



# M-BRACE-YOU

September 2010

From the office of Dr. Perry Stevenson

20<sup>th</sup> edition

## Oral Hygiene Grading Scale

Each time our patients come for their orthodontic appointments, our patient managers give them a grade on the brushing and care of their teeth. In an effort to keep our patients and their parents informed and to help our patients keep their teeth clean, we have put in writing our grading criteria for oral hygiene. We hope this will help each patient in their brushing and flossing routine.

<u>Grade</u>	<u>Criteria</u>
A	No plaque No swollen gum tissue Teeth and brackets free from debris
B	Minimal plaque present No swollen gum tissue
C	Sent to re-brush the teeth before wires can be removed Moderate plaque present Any swelling of gum tissues
D	Sent to re-brush the teeth before wires can be removed Plaque present Swelling of gum tissue Signs of decalcification (white marks on teeth)
F (Fail)	Sent to re-brush the teeth before wires can be removed Food present in brackets and/or teeth Plaque present Swelling of gum tissues Decalcification present

## Faces, Places, & Braces Contest

Thank you for all the entries you sent in. We enjoyed viewing the pictures and finding out what part of the world our patients were this summer. It was fun to follow you on your activities this summer as pictures were sent from each vacation spot during your travels. Many entries came from patient summer activities close to home. Austin Guerrero was lucky enough to win the Xbox 360. Congratulations Austin!



## BEACH WEEK

We had many patients come dressed for Beach Week. Those who participated each received a \$5 gift card to Burgerville. Here are a couple of pictures of family and friends that participated. Thanks to all who joined in the fun!



## Recipe Corner

### Chocolate Chip Zucchini Bread

From *Cooking Light*

This moist and cake-like chocolate chip zucchini bread is the perfect way to make sure you are eating your vegetables but still enjoying a sweet treat.

3/4 cup sugar	1 teaspoon ground cinnamon
3 tablespoons vegetable oil	1/4 teaspoon salt
2 large eggs	1 1/4 teaspoon baking soda
1 cup applesauce	1 1/2 cups finely shredded Zucchini
2 cups flour	1/2 cup semisweet chocolate chips
2 tablespoons unsweetened cocoa	

Preheat oven to 350 degrees

Place first 3 ingredients in a large bowl; beat with a mixer at low speed until well blended. Stir in applesauce. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and the next 4 ingredients (through soda), and beat until well blended. Add flour mixture to sugar mixture, beating just until moist. Stir in the zucchini and chocolate chips. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out almost clean. Cool in pan 10 minutes on a wire rack and then remove from pan. Cool completely on wire rack.

### Damon Clear Braces

The beta-testing program for the new clear Damon bracket is now complete. We are happy to offer our patients the Damon Brace System with clear brackets for the upper teeth. Call and we will be happy to schedule a complimentary consultation for you!

# Invisalign Teen Provider

## Invisalign® Teen Aligners

For adolescent patients, Dr. Stevenson can provide [Invisalign Teen](#) aligners! We are the only office in the area providing this technology and we are pleased to offer this to our patients.

### What is Invisalign Teen?

Invisible way to straighten your teeth without braces.

Series of clear, removable, custom-made aligners.

Uses no metal wires or brackets.

Custom-made for comfort.

### How does Invisalign Teen work?

Wear each set of aligners for about two weeks.

Remove only to eat, drink, brush and floss.

Your teeth will move gradually each week.

Visit us every 8-10 weeks.

Average number of aligners is between 18 and 30.

# Continuing Education

Each year Dr. Stevenson attends several continuing education courses so that each patient will receive the best treatment possible. At the end of September, Dr. Stevenson will be attending a SureSmile Seminar. We are proud to utilize [SureSmile®](#) technology in our office. This state-of-the-art technology yields enhanced patient comfort with detailed finishing wires. In November Dr. Stevenson will attend the Invisalign Ortho Summit. [Invisalign](#) clear aligners provide patients a clear solution for achieving a perfectly beautiful smile. Using a series of clear, removable aligners, Invisalign works hard to straighten your teeth and twice as hard to keep others from noticing.

**Face Book:** Become a fan of our Face Book and receive our "Quote of the Day." Check out our **Blog** for information about contests, videos of our patients, general news about braces, and other information.

## CONTESTS

Stop by the office and enter our **"Who Belongs to that X-Ray?"** Contest. Match the x-ray to Dr. Stevenson and his team. Ten winners will receive a pizza-movie night gift package. Come see the office decorated with haunted house chandeliers and fall décor.



Last contest of the year will be **Sports Spirit Week** November 29th through December 3rd. Come dressed in your favorite team colors to win a movie pass. The Civil War Game between Oregon State and University of Oregon is Saturday, December 4th! You are welcome to wear their colors as well!

