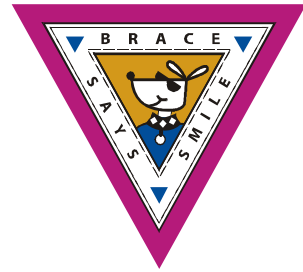


Brace Yourself

Your Orthodontic Newsletter
Spring 2010 Edition



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THIS EDITION

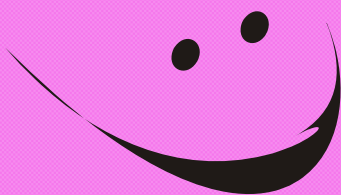
Did You Know?
Acid Erosion

Meet Nicole

Braces Recipe -
Easy Fried Rice

Save the environment!
Visit our website to
subscribe
to our newsletter
online!!

www.barberorthodontics.com.au



Spring Sensations...

With another cool Winter over we are now looking forward to a warm and sunny Spring!

With everything in bloom at the moment and lots of spring-cleaning to be done it is time to make sure that everyone knows where their toothbrush, toothpaste and floss is and that we are all using them!

Remember all current and previous newsletters can be viewed on our website –
www.barberorthodontics.com.au



Previous Competition Winners



A big congratulations to our past competition winners! Remember all you need to enter into our monthly competition is your current appointment slip. Fill out your entry on the back of your appointment slip and place it in the competition box for your chance to win some fabulous prizes. It's that easy!

Our recent lucky competition winners are:

- ❖ Laura P – 15 Barber Bucks
- ❖ Hamza M – 15 Barber Bucks
- ❖ Jaleesa S - \$30 Movie Voucher
- ❖ Lauren L – 5 Barber bucks

CONGRATULATIONS to the winners and thank you to all who entered!!

Customise Your Braces Online!!

Having trouble deciding on which colour to have on your braces? Well now you can customise your braces online.



Go to our [kidszone](#) page of our website to find your own colour picker. Experiment with different colours and maybe try something new.

**RED
NOSE
DAY**

A big thank you to everyone who participated in our Red Nose Day for SIDS and Kids in June 2010, and a big shout out to Samuel.C. who won our Red Nose Day pack for dressing up in Red! We ended up donating an awesome amount to the SIDS and Kids foundation, so well done everyone!

DID YOU KNOW??



Many foods and drinks we consume on a daily basis such as fruits, soft drinks including sugar free drinks, sports drinks contain acid. **Acid wear** is when the acid comes into contact with teeth and the tooth's hard enamel surface temporarily softens. **Acid erosion** occurs when we then brush our teeth and the softened enamel can be worn away more easily and become thinner over time. This wearing of enamel is called acid erosion.

Preventive steps:

- Avoid brushing immediately after consuming acidic foods and drinks as this is when the enamel is at its softest
- Brush teeth gently, but thoroughly, with a soft bristled toothbrush and fluoride toothpaste.
- Drink plenty of water and try to avoid acidic foods and drinks when you are dehydrated.
- Have regular dental checkups and talk to a dental professional about any concerns you may have

Help Us Save The Planet!!

We are in the process of improving our contribution to saving the environment and ultimately the planet. Our long term goal is to be a paper free practice and at the same time offering you fast and convenient options of receiving our correspondence.

Some of the changes we have already made include:

- *Emailing correspondence*
- *Emailing receipts and appointment slips*
- *SMS sent to patients to secure appointments*
- *Online subscription to our newsletter*

To update your email address; visit our website www.barberorthodontics.com.au and flick us an email or tell one of our friendly front office staff next time you are in.



NICOLE

Hi! My name is Nicole and I am the Clinical Coordinator at Dr. Barber's. You will see me working beside Dr. Barber and helping her with all our lovely patients. I also do all the ordering for both our practices and am the Clinical Trainer as well. I have the best job here because I get to meet awesome people everyday and I love helping people on their personal journey to their beautiful smiles from start to finish. Whether it is plates or braces at the start all the way through to the big braces off finale, I am there with our patients every step of the way. I have worked with Dr. Barber since April 2005 and have had the best time! When I am not at work I like to go to the beach and love a good movie or just hanging out with friends or shopping and I love Twilight!

EASY FRIED RICE



Tip

You will need to cook 1 1/2 cups raw long-grain rice for this recipe. For best results, cook the rice the day before (this allows time for the rice to dry slightly so the grains will be less sticky). Keep in an airtight container in the fridge. If you are cooking the rice on the day, drain it very well in a colander before using.

Ingredients

- 2 tbs peanut oil
- 150g rindless bacon rashers, cut crossways into long thin strips
- 300g medium green prawns, peeled, deveined, chopped
- 1 small red capsicum finely sliced
- 2 cups frozen peas (thawed following packet directions)
- 3 eggs, lightly whisked
- 600g (4 cups) cooked long-grain white rice, cooled (see tip)
- 65g (1 cup) bean sprouts
- 2 tbs soy sauce
- 2 green shallots thinly sliced

Method

1. Heat the oil in a large wok over high heat. Add the bacon and stir-fry for 2 minutes. Add the prawns, capsicum and peas, and stir-fry for 1 minute.
2. Reduce heat to medium-high and pour the eggs into the wok. Use a wooden spoon to break up the eggs until just set.
3. Add the cooked rice to the wok and cook, tossing often, for 2 minutes or until well combined and heated through.
4. Add the bean sprouts and soy sauce to the wok. Reduce heat to medium and cook over medium heat, tossing, for 1 minute or until well combined. Divide the rice amongst serving bowls, sprinkle with the green shallots and serve immediately.