



ALOHAs PINK OUT TO SHOW OUR SUPPORT



IN THIS ISSUE

WELCOME.....

To the first edition of Aloha Orthodontics patient newsletter, keeping you up to date with the latest news at your practice!

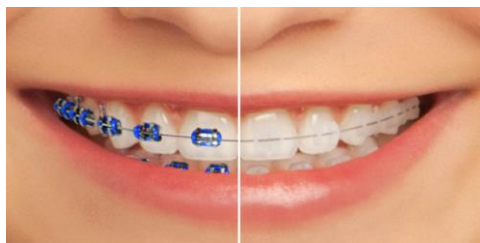
We appreciate the trust you have placed in us as your orthodontic provider. As a small way of saying thanks and to help keep you and your smile in the best of health we have created spirit of Aloha, a free quarterly E-newsletter full of useful healthcare information and to keep you up to date with what's happening around the office. Watch for upcoming contests, events, team news, and much more. We want to make this something everyone will look forward to reaching if you have a topic, or tid bit of news that you would like to share let one of our team members know!



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Discover a completely different way to wear braces



BREAST CANCER AWARENESS!



Aloha Orthodontics is participating in a **PINK OUT!** During the month of October. What this means is, we will be making a donation to the American Cancer Society with the help of our patients! You can participate by wearing **PINK** to your appointment in support of Breast Cancer Awareness during the month of October.

Thank you for your support!

Breast Cancer FACTS



The Gum Disease Connection

Women who had gum disease or missing teeth were **11x more likely** to be diagnosed with breast cancer.³



75% of American adults suffer from various forms of gum disease.⁴



1.3 Million women worldwide are diagnosed with breast cancer every year.¹

Every 3 Minutes

a woman is diagnosed with breast cancer in the U.S.²



Oral Complications of Breast Cancer Therapy



40% of those who had chemotherapy have oral symptoms, such as sore gums, cavities, mouth infections and dry mouth.⁵

5 Oral Health Tips during Breast Cancer Treatment⁶



Use a Soft Toothbrush or Sponge Brush



Rinse with Alcohol-free Mouthwash



Avoid Dental Treatments 1 Week after Chemotherapy

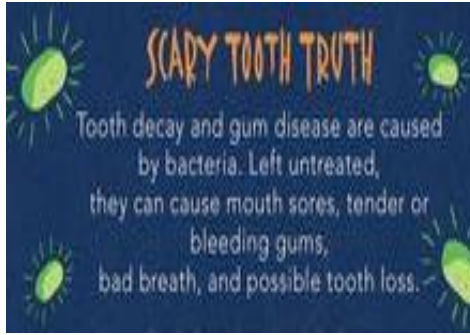


Floss Gently



Use a Toothpaste or Gum with Xylitol

DID YOU KNOW?



What people notice first when they meet someone



FAST FACTS

25%

Nearly 25% of orthodontic patients have to get braces again because they didn't wear their retainers!

6%

100% of all orthodontist are dentists. About 6% of all dentists are orthodontist



Share Our “FLOSSOPHY”

Halloween with Braces Can Be Sweet

Avoid the Treats That Can Play Tricks on Your Braces

Anything that is hard, sticky or chewy—like these:

- Caramel
- Hard Nuts
- Taffy
- Hard Pretzel
- Popcorn
- Ice
- Lollipops
- gummies



Dr. Pam Regimbal and orthodontist in Richmond, Virginia remind orthodontic patients that some Halloween foods are potentially harmful to patients during their orthodontic treatment.

She recommends avoiding foods that are sticky, chewy, hard, or crunchy. Foods and candies that are crunchy or have a hard shell, contain peanuts, or are sticky like gummy candies, taffy, bubble-gum containing sugar, caramels, or licorice can break brackets, pull off bands, or cause cavities and white spots on the teeth.

Dr. Regimbal and her staff understand the excitement over the holiday and have come up with alternatives to some of these rules. For example, Ghirardelli brand chocolate squares which contain caramel melt-in-your mouth and have a thinner caramel that is less sticky than a caramel chew. Plain milk chocolate bars, like Hershey's or Hershey Kisses could be eaten along with peanut butter cups, and Kit Kats. Other Halloween favorites like candy corn, peppermint patties, sugar-free gum, and smarties could all be consumed while wearing braces. Other treats such as Jell-O, sliced-apples, milkshakes, ice cream, soft baked cookies, or cupcakes are great alternatives as well. Offering children these alternatives may relieve the feeling that they are 'missing out' on the holiday and reminding them that once their treatment is complete they will feel their sacrifices were worthwhile.

Always remember that all sugary foods and candies can cause cavities and white spots on the teeth if they are not taken care of properly. Patients in braces should be especially careful of dental hygiene while wearing braces. Be sure to brush and floss after eating any foods high in sugar to prevent cavities and keep teeth looking clean and white.



Wearing retainers is one of the most important parts of your orthodontic treatment. Together we have worked hard to get your teeth into their best possible position. However, when braces are removed, the teeth have a tendency to want to return to their original positions.

RUBBERBAND HOROSCOPE: *What your color says about you*

Children and teens often enjoy picking different colors each month to express their creativity and coordinate their braces with outfits. Decorating your mouth with your favorite colors is fun for kids and takes some of the stress out of wearing braces. Adults who wish for subtlety have color options that blend in with the metal brackets and archwire. Common choices for adults include silver, clear, and gray tones.



Common Color Combinations for Rubber Bands

With individual ligatures for each bracket, you may choose different color combinations for special events. You can have alternating colors or place an entire rainbow over your teeth. Here are a few options to consider:

- School spirit colors
- Favorite sports team colors
- Patriotic colors
- Holiday themes

Some patients choose only one color to match their mood, personality, or favorite outfits. The palette of choices allows you to make bold statements with your braces or go for subtler tones that blend in with the metal structures. Keep in mind that bright colors make your teeth look whiter, while lighter shades, such as yellow and white, may cause your teeth to appear less bright.

What Your Rubber Band Color Says About You

- Red tones indicate that you are ready for action and take charge of your life with aggressive, forward-thinking steps.
- Blue tones are calm and relaxing. You are conservative and exhibit integrity when dealing with situations.
- Green tones represent growth and balance. You are level-headed and look for opportunities to grow emotionally and spiritually.
- Purple tones attract creative energies. You like to have fun and use your imagination in every aspect of your life.
- Orange tones indicate that you are optimistic and thrive in social situations where communication is open.
- Pink is a romantic color that represents a caring personality. You also enjoy having fun with silly games and endless laughter.

Turkey Give-a-way

Join us for our November contest!

Submit a letter telling us why you're **thankful for your family** and enter in a drawing for a chance to win a **free turkey** courtesy of Aloha Orthodontics.

Follow us on social media for more details!



AROUND THE OFFICE



Ask about our indoor Garden Tower currently harvesting 28 assorted veggies, Take an office tour and even sample our available crops.

Scheduling tips from the front desk



The specialty of orthodontics is becoming more efficient as a result of technological advances and improvements in materials. One example is the « memory wires » these wires, used in initial tooth alignment allow patients to go longer without being seen by the orthodontist, While still making significant Progress.

Because our patients often are seen every 6 to 8 weeks, our schedule begins to fill up months in advance. Given this uniqueness in scheduling we recommend you come to your adjustments prepared to schedule your next appointment. If there is a delay in scheduling there is a possibility that the most desirable appointments will be taken.

You are welcome to schedule multiple appointments in advance to ensure that you receive the appointment times that you desire.

YUMY
RECIPES HERE!
YUMY



HERBED GARLIC BREAD

Directions

Slice a loaf of **Italian bread** stopping short of the bottom so the loaf stays intact, Melt 4 tablespoons of **butter** with 1 tablespoon **olive oil**, add 2 to 3 minced **garlic cloves** and ½ teaspoon **salt** and cook, stirring 2 min, stir in chopped **parsley**. Spread the garlic mixture between the bread slices; wrap in foil and bake at 375 degrees F, 15 minutes. Unwrap and bake until crisp, 5 more minutes



Kale and Cauliflower Casserole

Ingredients

- 1 ½ **pounds** red potato's, scrubbed well and quartered
- ½ **head** medium cauliflower, cored and cut into florets
- Kosher salt
- 1 **large** leek, pale green and white parts only, chopped
- 2 **tablespoons** olive oil
- Freshly ground pepper
- 1 **bunch** kale, stems removed and chopped (6 ounce a bunch
- ¾ **cup** whole milk
- 1/3 **cup** sour cream
- ¼ **cup** freshly grated parmesan
- 2 **tablespoon** butter, cut into pieces

Directions

Preheat oven to 350 degrees F.

Add potatoes and cauliflower to a large pot and cover with cold water,, season with a big pinch of salt and bring to a boil, reduce the heat to a simmer and cook until tender, 15 to 20 minutes,. Drain the potatoes and cauliflower in a colander

Add the chopped leek to a small bowl and cover with water, let sit and soak for a few minutes to remove all the grit. Drain well and pat dry with paper towels.

Heat the olive oil in a large skillet. Add the leeks and sauté until tender, 3 to 4 minutes, season with salt and pepper. Add the kale and sauté until wilted down and softened, about 5 minutes longer, add the milk to the skillet and bring up to a simmer. Stir in the drained potatoes and cauliflower and mash all together stir in the sour cream and parmesan for some extra flavor taste and adjust as needed add to a 2-quarte baking dish and dot with butter, bake until golden brown on top, about 35 minutes.

Brace yourself for these orthodontic recommended children's books.....

