



On The Wire

The official newsletter of Roos Orthodontics: Summer 2016

Eating for Healthy Teeth and Gums

As we all know, the adequate consumption of fruits and vegetables is known to boost immunity and lower the rate of gum disease. Healthy gums are vital to our oral care in order to keep our teeth in place as we age. September is "**Fruit and Veggies More Matters Month**" and we have compiled this list of fruits and vegetables specifically aimed at supporting healthy teeth and gums.

Strawberries contain malic acid (an astringent used in teeth whitening products) which helps remove surface discoloration of teeth, and vitamin C which can whiten teeth by clearing away plaque.

Although they can't replace your toothbrush, biting and chewing on **Apples** stimulates the production of saliva in your mouth, reducing tooth decay by lowering the levels of bacteria, and helping to clean plaque from the roots naturally. Apples also contain malic acid which

can help dissolve surface stains. Packed with vitamins, minerals and potassium, **Bananas** are loaded with positive health benefits. The fruit does not stick to teeth and the inner part of the banana peel is an inexpensive, non-abrasive and effective way to help whiten your teeth! Take a piece of the inside of the banana peel and gently rub around on your teeth for about 2 minutes. The potassium, magnesium and manganese present in the peel absorb into your teeth and can help whiten them.

Watermelon This popular summer fruit is rich in Vitamin C as well as having anti-oxidant properties that help prevent cell damage and ensure healthy gums.

The citric acid present in **Oranges** can help control acidity levels in your mouth, by encouraging saliva - the body's own mouthwash.

Pineapples

The high level of vitamin C as well as the enzyme bromelain found in these tropical fruits, reduce plaque and help prevent gum disease.

(continued on page 4)



Contest Winners

ROOS ORTHODONTICS'

GREAT Patients 2016

— on time for appointments —
no failed appointments | appliance compliance
good oral hygiene
nothing broken or loose

We appreciate all of our patients
— and particularly all those who qualify for
our monthly

GREAT PATIENT DRAW!

Congratulations to these recent winners!

APRIL:

Brooke; Luke; Megan; Joshua; Jessica

MAY:

Neha; Keira; Keyan; Russell; Amanda;
Wing-Sun

JUNE:

Jaston; Faraz; Nina; Ava; Bella

JULY:

Arnav; Mary; Maury; Steven; Emily

Here are some of our recent
Great Patients! Congratulations!

Colby S is the winner of our **Great Wolf Lodge Patient Referral Contest**! Yay Colby – you and 5 friends are headed to Great Wolf Lodge for 3 days, just for referring your friends to Roos Orthodontics! Thank you. We appreciate ALL the referrals our patients share.



Congratulations to Kayla, winner of our **Routine Dental Hygiene Contest**, and her Hygienist Amber from Redmond Kids Dentistry. See page 3 for how YOU can be entered into the draw to win a Sonicare Toothbrush!



Local Road Work Update

As you are probably aware, the two-way Street Conversion to up-grade utilizes and convert both Redmond Way and Cleveland Street to two-way traffic, creating better access for residents and businesses, is now well under way.

Neighborhood Impacts:

Construction will mostly occur during the day. Traffic impacts from construction activities and the temporary closure of the south end of 168th Ave NE during constructions. Daytime lane closures and occasional night work is anticipated.

Please remember to allow extra travel time to your appointments.

While we are sometimes able to accommodate a late arrival, it isn't always possible. Please understand that we may need to reschedule your appointment to another time and/or day. *Thank you for your cooperation.*



Do we have your current contact info? Please be sure to update us at your next appointment!



FLEX SPENDING REMINDER:

As we approach the second half of the year, we would like to remind you take advantage of your flex-spending while you can. Forward planning now will mean that you can still pay for a big chunk of your the out-of-pocket orthodontic expenses with pre-tax dollars.

MAKE YOUR HYGIENIST SMILE!

ORTHODONTICS AND
ROOS
FACIAL ORTHOPEDICS

**CERTIFICATE of
ROUTINE DENTAL CLEANING**

At Roos Orthodontics we place a great emphasis on dental hygiene, and encourage all of our patients to stay current with their routine dental cleaning appointments. This certificate qualifies our mutual patient.

for entry in the
Roos Orthodontics Dental Hygiene draw,
and the chance to win a Sonicare[®] Toothbrush.
Thank you for working with us on this.

Dentist/Hygienist Name: _____
Name of Dental Practice: _____
Date: _____



Note to Patients: When you book your next dental cleaning appointment with your Dentist/Hygienist, remember to also book your appointments with Dr. Roos to have your wires taken off before the cleaning and replace again afterwards! Thank you!

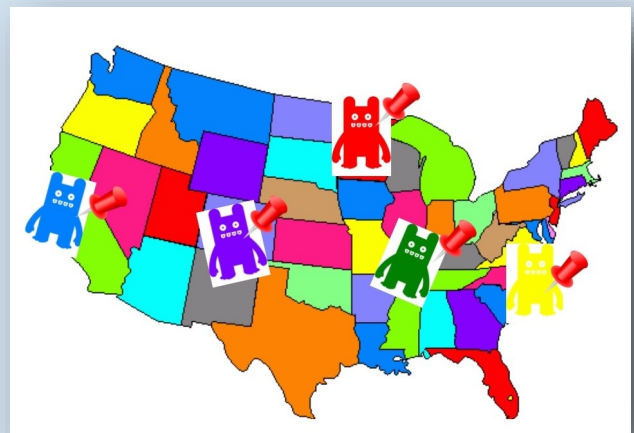
16150 NE 85th St., Ste 124, Redmond WA, 98052
Ph: 425 885 1642 Fax: 425 869 8317 Email: info@roosortho.com
www.roosortho.com

Get your hygienist to sign one of our **Routine Dental Cleaning Certificates** at your next regular appointment and drop it off at our office for the chance to win a Sonicare Toothbrush for you—and a gift for your hygienist!

Ask the Front Desk Team for details.

ROOS SMILEY MONSTER

Remember to take the **Roos Smiley Monster** with you wherever you go this summer and then message your photos to us on Facebook or email them to info@roosortho.com. **Where will you go and what will you do this summer?**



Back to School with Braces



"Fruit and Veggies More Matters Month" (cont)

Carrots contain vitamin A, which is needed for healthy tooth enamel. Eating them raw stimulates saliva, and their natural abrasiveness helps in eliminating dirt and plaque from our teeth and gums.

Celery is an effective weapon against the bacteria inside the mouth. Stringy and made up of mostly water, it works well as a natural teeth cleaner, helping to clear out the grooves between the teeth, keeping them free of food and germs.

Garlic is believed to be a powerful ally when it comes to dealing with the pain associated with wisdom teeth coming in, abscessed teeth and tooth pain in general. Some people believe that tooth pain can be temporarily reduced by applying a peeled clove directly on the aching tooth, until you can get to a dentist to actually solve the problem!

Remember that when and how often you eat and drink certain foods and beverages also affects your oral health. Bacteria in your mouth can damage your teeth, especially if you eat frequently without rinsing and brushing or you let food particles stay in your mouth. Protect your teeth by ending every meal with raw fruits and vegetables, because their high water content helps keep your teeth and gums clean.