

# Smile Times

SPRING 2007

*Brent Hurst, D.D.S., M.S. Orthodontics*

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## Welcome to Braces!

<b>October 2006</b> Raquel Carter Trent Nowak Rachel Casper Will Fox Stephen Francis Kalia Cosby Susan Dijkman Rebecca Findon Heather Trautman Tasha White Connor Wagner Gracie Wagner Kyle Holland Corben Barnett Darci Circuit Kennya Hendrix Brain Brennan Michael Brennan Becky Kern	Michaela Sullivan Reilly Chase Madison Arnold Ashton Eghtesadi Jessica Lacy Alyssa Cascos Patrick Campbell Eric Pietrangelo Pearl Theodosakis Cynthia Scholsser	<b>November 2006</b> Mary Valenti Jonathan Valverde Stephen Valverde Siana Segler Julia Mirich Daniel Perez Matthew Hafezi Natalie Hafezi Bill Adams	Paris Theodosakis Joseph Tucker Walter Kies Kiersten Anady Blake Woods Ian Mortimer Austin Servais Kelsey Brinkman Lauren Sias Garrett Sarracino Derek Homad Ciara Turner Alex Segler Matthew Abrahamson Noah Danguilan David Howes Shane Stephenson Rena Sudweeks Madeline Mendoza Dennis Hansen	<b>December 2006</b> Tyler Brinkman Benjamin Qi Luke Buckman Riley Herington Matt Manchenton Amanda Smith Alessia Crotty Trevor Quejada Marguerita Grillo Ally Tomkinson Kelli Pardi Rachel Wilson Mason Levy Jacqueline DeSantis Kevin Pham Joe Seigel Amanda Turull Kyle Landau Francesca Horton	Jillian Kennedy Susan Stickle	<b>January 2007</b> Alyssa Netherland Matthew Chadwick Lei Kang Evan Gaspari Daryl Yamaguchi Ben Schafer Sam Floto Kevin Wagner Susan Dean Cody Pinner Hayden Carter Chris Riordan Austin Burns Richard Denton Sam Sandoval Andrew Poe Josh Poblete	Kelsie Kwasnica Carolina Sung Michael Ricci Matthew Ricci Otto Herrmann Hannah Scudder Avari Barnett Jordan Harris Emily Dineen Jessica Hartman Mackenzie Guerre Garrett Ott	<b>February 2007</b> Marcie Gonzalez Shawn Nasim Brennan Logan Perry Silverman Alyssa King Madeline Burritt Travis Bjorndahl	Roaya Jannatipour Haley Breton Marlayna Kirby Sarah Nasim Danielle King Brooke Batten Megan Foster Levi McLean Monica Gurrola Silja Lund Kaitlyn DiMarco Maria Hargrove Brian Lee Alesandra Mellina Samantha Burdette Lauren Holdcraft Angus Walker Luke Tesluk	<b>March 2007</b> Jackie Knox	Evan Seborg Ryan Ward James Moynan Ashley Hoda Tanner Turner Cyndi Stewart Josh DeVille Ryan Cook Isaiah Gutierrez Jackie Randall Jenna Harris Karis Bailey Daniel Scott DeeDee Phillips Martina Aleksandrova Shea Robotta Jack Manning Joseph Johnson Dominic Zocco Natalie Okun
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## Congrats On Getting Your Braces Off!

<b>October 2006</b> Kristy Wilkinson Ariel Knepper Danny Tuck Mike Scaramella Ben LoCicero Michelle Eastwood Emily Eshom Margaux Parizeau Steven Martinet Katie Dowdy Chantal Partolan Chad Ragland Lily Broach Danica Avina Lynsey Parker Emma Gummer Katia Mezey	<b>November 2006</b> David VanHorn Daniel Flaherty Justin Barbour Kevin Frey Camille Huckaby Andrea Daou Brendan Hudak Abbie Lewko Rhett Fraticelli Alexsys Stroh Ashley Waters Sammie Silva Alex Aroyo Jeff Homad Brittani Thornton Brian Remas Barrett August	Kara Moline Maritza Contreras Tyler Pahl Chris Weber Jake Casillas	<b>December 2006</b> Sarah Thomas Kyle Woods Teresa Rodriguez Patricia Marquez Samantha Saunders Wesley Moore Marie St. George Paige Gamble Natalie Reece Claire Jones Barb Cradde	<b>January 2007</b> Bethany Dineen Ben Brennan Alex Lancial Mark Schneider Brittani Thornton Kaitlyn Ziegler Trevor Ball	Shannon Wailes Jane Schmidt Taylor Brady Jonathan Tenberge Kelsey Jones Cindi Maher Jennifer Strom T.J. Robertson	Mallorie McDowell Chelsea Naninga Theresa Mathison Derek Merson Ashley Masula Elizabeth Kennedy Katrina Preece Heather Miller Jonathan Gacnik Breezie Harris Tess Herzog Angelina Coscuna Rebecca Brendell Bonnie Badilla Andrew Alavrez Josh Smith Kelsie Eiser	Kevin Ganelin Krista Jackson	<b>February 2007</b> Tyler Hillesheim Erica Haskins Madison Olson Shea Koepnick Julian Blevins Sara Lambert Mike Sosnowski Rory Oquita Lauren McClure Leila Pedraza Stephanie Klein Madelyn Black Joshua Wells	Cari Williams Sattish Singh Eileen Rodgers Janice Valdivia Will Pittman Elizabeth Murphy Kevin Cleary Veronica Emrich Kim Fischer	<b>March 2007</b> Megan Mensalvas Hank Lin Kristin Peters Chase Quatarone Jamie Nieman Christina Sawin	Jeremy Korn Andrew Carstens Kyle Urzetta Baylin Herington Cammie Bahadoori Nicole Accardi Leslie Nelson Cynthia McNeil Malia VanDiepen Whitney Wilhardt Jacque Batchelder Tyler Hobbs Lauren Brown Listya Tandoko Frankie Nichols Sydney MacGregor Eric Holcomb
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## Contest Winners!



Congratulations to **Lauren McClure** for winning the Halloween contest by guessing how many bats were in the caldron! Lauren won a \$100 gift

certificate to Toys R Us and a jar full of fun Halloween goodies.

**Maddie Guerre** and her family enjoyed the Holiday gift basket that Maddie won by helping us decorate our Christmas tree with a Wish Chain. Everyone that added a link to our chain made our holidays so much brighter!

The luck of the Irish was with **Carly Carroll** when she guessed



how many shamrocks were decorating our office. On St. Patrick's Day, Carly can treat her family to an authentic Irish dinner (or burgers & fries) with the \$100 gift certificate to Hennessy's Irish Restaurant.

## Office Bulletin Board

We want to acknowledge **Max & Theresa Mathison, Ducote Contreras, Cheryl Quintana, Maria Aarhus, Taylor Bloomquist, Barrett August, Lindsey & T.J. Robertson, Besty Simpson, Gina Thomas, Daniel & Maria Hargrove, Mallorie McDowell, Samantha Saunders, Kara Breyer and Michaela Gacnik** for your generous donations to the Alpha Project Drive over the Holidays. You donated bags and bags of blankets, coats, clothes, personal hygiene items and so much more. It warms our heart to know that you give back to the community and to those in need.

We want to thank everyone who participated in the Carlsbad 5000 this year! It's so exciting to have a race of this caliber in our own backyard! Imagine setting 16 world records for the fastest 5K certified loop right here in Carlsbad. It's such a great cause that benefits our own kids, the Carlsbad High School Athletic Department, as well as Kids Are Worth A Million. Carlsbad 5000 also partners with the Liam Team, a Children's Hospital non-profit foundation that raises money for children's neurosurgery. It's always so great to see so many friends and the amazing community involvement at this event. So thank you again to everyone who ran and walked and enjoyed the day with us. If you didn't make it this year, we look forward to having you join us next year!!

## Upcoming Contest

Keep an eye out for the upcoming contests. In April, you could win a big, beautiful kite. In June, you could win a great gift for your Dad for Father's Day. And don't forget us this Summer while you're on vacation. We'll be having a postcard contest so we can enjoy your vacation, too!

The calendar turned out so beautifully, thanks to all your beautiful artwork, that we've begun collecting artwork for next years calendar. If you didn't get a calendar for 2007 or if you would like to be part of the 2008 calendar, stop by the office for the art kit. Let's make each year better than before and remember, if your art gets featured, you get \$50!!

Speaking of calendars, be sure to mark yours on July 19 for our third annual Wave Water Park party! We look forward to seeing all of you and your family and friends for an evening of lots of great prizes and Summer fun!!

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## We Love To Brag About You

### Making The Grade

**Alesandra Mellina** made the Principal's List with 4.0 GPA during her first trimester of middle school, well done! Both **Riley and Baylin Herington** made the Honor Roll for the first semester of school this year! **Susie Huarte** has traveled and lived in Costa Rica for two months to study Spanish, muy bien! **Allie Cubillas** will be studying abroad in Spain for semester. She will be staying in Sevilla for three weeks then in Barcelona for three months. How exciting!

### Going The Distance

**Daniela Mellina** hit two home runs in one game and helped her girls softball team reach first place in their division. Way to go! **Avari Barnett** and the Pop Warner Charging Lancer cheer squad earned first place at local and regional levels. They went on to National Competition at Disney World in Florida and received the Spirit Award. Then they were invited to compete in the JAMZ Nationals in Las Vegas in February. They came home with second and third place awards. Go C-bad! **Dylan Bergman** was called in to pitch during his Little League game and he struck out the batter he faced with three pitches! He also got a great hit. We are all very proud of him!!

### On Stage

**Lauren Brown** performed in "Once Upon a Mattress" in a supporting role of the Jester. **Ben Schafer** played the trumpet in his first band



concert at Valley Middle School. He also earned Tenderfoot rank in the Boy Scouts. **Jessica Karnes** sang in the Winter Concert at Rancho Buena Vista High School. **Marilyn Leider** performed in the Arts Workshop production of the Nutcracker. Among the dance numbers she was in were Floppy Doll and Arabians. **Katrina Karnes** played the flute in a band concert at her school. **Madison Whittaker** performed in CYT's production of "California Gold" in the lead role of Sally Wimmer. "California Gold" was a musical that told the story of the gold rush through the eyes of 2 twelve year old girls and their families. **Madison Bell** made the competition dance team! She practiced and practiced and after 4 years of dance achieved her goal. She is so happy and we're very proud of her! **Amanda Smith** is a great student in the 7th grade at Valley Middle School. She is a wonderful writer and loves to play the clarinet. Amanda went from beginning band directly to advanced band with solo pieces in the clarinet. She has been an inspiration to her brother and sister who now want to play in the band.

**Bravo to All!!!**

## A NOTE FROM THE BUSINESS OFFICE:

Great News! More & more people are receiving dental benefits in the form of insurance and flexible spending plans which means greater financial benefits for our patients. We are finding that these plans are requiring individual letters explaining treatment and finances. We are more than happy to provide these letters. In order to provide the best possible service, we require one week notice for the letter. There will be a small processing fee of \$25 for letters needed in less than one week.

## The 20-Minute Attack

You just swallowed that last delicious morsel of chocolate chip cookie when suddenly the dreadful acid attack begins!

Bacteria in your mouth react with simple sugars and carbohydrates in foods to form acids. For approximately 20 minutes, your teeth are bathed in these acids.

Why is this harmful? Slowly, upon repeated exposure to acids, tooth enamel begins to decalcify, causing tooth decay.

Of course, the fewer acid attacks upon your teeth, the better chance you have of fighting decay.

From a dietary point of view, you can reduce the number of attacks by:

1. Reducing the amount of sugar in your diet
2. Cutting down on the number of times you eat throughout the day
3. Restricting sweets to mealtimes

And don't forget your most important weapons in fighting tooth decay...your toothbrush and dental floss!

*Dear Dr. Hurst...*

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

One of the questions I am often asked is: How long do I have to wear my retainer? Unfortunately, studies show that your teeth will continue to shift and move throughout your life so, the short answer is you need to wear your retainers for as long as you want straight teeth. But before you panic, let me explain.

After going through years of braces, your teeth still have memory of where they used to be. These teeth will quickly return to their previous state without something to help stabilize them. This is where your retainers come in.

At the time of your brace removal, your teeth are still a little bit loose from all of the movement that we have been doing and they still have "memory". So, for the first year we ask that you wear the retainer full time. Studies show that it takes about that long for the teeth to "set" or stabilize. This happens more quickly in adults as their bones are harder or more mature.

After a year of full time wear, we will let you "Graduate" from our office and start wearing the retainers at night only. You should wear the retainers every night for at least another year. If you notice any problems, such as teeth moving, the retainer not fitting, etc. please contact us. There are many factors that can still cause your teeth to shift, such as wisdom teeth or tongue thrust.

After a year of wearing your retainers every night, or two years after your braces have been removed, you may then try wearing the retainers every other night. For some people they can wear them less and for others they need to wear them more. However, the important point is that you continue to wear them at least a few nights a week forever. This is the only way to guarantee straight teeth for life.

We hope that all of the time and money invested will pay off in a beautiful smile for life! If you have any questions or concerns, please do not hesitate to ask.

**USE THAT WEBSITE!**  
[www.carlsbadortho.com](http://www.carlsbadortho.com)

You can check your appointment time and account history, read past newsletters, print receipts for flex spending accounts, find out about office contest winners and receive appointment reminders via email. Register your email address at the front desk next time your in the office!

## CONGRATULATIONS AND THANK YOU!!

Congratulations and many thanks to **Lauren Brown** and her family, Mike & Sandy Brown of Carlsbad, for winning our Best Referring Family Award for 2006. Lauren is a 5th grader at Calavera Hills Elementary School who enjoys playing the piano, singing and karate. The Browns referred the most family & friends to our office last year. Not only is our practice growing as a result of referrals



like these, but we now have many patients as wonderful as the Browns! To show our appreciation for the confidence and compliment they have shown us, we have rewarded Lauren and her family with Silver Passports to Sea World. This entitles them to one year passes and some extra fun!

We are so thankful for all of our patients and those you refer. We are fortunate to have friends and patients who understand the importance of a healthy smile and are committed to passing that knowledge on to others. Every good deed has its reward, so when you refer your family & friends, be sure to tell them to say "You sent them" and prepare for a chance to win big in our Best Referring Family Award for 2007!