



M-BRACE-YOU

23rd Edition
SEPT 2011

Hunting for Gift Cards

Go to our page on Facebook and click on the "Win with Stevenson" link below our profile picture. Follow the simple instructions for your chance to win one of three \$100 Clackamas Town Center Mall American Express Gift Cards!

Improve your chances by inviting friends and family to enter to win. Every invitee that enters earns you an additional entry for the gift card! Details are on our Facebook page.

Not on Facebook or want even more entries? Post a review of Stevenson Orthodontics on Google Places or Yelp and you'll receive FIVE entries in the drawing!



What Happens When Your Braces Are Removed?

Once you have celebrated the removal of your braces and you can see your beautiful new smile, the retention phase of the treatment begins. This phase of treatment is equally as important as treatment with braces. During this phase the teeth are held or retained in their new positions. The retention phase also allows teeth to "settle" into their new homes. Settling of teeth is a normal process during this phase. Minor changes in teeth movement may occur.

(Full article continued on page 3)



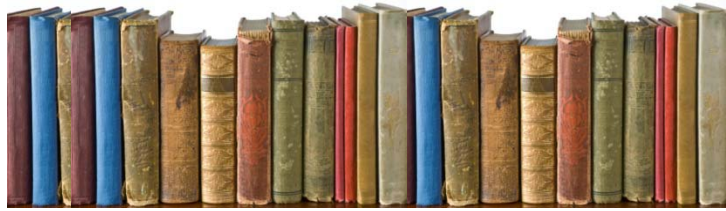
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Parent and Patient Giveaway...

Beginning September 1st through October 31st enter to win a Civil War Tailgate Party Basket! The basket includes everything you need to celebrate as you watch the game on TV.

Whether you are a Duck fan or a Beaver fan, you can cheer on your favorite team while enjoying the amenities provided by Dr. Stevenson! The basket includes specialty drinks, Safeway Gift Card for your choice of game food, Snacks, Candy, Team flags and logo items, and half time entertainment!



Great Books for Kids

“Bread and Jam for Frances” by Russell Hoban
“Sylvester and the Magic Pebble” by William Steig
“Make Way for Ducklings” by Robert McCloskey
“Alexander and the Terrible, Horrible, No Good, Very Bad Day”
by Judith Vorst
“Chocolatina” by Erik Kraft
“Lilly’s Purple Plastic Purse” by Kevin Henkes
“Fireman Small” by Wong Herbert Yee
“Stone Soup” by Marcia Brown



Why Read to Babies

Kathryn Gamble

Now that school has started, perhaps this is a good time to develop a habit of reading to the small ones at home. Thirty-five percent of American children start kindergarten without sufficient language skills, according to the American Academy of Pediatrics. But reading aloud to your baby helps. Through story time interactions now, your baby will develop abilities -- including language and social skills -- to later advance her school learning. Plus, story time fosters a close emotional relationship between you and your baby. Ruth Anan, Director of the Early Childhood Program at Beaumont Hospital near Detroit, says babies learn to associate books with the pleasure of being with parents, and this pleasure will translate to a love of reading.

Joseph Zanga, president of the American Academy of Pediatrics (AAP), suggests that you begin reading to your baby daily once your baby turns 6 months. Your baby is unable to make sense of what he hears at this age, but his brain still receives stimulation. This early exposure to language will help your little ones become successful readers and writers. Make sure that by 12 months, your baby is exposed to developmental books. Although he can't verbally show his language skills, he is experiencing an explosion of language interest and is mentally combining words to create new ideas. By the age of 2, your child is developmentally ready to experience the real pleasure of books.

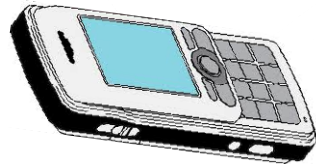
That's right---Grandma's texting too!

Televox is the service that reminds you of your appointments with our office. As most of you know besides a phone call, you can also receive text reminders as well. Recently Televox surveyed patients at a large southeastern multi-specialty clinic, and 92% reported that they are active texters. Of those texters, 81% said they want to receive appointment confirmations via text. That 92% covers ALL age groups. The 2011 Nielsen data shows that even members of the 65+ group send and receive an average of over 40 texts per month.

Are you an avid texter? Would you like to receive appointment confirmations via text?

Here's how you can.

1. Go to braceyoursmile.com
2. Sign in to your T.Link account
3. Click the Smart Text image
4. Click continue.
5. Enter your cell phone number, choose provider and check appropriate boxes.
6. Make sure your cell phone is turned on and click continue.
7. When you receive your confirmation code, enter it in the Confirmation Code field
8. Click Confirm Signup
9. You are now signed up to receive text message reminders for your appointments.



What Happens When Your Braces Are Removed? Continued...

Bonded behind the patient's lower front teeth, a permanent retainer cannot be removed until we remove it. This retainer normally stays in the mouth until the wisdom teeth have been removed or have erupted into the mouth. However, recent studies have found that the permanent retainer should remain in the mouth for the entire lifetime. Studies have shown that as a person ages, the lower teeth front teeth have a tendency to move with the natural aging process. Therefore, Dr. Stevenson recommends that the lower retainer stay in the mouth forever.

The upper retainer is either a clear or acrylic/wire removable retainer. The clear retainer is worn 24 hours a day (except when eating) for 6 to 8 weeks and the acrylic/wire retainer is worn 24 hours a day (except when eating) for 12 months. Then it is worn during the nighttime hours for the next 1-2 years. After that period of time, we recommend that the retainer is worn a couple nights per week to make sure it still fits. This ensures that your beautiful smile will last and last!

Southwest Frittata

Saute 1 sliced bell pepper and 1 sliced red onion in olive oil until just soft. Add to 8 beaten eggs with 1 cup drained canned black beans, 1 cup shredded cheddar, ½ teaspoon each cumin and chili powder. Bake in a buttered 10-inch ovenproof skillet at 350 degrees F for 13 to 15 minutes. Serve with salsa and cilantro.

