

Smile Times

SPRING/SUMMER 2003

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Summer Worse Than Others

Summer can be rough on the skin, but did you know that it can be rough on our teeth as well? Because of the summer heat, we drink more sugary sodas and fruit drinks, and we eat more acidic fruits and vegetables (like oranges and tomatoes). And since we're more active during the summer, we may spend less time on regular dental hygiene or even skip regular checkups.

This summer, cut down on sweetened drinks and drink more cold water instead. Eat a wide assortment of fruits and vegetables, but try not to overdo the acidic ones. And, most importantly, don't forget your daily brushing and flossing. If you must miss a summer checkup because of vacation plans, call us before you leave so we can reschedule your appointment.

Your teeth don't know what season it is, so don't let them suffer while you're having a good time. A summer full of good dental care can keep you from having a year full of problems.

Going on vacation?

We want your vacation to be fun and worry-free. And that means no teeth concerns.

If you come in for a checkup before you go, let us know where you're headed. We'll give you a new toothbrush and floss for the road.

Admit it, you'll probably eat extra sweets, so keep brushing and flossing. Don't vacation from good dental care!

If you're leaving the country, don't forget a converter for your electric toothbrush.

If you need to have a procedure done, call us in advance and schedule it before you go. Dental practices vary and nobody knows your dental needs like we do.

Pack your toothbrush, floss, and toothpaste. And remember, if you have an emergency, call us. Depending on where you are, we may be able to refer you to a good area dentist. We'll also want to check out any work you have done when you come back.

Don't forget to send us a postcard—we love to hear from our patients. We'll put it up in our office so everyone can share it!

Contest Winners!

Patients of the Month Prize = \$25

January – **Laura Williams** • February – **Briana Martin** • March – **Tommy Cubillas**

6 Month Contest Winner – **Cindy Clifton** = \$300

Easter Contest Winner – **Robert Matarazzo** = \$50 gift card to Best Buy

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.



Staff Introductions

Even though you have all met our new staff members, we would like to formally introduce Lori, Charrise and Summer, who have joined our team this last year.

Lori Benjey comes to us from Santa Fe, New Mexico. She and her husband, Larry, were transferred to Camp Pendleton last summer. Lori has worked in the dental field for three years and is currently working towards getting her RDA. Lori and her husband enjoy watching movies, visiting with friends and having fun!

Charrise Hutchison grew up in Steamboat Springs, Colorado and moved to California to be close to her husband, Ryan's, family. She has worked as an orthodontic assistant since 1998. Charrise enjoys snowshoeing, snowboarding, hiking and biking. She and her husband like

camping in Mexico. Now that Charrise is in California, she is learning to surf!

Summer Miller is a native of North County. She lives with her husband, Aaron and their sons, Derek and Damen in Vista. Summer has been an RDA since 1996 and worked in pediatric dentistry for 7 years. She changed to orthodontics about 1 1/2 years ago and is really enjoying it. She and her family enjoy sports. The boys play baseball and soccer as well as the piano. Summer plays on a co-ed soccer team and a women's soccer team. They all enjoy the beach and snow skiing.

Dear Dr. Hurst...

When do I get my braces off?

Usually about halfway through treatment, the teeth begin to look straight and many people begin to wonder when the braces are going to be removed. This is a good question, because orthodontics is more than having straight teeth. Just because your teeth look straight does not necessarily mean that you are done. The real work is usually just beginning. To get your case

properly finished your teeth need to be "fine-tuned" and your bite adjusted. This is generally accomplished through the use of elastics and a series of detailing appointments. It is important that the teeth fit together properly or they will wear down later in life.

If you remember back to your initial exam, we gave you an estimated treatment time. This time was based on the difficulty of your individual case. It also assumed a reasonable level of cooperation on your part. When we gave you this estimated completion date, we wanted to

finish on that date so we could meet both of our expectations. To keep everyone on track, your estimated completion date was written on the top of your chart.

The main reason that I see for people missing their goal date is lack of cooperation. This can be missed appointments, not wearing elastics, broken appliances, poor brushing etc. Those patients who are excellent with their cooperation usually finish early. If you ever have questions about your progress or want to know when your estimated finish date is, please ask.

Words From The Wise

Katie (13 years old)

April - **1st Retainer** - My first retainer was clear and went on my bottom teeth to fix a cross-bite. I lost it in the girls bathroom. (I don't know who would want to steal a retainer out of the bathroom)

November - **2nd Retainer** - My second retainer was pink with pink sparkles and it fell in the toilet. I then tried to disinfect it by boiling it, but it expanded and wouldn't fit in my mouth.

January - **3rd Retainer** - Blue and Yellow; got chewed up by boyfriend's dog.

February - **4th Retainer** - Green with Green Sparkles; have no clue where I lost it.

March - **5th Retainer** - Purple with Purple Sparkles; my current retainer.

I have had almost every color of the rainbow for a retainer. My advice would be to keep your retainer in your mouth at all times.

WEAR AND TEAR OF RETAINERS

DO

- wear as directed
- keep clean at all times
- use your retainer case
- be gentle with it

DON'T

- wrap in a napkin
- put in your pocket
- leave in the hot sun
- leave where pet can get it
- flip it with your tongue
- play with it

Patient News

Sports

Daniel Kolb made it to the Regional Championships in Las Vegas as a class 4 gymnast. Class 4 is first year optionals in mens gymnastics. He had his best meet of the season at Regionals with 3 personal bests; pommel horse, parallel bars and all around. Way to go Dan!

Dane Oppenborn swam in the Junior Olympics in February.

Brian Kolb and **Gavin Brooks**, members of the 14U travel baseball team, the Encinitas Reds, won the National Championship in Peoria, Arizona. Their team went undefeated and both boys were selected for the All-Tournament Team.

Kevin Ostner is playing Roller Hockey with the Tri-City Hockey League. He is doing a great job at defense. Kevin goes to Palmquist Elementary School and is in the Advanced 5th grade. He's doing great in school!

In December, **Arly Strobin** and the Carlsbad Pop Warner Golden Lancer Cheers Squad advanced to the divisional competition at UC Irvine.

Ken Ostner is the goalie for the South Coast Sabers Hockey team in Anaheim. He made the Midget AA team. Ken is traveling for tournament to Salt Lake City, Utah, Phoenix, Arizona, San Jose and San Diego, California. And he is maintaining almost 4.0 GPA at El Camino High School. Great Job, Ken!

Haley Quarterone is playing well with her soccer team. She scored 3 goals in one game and was very excited.

Theatre

Jessica Karnes performed in the "Sound of Music" last Fall and was a soloist in the Christmas Program.

Michelle Adams performed at Disneyland in December with the Christian Youth Theatre Group.

We are so proud of all our patients who performed and crewed in the CYT production of "Beauty and the Beast," **Emily Manassero, Michelle Adams, David Bergstedt, Chris Withall, Andrew Hart, Kyle McNeil, Ryan Beason, Casey Adams, Kristen McNeil, Callie Tuck, Jamie Rogers, Vanessa Costello, Chelsea Cotton, Matthew Ling and Melissa Piesik.**

Great Achievements

Claire LaBreche was chosen as Carlsbad's Junior Miss '03 and will go on to compete for California Junior Miss during August in San Francisco. Good Luck!

Alyssa O'Neal has been earning A+s on her tests and quizzes. Keep up the good work!

Ashley Hoda wrote a school essay on "Why we want to go whale watching". Her essay was one of three winners out of the whole school. Great Job!!

Congratulations to **Eric Christensen** for a perfect 1600 on his SAT!! Good example for all of us!!

Fun

Britt Tarnowski went to Disney World and had her own private tour guide! The best part was she didn't have to wait in any lines!!

Camryn Carroll went on a field trip to the Star of India and had a blast.

Nick and Jake Hodom moved to Albany, New York in December. We will miss those guys but wish them well.

Dr. Hurst and some of our team participated in the Carlsbad 5000 on April 16! It is the world's fastest 5K run and benefits the Carlsbad High School Athletic Department.

A Note From Our Financial Office

We would like to thank everyone for their patience and understanding during the changes we made with our computer system and billing process. We feel we have worked out most of the bugs and hope that we are better able to serve our patients. If you have any questions about your account, please feel free to call us.

Also, if you have an insurance change of any kind, we would appreciate you notifying us as soon as possible so that we can do whatever is necessary to insure that you received your benefits.

HIPAA (Health Insurance Portability and Accountability) We are required by federal and state law to maintain the privacy of your health information. We are also required to give you the Notice about our privacy practices, our legal duties and your rights concerning your health information. This Notice takes effect April 14, 2003. As you come in for your appointments, we will be giving you a copy of our Notice of Privacy Practices. We will ask you to read it and sign that you have received it. Thank you for your cooperation through this process.

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.

Welcome to Braces!

Starts January 2003

Dana August	Mickey Lopez
Michael Felkins	Jake Jennings
Adib Towfiq	Kyle Bedore
Mackenzie Guerre	Kyle Hansen
Kristin Mann	Katie Mc Elroy
Ryan Kennedy	Josh Hillman
Ryan Black	Jacob Stein
Austin Cunniff	Nicole Burton
John Guerre	Sean Alderson
Don Lea	Allie Tomkinson
Sergio Cabanas	Brian Raub
Laura Kelly	Lily Broach
Jordan Lobik	Craig Reynolds
Taylor Strack	Megan Weber
Evan Jones	

February 2003

Brennan DesLauriers	Melissa Ling
Billy Findon	Sierra Bean
Taylor Haggard	Eric Tarter
Bethany Tipton	Gabe Garcia
Haley Cochran	Bryn Lutz
Nicole Consolacion	Matt Gomez
Kenneth Phillip	Kathleen Dooley
Kristen Philipp	Sharon Bowen
Alec Maynard	
Rachael Feinman	
John Fitzpatrick	
Heather Carter	
Amery Cromer	

March 2003

Evan Gaspari	Dominique Pope
Evan Szuch	Lisa Marie Bocanegra
Jenna Szuch	Hailey Flett
Madeline Mendoza	Kerry Langford
Fariheh Towfiq	Erin Langford
Gillian Sherif	Brent Reilly
Marshall Daines	Leah Johnson
Shane Rusing	Clay Johnson
Bryce Logan	Dr. Howard Locker
YiNing Chen	
Natalie Galaviz	
Travis Gough	
Maria Aarhus	

Congrats On Getting Your Braces Off!

January 2003

Vanessa Costello	Tawni Galliesky
Terri Fox	Aaron King
Tara Arolla	Lucas Johnson
Sarah Gelfarb	Myles Boatner
Christine Fajotina	Tim Gaffney
Richard Denton	Drew Oslovlar
Melinda Woods	Maggie Foley
Mackenzie Carten	Emmaline Harvey
Margaret Ward	Jade Bartlett
Jacob Mast	Erik Anderson
Jimmy Friedrich	Hannah Gilson
Matthew Cook	
Samantha Torretto	
Roni Warhol	

February 2003

Krista Johnson	Lisa Ingels
Garrett McPerry	Rebecca Rogers
Brian Sappington	Shanna Emrich
Dane Worthing	Regina Gaffney
Katrina Burritt	Linda Kettlewell
Bobby Cook	Michael Wang
Carla Larrazabal	Jimmy Beall
Sweta Patel	Kyle Clary
Michael Gero	Christen Dressel
Anna Roberts	Garrett Kehoe
Jessica Trost	Ryan Childers
Viera Kair	Lauren Naish
Greg Springer	Michael Dooley
Kelsi Stine	Theresa Linehan

March 2003

Kellie McCarthy	Natalie Alegre
Lisa Bosse	Laura Williams
Sean Proctor	Stephanie Crossman
Sadie Amavisca	James Nuanez
Pepper Godfrey	Briana Gonzales
Heather Dorris	Larry Bryson
Kristen McNeill	Chris Stanya
Cindy Clifton	
Sean Pendleton	
Megan Jones	
Taylor King	
Tanner Rowe	
Dylan King	
Megan MacGregor	

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* *Mother's Day Contest*

A great way to thank mom for all she does!
Enter her in our Mother's Day Contest to
win a gift certificate for "A Day At The Spa."

* *Look for our upcoming Summer Contests!*

* *SAVE THE DATE*

Mark your calendars so you don't miss our
2nd Annual Bowling Party.

**The date for the Bowling Party is July 17
from 4pm to 6pm.**

