

# ORTHOWIRE

SUMMER 2012



Welcome to our third digital edition of Orthowire! We strive to keep in touch with our patients, referring doctors, and friends, and hope that this newsletter will allow us to have even more contact with you.

## CONTEST

Are you travelling someplace far, far away this summer? Send us a postcard! The patients with the "most distant location" and the "most exotic vacation" as judged by our staff will receive a prize!

## SEASONAL PROMOTION

Do you know anyone who would like to see an orthodontist? Send them our way! We will make a donation in your name to the school of your choice for whoever refers the most new patients to use by August 31, 2012.

## OUT AND ABOUT

The staff attended the South Florida Academy of Orthodontics Practice Management seminar in April.

In May, Dr. Lastra and the staff visited Silver Bluff Elementary for their annual career day. Dr. Lastra talked all about braces, oral hygiene, and her experience as an orthodontist.

## SCHEDULE

Monday 8:45am-5:00pm

Tuesday 8:45am-5:00pm

Wednesday 8:45am-5:00pm

Thursday 10:15am-6:30pm

Mon-Wed Closed for Lunch  
12:30pm-1:30pm

Thursday Closed for Lunch  
2:00pm-3:00pm

We spend the first 15 minutes of each morning in a mini staff meeting to go over the schedule for the day so that we can be better prepared to serve you.

Longer appointments (such as bondings) are scheduled early in the day or early in the afternoon so we can give you the best care for these more complicated procedures.

Please call before coming to the office for any reason other than your regular appointment so you don't waste a trip. Vacations, meetings, and holidays may cause changes in our schedule.

We work one Saturday a month for short appointments only.

We see patients at the Key Biscayne office two Wednesday afternoons a month.

When we are out, there is always a phone number on the answering machine in case of emergency.

Remember to see your dentist every 3-6 months while in treatment!



Dr. Lastra attended the Florida National Dental Conference in June. She participated in Florida Dental Association Delegation events and American College of Dentists events.



**OFFICE GOSSIP**

Dr. Lastra has two new graduates in her family! In April, granddaughter Chelsea graduated from Florida State University. In May, granddaughter Megan graduated from Immaculata-La Salle High School. Congratulations, girls!



On April 26, Lili gave birth to an 8lb 2oz baby boy, Alejandro. Congratulations to Lili! She will be back in the office on August 20th.

On June 1, former staff member Jenny gave birth to a baby boy, Michael Daniel. Congratulations to Jenny!

Feel free to e-mail us some of your own news for upcoming newsletters. We love hearing about what our patients get themselves into! We look forward to seeing you and hearing from you.

It is our goal to continue to provide you with beautiful, healthy smiles for a lifetime!

**THE STAFF**

Idalia Lastra, D.M.D.  
Orthodontist

Johnny Echeverri  
Orthodontic Assistant

Vickie Fournier  
Bookkeeper

Carmen Fundora  
New Patient Coordinator

Nancy Gonzalez  
Scheduling Coordinator

Victoria Gonzalez  
Part-Time Assistant

Millie Granda  
Orthodontic Assistant

Lili Jorge  
Orthodontic Assistant

Alba Majano  
Lab Technician

Marissa Mejia  
Part-Time Assistant

Raquel Pauth  
Part-Time Assistant

Dorina Sanchez  
Orthodontic Assistant

Stephanie Sanchez  
Orthodontic Assistant

**PRACTICE PHILOSOPHY**

The purpose of our practice is to provide our patients with the highest quality orthodontic treatment in a caring environment, in an atmosphere that is fulfilling and enriching to our patients and our staff. We also want to build a staff of doctor, assistants, office and laboratory personnel who derive maximum satisfaction from their work as they make a contribution to the health and well-being of our patients.

## In This Newsletter:

Oral Hygiene Do's and Don'ts

Early Warning Signs of Orthodontic Problems

Making a Fashion Statement With Your Braces

Facts About Kids and Sports Safety



## Oral Hygiene Do's and Don'ts

The mouth is the gateway to the body... good health begins with good teeth. Tooth decay, infection and/or gum disease can lead to a variety of ailments and just generally 'feeling bad.' Here's a list of Do's and Don'ts for keeping your oral hygiene the best it can be:

### Oral Hygiene Do's

- Visit your dentist regularly for check-ups and cleaning.
- Visit an orthodontist for an evaluation if you see any of the early warning signs of orthodontic problems.
- Have your child(ren) evaluated by an orthodontist by age seven. Many orthodontic problems can be more easily corrected before tooth and facial growth is complete.
- Brush your teeth at least twice a day using a soft-bristled toothbrush and a fluoride toothpaste.
- Floss between your teeth at least once a day, after dinner and before bedtime. (Tip: Use toothpaste on your floss for extra fresh breath.)
- Rinse and gargle with the mouthwash, ideally right before bedtime.
- Eat a balanced diet, limit between-meal snacks and eliminate sugary foods.
- Clean your tongue when you brush your teeth. (Tip: Instead of using toothpaste to brush your tongue, dip your toothbrush in mouthwash.)
- Drink plenty of liquids, especially water to keep your mouth moist. (Tip: If your mouth is dry, try sucking in your cheeks as if eating something sour to increase flow from the salivary glands.)

### Oral Hygiene Don'ts

- Don't forget to clean behind your back teeth.
- Don't give mouthwash or fluoride toothpaste to young children, as they can swallow it.
- Don't clean your tongue so hard that it hurts.
- Don't rely on mouthwash alone to keep your teeth and gums clean and your breath fresh. Practice complete oral hygiene.
- Don't ignore your gums - you can lose your teeth as well as have bad breath.
- Don't drink too much coffee.
- Don't smoke.

For those wearing braces or other orthodontic appliances, keeping teeth and gums clean may be a bit more difficult, but the resulting smile will be worth the effort. If you wear braces...

### Braces Do's

- Brush after every meal. If you can't brush right away, rinse your mouth (and removable appliance) with water.
- Floss every day. Your orthodontist can give you a floss threader if you're having difficulties.
- Chew only sugarless gum.
- Call your orthodontist if anything is loose or broken.

### Braces Don'ts

- Don't miss your orthodontic appointments. Missed or delayed appointments mean you'll have to wear your braces longer.
- Don't eat hard, sticky or chewy foods, crunchy foods.
- Don't chew on pens, pencils, ice, fingernails or anything that might break your braces.

Shiny clean teeth and fresh breath are good reasons for practicing good oral hygiene, but the most important reason is that keeping your gums and teeth clean and healthy will help you keep your teeth throughout your life. Although some diseases and conditions can make dental disease and tooth loss more likely, most of us have a great deal of control over whether we keep our teeth into old age. Wouldn't you rather be chewing with your own natural teeth?



## Early Warning Signs of Orthodontic Problems

Some orthodontic problems may be easier to correct if treated early. Waiting until all the permanent teeth have come in, or until facial growth is nearly complete, may make correction of some problems more difficult. But...children and adults can both benefit from orthodontics, because healthy teeth can be moved at almost any age. It is not unusual to begin orthodontic intervention if one or more of the following early warning signs is seen:

- Difficulty in chewing or biting
- Chronic mouth breathing
- Finger sucking or other oral habits that continue after 6 years of age
- Top front teeth that protrude
- Top front teeth cover more than 25% of the bottom teeth when biting
- Top front teeth go behind the bottom teeth when biting
- A space exists between top and bottom front teeth when biting
- Crowded, overlapped, misplaced teeth or extra teeth
- Teeth meet abnormally or don't meet at all
- Center of top and bottom teeth don't line up
- Teeth wearing unevenly
- Baby teeth falling out too early
- Jaw joints that click or are painful
- Jaws that shift off center when biting
- Speech difficulty
- Biting the cheek or roof of the mouth often
- Weak chin or a prominent chin
- Facial imbalance
- Jaws that protrude or recede
- Grinding or clenching of the teeth
- Embarrassing teeth or smile often hidden by hands

If you or your child has one or more of these early warning signs of orthodontic problems, see your dentist or orthodontist. The sooner you receive orthodontic intervention for these alignment problems, the sooner you can light up a room with your smile!

## Making a Fashion Statement with Your Braces



The 'mouth full of shining metal', commonly called 'metal mouth' or 'tin grin', is truly a thing of the past with today's updated braces. Braces have become a fashion statement, and you can choose which type of braces will fit your personal taste and style. For patients who choose to make fashion statements with their mouths, colors are a way to show your personality.

Stainless steel braces are the most common and the most popular type of braces for children and adults, but plain old stainless steel braces don't have to look plain. Today's space-age materials make braces more comfortable than ever and more easily decorated. The rubber bands that you put in and take out daily come in dozens of colors. Even the ligatures that hold your wires to the brackets come in a splashy array of colors. Although they're not interchangeable like the elastics, colored brackets can add real spark to a smile, and your orthodontist can change the colors each time your wires are changed. You can choose colors that coordinate with your wardrobe. You can wear your school colors on your braces. You can proclaim your loyalty to a sports team. You can choose to decorate your teeth for a holiday, like orange and black for Halloween or green for St. Patrick's Day. You can even choose a different color for each bracket and make a rainbow in your smile!

There are clear composite braces that glow in the dark. And if you want to make the ultimate fashion statement, then maybe the classic beauty and elegance of gold is for you. Gold braces and wires are similar to stainless steel braces and wires with the exception of being gold-plated for a 24-carat smile. For patients whose style is quieter and more subdued, there are braces that bond to the back of your teeth and can't be seen at all. There are clear retainers that are barely noticeable. And there are ceramic braces, made from a ceramic material developed by the NASA space program, that are virtually invisible on your teeth.

Ceramic braces are also very strong and dependable, which will help you achieve your treatment goal faster and more efficiently. Once the braces are off, retainers are another way to express your personality. They don't have to be roof-of-the-mouth pink nowadays. Your retainer can glow in the dark, be polka-dotted, be personalized with a photo of your best friend, your dog or the logo of your favorite sports team. Your choice is limited only by your imagination.

Braces in one form or another have been in use for 100 years and continue to be the primary mechanism used to move teeth, but today's braces bear little resemblance to the "train tracks" that baby boomers may remember from their youth -- they're updated in style and make a colorful fashion statement that's good for your teeth!

## Facts About Kids and Sports Safety



The American Association of Orthodontists (AAO) is providing tips and information on how to best protect athlete's smiles during recreational and organized sports.

- **Injuries can happen at any age or skill level** – More than half of the seven million sports and recreation-related injuries that occur each year are sustained by youth between ages 5 and 24. \*
- Collision and contact sports have higher injury rates. Baseball, soccer, basketball and football account for about 80% of all sports-related emergency room visits for children between 5 and 14 years of age.\*
- **Mouth guard use is very low** – 67% of parents say their child does not wear a mouth guard – yet, 70% say their biggest fear when their child plays is that they will get hurt.\*\*
- One out of every four (27%) parents says their child has sustained an injury during an organized sport resulting in a trip to the emergency room. \*\*
- **Most coaches and leagues are not advising the use of mouth guards** – Of the parents whose children do not wear a mouth guard, 84% say it's because the league or coach does not require it.\*\*
- **Hard hits occur no matter what the sport** – The average high school baseball pitcher can throw a fast ball between 75-85 miles per hour. This compares to being hit in the mouth by a speeding car. \*\*\*
- Cheerleading is one of the most dangerous sports, accounting for 65% of all injuries in high school girls' athletics. \*\*\*\*
- **Children with braces need to wear mouth guards** – One out of every three (31%) parents say their child has orthodontic treatment or braces while playing an organized sport.\*
- Lacerations can occur if an orthodontic patient's mouth is not properly protected.

\* Centers for Disease Control and Prevention

\*\* American Association of Orthodontists

\*\*\* eFastball.com

\*\*\*\* MSNBC.com

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