

# Smile Times

SPRING 2004

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## BIG NEWS!!

Here's a quick, easy and fun way to earn some "CASH"!! This summer we will be introducing a new Patient Incentive Program called "HURST FAST CASH". The program promotes being a good orthodontic patient by rewarding good oral hygiene, cooperation, positive attitude, success in school and community involvement. Our patients will be awarded with HURST DOLLARS (play money) at every visit. You can spend your CASH on great prizes such as sports bottles, duffle bags, movie passes, mall certificates and much, much more! Our goal is to make our patient's orthodontic experience fun and exciting as well as educational. We want you to know that your hard work in and out of our office is appreciated and we are proud of all our patients. Be on the lookout for more information and the kick-off of the "HURST FAST CASH PROGRAM" soon.

### F.Y.I.

The Good Housekeeping Institute tested the newest at-home whitening kits that claim near instant results. These were the finding:

**BEST OVERALL** was Crest Whitestrips Premium lightening teeth two to five shades in seven days (twice as fast as the original Whitestrips).

**QUICKEST FIX** was Rembrandt 2-Hour White creating a two to three shade change in two hours! But half of the testers experienced sensitivity.

**EASIEST UPKEEP** used twice a day, was the BriteSmile to Go pen (you just paint the lightener on) whitening teeth two shades in two weeks.

### Contest Winners

**Halloween Contest Winners-** Kalyn King and Lily Broach both guessed the weight of the giant pumpkin. They were only 1/2 pound off! The pumpkin weighed 73 1/2 pounds. That's a lot of pies!!

**Christmas Contest Winner – Dalton Kuhn** won the Ornament Counting Contest by guessing how many were in the jar. Who would have thought (except Dalton) that 178 ornaments would fit in that jar?! Dalton won a stocking filled with goodies and a \$50 gift certificate to Westfield Malls. His family was ready to help him spend it!!

**6 Month Good Patient Contest Winner –** Congratulatis to **Ross Meisenhelder** who won the Super Prize of \$300 by being an outstanding patient for 6 months. Great job, Ross!! Have fun with your winnings.

### Contest Rules:

**Patient of the Month –** at current appointment 1.) Arrival to appointment 2.) No broken wires or appliances 3.) Sparkling clean teeth and braces 4.) Good cooperation w/elastic or appliance wear

**6 Month Contest Requirements –** for 6 consecutive months, same as above.

# Patient News

## Sports

**Bethany Edmund** won 3rd in the state at the Junior Dressage Championships in Temecula, California. She and her horse gave an outstanding performance to reach this all state ranking!

**Cathy Holmes** and her soccer team won 1st place in the Mesa Tournament for their division in December. Cathy was the goalie!

**Brent Riley**, 13 years old, placed 3rd in the National Scholastic Surfing Association National Championships last summer. He competed with 5 Hawaiians in the finals. In October, Brent won the Rip Curl "Grom Search" National Championships and he spent Thanksgiving week on the Northshore in Hawaii with the O'Neill team. In January, Brent traveled to Australia representing our United States to compete in an international event. Go Brent!!

**Annika Gacnik**, a freshman at Carlsbad High School, along with the Varsity Girls Water Polo team won CIF Championships this winter.

**Tom Oslovac, Corey Lyle, Harrison Dwelley, Gordon Hood, Ryan Kennedy and Travis Gough** along with the rest of the Varsity Men's Water Polo team at CHS won the CIF Championships by defeating Mount Carmel with a score of 8 to 7. We are proud of all of you!!

**Travis Gough and Gordon Hood** had the opportunity to travel to Serbia over Christmas vacation to play water polo with the U.S. National team. They went as exchange students and stayed with Serbian families. Travis and Gordon learned a lot about water polo and the world and came home appreciating all we have here in the United States.

**Gary Blair**, a sophomore at El Camino High School, made the Varsity Baseball team. Great job, Gary!!

## Theatre

**Laura Madanat** performed as a soldier and Gingerbread child in the production of the "Nutcracker" during the Holiday season. Good job, Laura.

**Bailey Mitchell** gave a great performance as the "Queen of Hearts" in the school production of Alice in Wonderland.

**Chloe and Cailin Burks** will be playing orphans "Emma and Mae" in the upcoming production of Annie Jr. at Calaveras Hills Elementary school this April.

Christian Youth Theater has produced a fabulous production of "Joseph and the Amazing Technicolor Dream Coat" starring **Melissa Ling, David Bergstedt, Michele and Casey Adams, Ryan and Chris Withall, Emily Manassero** and the entire talented cast. We will be looking for their names in lights!!

## Great Achievements

**Katherine Dwyer**, a 6th grader at La Costa Heights Elementary School, was elected President of the school Student Council. Her term as president runs the full 2003-2004 academic year. Also, she was chosen by the principal of La Costa Heights to be honored by the Carlsbad Chamber of Commerce in their Student Recognition program. Congratulations Katherine!

## Fun

**Alex Lancial** went to New York last October. She went to the Metropolitan Museum and saw the Statue of Liberty. It was an experience Alex will never forget!

**Megan Stang** reported that her family, Che and Desiree, and friends, Arly and Austin Strobin, all went to Hawaii over Christmas vacation and had a great time surfing and relaxing in the sun. Can we go next time?!

**Rylee Blair** won \$500 for 1st place in the Top Gun Talent Competition for her tap solo. She's on her way to Broadway!!

## Watch Those Teeth!

Spring is here, but dental accidents don't have to be. A few tips can help prevent injuries to the face and teeth.

The biggest culprit in facial accidents is **bicycle riding**. (Skateboards are a similar hazard.) Have your children watch for holes and objects that could cause spills and avoid slippery roads and poor visibility. If they ride competitively, make sure they wear helmets with face guards.

Protective helmets and mouthguards can also make **baseball** safer, and reduce the over 30,000 facial injuries that occur during games every year. And although helmets are impractical for **swimming**, common sense is a good substitute. Using ladders to get in and out of pools and being cautious when diving are ways to avoid poolside injuries.

Use common sense on the playground as well. Don't let your children jump off moving equipment, beware of loose swings or other rickety equipment.

We want to hear of the good things you are doing. Please let us know of any interesting, exciting, award-winning, unusual, adventuresome, impressive, honorable or otherwise noteworthy activities that you or another patient you know is involved in.

Thank You.

*On a healthy note*, for your benefit and the benefit of everyone coming into the office, if you or your child are not well enough to attend work/school, please call us to reschedule your appointment. Thank you.



## Staff Introductions

We are very happy to have a new assistant join our team. Janet Russell grew up in La Canada, California. She started working for an orthodontist while she was in high school. Janet completed the Dental Assistant Program at Pasadena College and graduated as a Registered Dental Assistant in 1985. She relocated to Carlsbad

that same year and began nearly 20 years of service in the orthodontic community of North San Diego County. Janet enjoys playing a part in her Church Community, traveling and water sports like scuba diving, paddling outriggers and water skiing. She lives in Oceanside with her husband, Michael, and her son, Joshua.

*Dear Dr. Hurst...*

## How long do I have to wear my retainer?

One of the questions I am asked most often is: How long do I have to wear my retainers? The short answer is for as long as you want your teeth to be straight.

Let me explain. Before you started your orthodontic treatment, your teeth were happy right where they were. Unfortunately you weren't happy where they were. So we began the process of moving your teeth to their new and improved positions.

Once complete, the teeth will always have memory of where they used to be and will always be subject to the forces of your tongue, lips and muscles. Wisdom teeth can also play a role. All of these things can cause your teeth to move back to where they were.

Despite over one hundred years of research, the best way to keep your teeth straight is still a retainer. During the first year of your post treatment life, your teeth are especially susceptible to relapse. Studies show that it takes about one year for the teeth to stabilize. So, for the first year, you must wear the retainer full time. After the first year, you may slowly start to wear the retainer just at night.

As far as long term goes, you should always wear your retainers at least two to three nights per week for the rest of your life. Studies show that people's teeth continue to shift throughout their life, even those who never wore braces. In fact 25% of our patients are adults and over half of those had braces but stopped wearing their retainers at some point.

So, once you finish your treatment and have a nice set of teeth, don't mess it up by not wearing your retainer. If you have a problem please call our office right away so that we can take care of it. Should you wait, a small problem can become a big problem and braces might be necessary again.

## Ageless Orthodontics

Orthodontics deals with irregularities in teeth and ways to correct them, often through the use of braces. It's a science that many patients believe can benefit only the young. However, in the last few years, that has been proven to be untrue. Patients in different age groups can take advantage of orthodontics to achieve a healthier and more beautiful smile.

Orthodontic care for adults can help solve a myriad of dental problems. Front teeth that protrude are the classic situation most of us picture when we think of braces, but braces and other orthodontic techniques can help correct spaces between teeth, fill in



spaces to avoid bridgework, and correct a poorly aligned jaw. Some adults find that their teeth change position as they age, possibly resulting in periodontal problems; orthodontics can be a remedy to this as well.

Advances in orthodontic techniques make the experience of having braces much different from what it once was. Often, braces are clear or colored so that they won't show up against the teeth.

In some cases, treatment is of a shorter duration, and fewer appointments are needed to complete the procedure. All this is more conducive to busy adult schedules.

Maybe your teeth aren't quite as straight as you'd like. Or maybe the positions of your teeth make it difficult for you to clean them properly. Orthodontic treatment may be the key to alleviating this problem and giving you the beautiful, healthy smile you've always wanted.

# Welcome to Braces!

## October 2003

Anora Miller  
Amber Morasse  
Anthony Calabrese  
Zane Penix  
Alex Carracino  
Ryan Casper  
Heather Holmes  
Madeline Wilkinson  
Haley Gajewski  
Jessica Ford  
Greg Peirson  
Ethan Ciocca  
Gerald Morris  
Marlesa Olea  
Austin Burns  
Jennifer Podgorski  
Joe Minami

Sarah Treanor  
Keelie Rocker

## November 2003

Mary Bernard  
Daniel Podgorski  
Emily Maynard  
Lindsey Robertson  
Shuleena Alvarez  
Tyler Alvarez  
Amanda Wilson  
Wes Dickens  
Alex Dutra  
Natalie Nellis  
Mitchell Holbert  
Lana Kruse  
Johnny Johnson  
Nancy Sproul

Gigi Thomas  
Travis Collier  
Jackson Suster  
Gage Kehoe  
Jessica Emery

## December 2003

Pilar Landon  
Katie DeSantis  
Shea Koepnick  
Ting Ting Li  
Alyssa McKinney  
Koopers Macleay  
Megan Gaffney  
Carlie Stracka  
Sarah Booher  
Stephanie Osterlund  
Analissa Quinn

Carly Miller  
Apryl Orlando  
Kaitlin Simpson  
Laurie Martino  
Joel DeGraff  
Erin Winters  
Emily Kloos

## January 2004

Jessi Pannell  
Lauren O'Neal  
Danielle Wilson  
Erik Anderson  
Octavio Espinoza  
Melany Hadorn  
Ivy Deane  
Haley Shook  
Megan Lemkuil

Brittany Roquemore

Ronnie Crouse  
Kellen Hillman  
Kim Coppa  
Christine Quintana  
Matt Gose  
Andrew Rumps  
Hunter Moore  
Clinton Carpenter  
Robbie Gleason  
Karl Leider  
Alissa Subarn  
Kyle Simmons  
Brett Nieman  
Callie Tuck  
Allison Cubillas  
Rena Stanton  
Derek Dixon

## February 2004

Kayley Ruppel  
Rhonda Hoynes  
Evan Seborg  
Carol Frey  
Kyle Frey  
Jennifer Godfrey  
Velda Trotter  
Tori Correll  
Jonathan Chau  
Nicole LaCroix  
Mischa Bateman  
Jennifer Strom  
Lily Coury  
Nikole Adan

# Congrats On Getting Your Braces Off!

## October 2003

Stephanie Morgan  
Laura Isbell  
Brian Tate  
Patrick Campbell  
Denise Buccola  
Carlos Compise  
Katie Greig  
Sean Chaffin  
Heather Miller  
Raymond Matthews  
Emily Rodgers  
Jenna Szuch  
Erin Donnelly  
Taylor Brady  
Ashley Gaughran  
Loren Horner  
Julia Mesias

Nick Peet  
Rachel Bonine  
Derek Stumpfhauser  
Kyle Znachko  
Sarah Goble

## November 2003

Lisa Ruppel  
Andrew Munson  
Patrice Manchenton  
Caitlin Tuck  
Brittany Anderson  
Ashlen Best  
Alec Maynard  
Charles Balteria  
Matt Balteria  
Kenny Ostner  
Barbara Mathias

Amber Giusti  
Tom Oslovac  
Zachary Penix  
Yumi Arai  
Hayley Ortman  
Regina Douady

## December 2003

Matt Wall  
Joey Sturges  
Saundra Starrs  
Dane Dufour  
Tonya Novara-Demgen  
Nicole Cattaneo  
Meghan McLernon  
Lauren Oquita  
Sara Hansen  
Kara Breyer

Kevin Stinson  
Kyle Bedore  
Tiffany Ehlen  
Billy Buster  
Katrina Manguso  
Katie Lalicata  
Gina Gritzmaker

## January 2004

Genevieve Englebert  
Nicholas Nobis  
Dads Cosme  
Harrison Dwelley  
Amanda Bove  
Caitlin Saunders  
Sean Fielden  
Derek Mudry  
Bailey Mitchell

Jordan Ramos  
Aria Pipp  
Alyssa O'Neal  
Matt Gomez  
Boyd Conklin  
Chelsea Stephenson  
Kyle Phillips  
Jake Jennings  
Wesley Moore  
Amber McGuinness  
Todd VanDuzer

## February 2004

Erin Shafqat  
Michaela Sullivan  
Ethan Hulsebusch  
Kristin Kirby-Adler  
Miguel Ortiz

Leslie Ortiz  
Trent Murphy  
Cameron Burns  
Kelsey McVay  
Jenny Malin  
Drew Stanford  
Haley Vanderlinden  
Sean Alderson  
Melissa Ling  
Cassie Smith  
Cathy Holmes  
Noelle Meyer  
Jackie McGuinness  
Peter Guidera  
Kohlby Rockenmacher

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