

Brace Yourself

Your Orthodontic Newsletter
Spring 2009 Edition



Dr Susan Barber Orthodontist

401 Gympie Road
Strathpine, Qld, 4500
07 3889 8355

1304 Samford Road
Ferry Grove, Qld, 4055
07 3351 8044

www.barberorthodontics.com.au

THIS EDITION

Dental Visits

Ask Dr Barber –

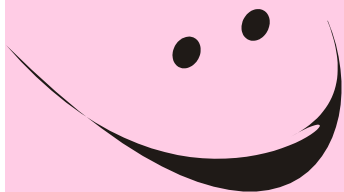
How can I get my braces off
sooner?

Meet Kellie -

Our friendly office
coordinator

Braces Recipe -

Cheese Omelet



Spring is here...

Well we have survived another cool winter and look forward to a typical Queensland spring. This edition is jam packed with information and fun for all. Be sure to check out our new "Ask Dr Barber" column. If you would rather receive your newsletter via email please be sure to visit our website

www.barberorthodontics.com.au and subscribe. We hope you enjoy this edition of our newsletter.



Did you know?

Dental Visits

Once you have started your orthodontic journey and are well on your way to that beautiful smile, it is important to continue your regular visits with your family dentist.

Although you will be coming to see Dr Barber every 6-8 weeks for your orthodontic adjustment your family dentist will still need to see you for a check-up, professional clean and possibly a fluoride treatment. Braces and appliances have many areas that collect food and plaque that forms acid to attack your teeth and toxins to attack your gums.

Even patients with the very best toothbrushing and flossing will need to see their family dentist every six months.

If you currently do not have a family dentist please ask one of our friendly staff to help find one in your local area.

Comedy Corner...

Why is the number 6 afraid of the number 7??

Because 7 ate 9...

he he he...



Ask Dr Barber...

How can I get my braces off sooner?



Seems like the age-old question "Are we there yet?" applies just as much to braces as to that long car trip. Here are my suggestions:

- Wear your elastics all the time – teeth move backwards when elastics are off
- Clean your teeth - we can achieve more at your visits if we are not having to spend time helping you look after them
- Come on time for your visits so we have enough time to do what needs to be done
- Don't break your braces – repeated repairs can delay treatment

Introducing...

Meet Kellie



Each month we will be featuring one of our team. This month we would like to introduce Kellie...

I am a wife and mother of 3 daughters and would consider my three girls my greatest accomplishment. We have 2 cats Sabrina and Lili that rule our house!

I have worked with Dr. Barber for more than five years and enjoy interacting with the patients and their parents. I am very fortunate to work with my friends, and I am probably known for my sense of humour and the jokes played on other staff.

Last year I took the plunge and completed a course to become a Marriage Celebrant. After successfully becoming a registered celebrant by the Attorney General's Department, I registered my business **Accent On Love**. Assisting couples plan their wedding ceremony is an exciting and wonderful experience. I never grow tired of watching a bride walk down the aisle as she approaches her groom.

In the spare time that I have, I enjoy catching up with friends, organising dinner parties, watching movies (my favourite movie is Ghost), listening to music, shopping and travelling to other countries and exploring their culture and lifestyle.

Braces Recipe...

We understand that your teeth may feel a little tender in the early days of your treatment and after adjustments. Check out our up and coming newsletters for our favorite recipes to get you through.

Cheese Omelet

Ingredients

- 4 eggs
- ¾ cup water
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons butter
- ¼ cup grated cheese

Cooking method

1. Beat eggs slightly
 2. Add water, salt, pepper and cheese
 3. Melt butter in small omelet pan
 4. Add egg mixture to the pan when the butter begins to sizzle
 5. Brown slightly and fold over
- Serve on freshly toasted Turkish bread.

