emily Ceglie, Autumn Hall, Cole Hucke, Gabriel Vidal, Christian Stephens, Parker James, Arthur Lozovsky, Matthew Milward, Timothy Shaw, Austin Van Drew, Karlee Hall, Emily Sunderland, Christine Spina, Max Huntsman, Carolyn Ray, Aaron Normand, Luda Maleyeva, Tamara Palmer, Janice Pearlman, Robin Jones, Jeffrey Thompson, Stacy Kozlowski, Kortnie McKee, Janelle Garham, Jonathan Towlerton, Andrew Morency, Melissa Kennedy, Brandon Pugsley, Tina Canucci, Brandon Lowder, Jay Colling, Kelly Smith, Brody Carlson, Nicolas Rosenthal, Mathew Clark, Austin Mattice, Grace Zangerle, Katherine Moss, Kristin Nagel, Riley Dean, Tavish White, Bryan Ludwick, Sophie Vawter, Brooke Niska, Hunter Murphy, Hailey Long, Alec Grevstad, Kaitlyn Gravo, Jacob Crawford, Kody Adair

NEW FACES WITHOUT BRACES (December 19, 2008 – April 12, 2009)

Kelvin Gilgan, Emerald Dumas, Konnor Burchatz, Devin Cardonia, Micah Thomas, Lauren Portinga, Cody Ault, Juan Lopez, Eric Stevenson, Matt Miltenberger, Jordan Minter, Aaron Moreland, Gabriela Juarez, Micaela Sherman, Isaias Sanchez, Jessica Barry, Jonathan Hughes, Courtney Forsythe, Alex Mode, Blake Burgess, Olga Volodkina, Ryan Swertfeger, Cassidy Osborn, Carin Leigh Harper, Ryan Michael, Austin Humble, Tammy Louie, Darien Fleming, Elizabeth Holmes, Christian Parrish, Jacob Sundquist, Christy Rasmussen, Alex Stephens, Kelsey Lacoste, Daniel Tovar, Brian Pertl, Suzanne Tuel, John Lilly, Julie Quaid, Luis Lopez, Tabatha Kogle, Jamie Bahner, Rebecca, Harris, Josie Huddleston, Kathy Goodlin, Joseph Hodges, Briana Miller, Emma Wilson, Amy Ploegman, Ryan South, Fernando Barajas, Caleb Wilson, Ashley Mottram, Brenda Tellez, Elizabeth Storer, Micah Hall, Samantha Rushing, Heidi Meng, Michelle Smith, Alex Moore, Abigail Hunter, Nick Poelwijk, Whitney Morrison, Trevor Nystrom, Andrew Lewis, Richard Anderson, Nicholas Abbs, Cory Mackay, Joe Posteuca, Olivia Schmidt, Katelyn Graham, Lia Tekabo, Zachary Hedeon, Elizaj Losch, Joshua Parypa, Trena Dillon, Kimberly Kiessling, Alyssa Handy, Arianne Melton, Katie Moscillo, Eric Endsley, Madison Marfell, Bert Aguon, Kelsey Miler, Grant Lewis.

Mini Meat Loaves with Green Beans

- 1 egg, lightly beaten
- 1 cup purchased pasta sauce
- 1/2 cup fine dry bread crumbs
- 1/4 cup fresh basil leaves, coarsely chopped if large
- 1 lb. lean ground beef
- 1 cup shredded mozzarella cheese (4 oz.)
- 1 12-oz. pkg. fresh green beans, trimmed
- 1 Tbsp. olive oil
- Crushed red pepper (optional)

Directions

1. Preheat oven to 450 degrees F. Bring a medium saucepan of salted water to boiling. In large bowl combine egg, 1/2 cup of the pasta sauce, bread crumbs, 2 tablespoons of the basil, and 1/4 teaspoon salt. Add beef and 1/2 cup of the cheese; mix well. Divide beef mixture in four equal portions. Shape each portion in a 5-1/2x2-inch oval. Place on 15x10x1-inch baking pan. Spoon on remaining pasta sauce and sprinkle with remaining cheese. Bake 15 minutes or until internal temperature registers 160 degrees F.
2. Meanwhile, cook green beans in boiling salted water for 10 minutes. Drain; toss with 1 tablespoon olive oil and red pepper. Serve with meat loaves. Sprinkle all with remaining basil leaves. Serves 4. (Better Homes and Garden)

FOR A QUICK DINNER MEAL

