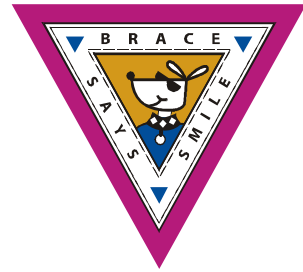


Brace Yourself

Your Orthodontic Newsletter
Winter 2010 Edition



Winter Wonderland

Another cool winter is finally upon us. Make sure you rug up and keep warm by trying our new yummy braces recipe. Our recipes have been chosen because they're braces friendly but always remember to brush after eating, especially after these scrumptious but naughty triple chocolate brownies



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THIS EDITION

Ask Dr Barber –

Do I really need to floss all
my teeth with braces on?

Meet Letitia

Braces Recipe -
Triple Chocolate Brownies

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

Previous Competition Winners

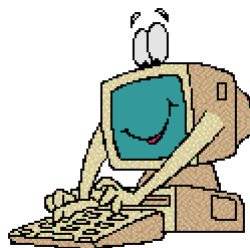


A big congratulations to our past competition winners! Remember all you need to enter into our monthly competition is your current appointment slip. Fill out your entry on the back of your appointment slip and place it in the competition box for your chance to win some fabulous prizes. It's that easy!

Our recent lucky competition winners are:

- ❖ Olivia (15 Barber Bucks)
- ❖ Jean and Rosanna (Easter Eggs...yummm...)
- ❖ Sophie (\$30 Movie Voucher)
- ❖ Mikayla (Smiggle Pack)

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



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

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DID YOU KNOW??

Research has revealed that an overbite (gap between top and bottom teeth) can cause obstructive sleep apnoea! Because of the gap, the upper front teeth stick out past the lower front teeth when the mouth is closed and the jaws do not line up properly. With the lower jaw sitting back behind the upper jaw it can block the throat when sleeping. In most cases orthodontic treatment can correct the overbite and give you a good night sleep. For more information on sleep apnoea please ask one of our friendly team members.

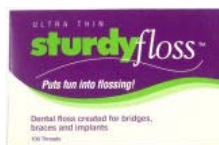
Ask Dr Barber...

Do I really have to floss all my teeth with braces on?



Absolutely! You need to keep your teeth spotlessly clean. If you allow plaque to collect around the brackets when they are removed you will have areas of decalcification (early decay) if not full decay in little squares on the front of your teeth. Flossing with braces takes a few minutes to master, but the effort is well worth it. The best type of floss to use with braces is called Superfloss or Sturdy Floss. The nice thing about Superfloss and Sturdy Floss is that one end is stiff so threading it under the braces is easy. The other end is fuzzy and really helps to get around all surfaces of the braces.

The first step to flossing is getting the floss under the wire that connects the braces together. Once the floss is under the archwire it can be wrapped around the tooth on one side. The floss is then pushed up toward the gum line and then pulled down toward the wire. This should be repeated at least 3 times to ensure all plaque is removed. Be careful not to put too much pressure on the wire as you pull down. Then wrap the floss around the neighbouring tooth. Once both teeth are done, the floss is pulled out and the process repeated for the next two teeth.



LETITIA



Hello there. I have had the pleasure of working with Dr Barber and her team since February 2005. My role within the practice is Treatment Coordinator. I have the best job! I get to help all our new patients get started on the road to their beautiful new smile and I work with the most amazing girls!

When I am not at work I like to spend my time with my husband Ricky, and two beautiful children. I have a daughter Chloe, who is in Year 4 and my son Flynn, has just started Prep this year. I also love animals. I have a few beautiful pets ranging from a horse to guinea pigs – and everything four legged in between.

We bought a camper trailer last year and I really look forward to long weekends and holidays as we try to get away with family and friends. Camping is the best holiday!

TRIPLE CHOCOLATE BROWNIES

Method



Ingredients

200g butter
200g dark cooking chocolate
½ cup Cocoa
1 cup Caster Sugar
3 eggs
½ cup plain flour, sifted
¼ cup self-raising flour, sifted
180g white cooking chocolate, chopped

1. Preheat oven to 180°C
2. Grease and line with baking paper a lamington tin.
3. Microwave dark chocolate and butter together, uncovered for 2 mins on 70%. Stir until smooth.
4. Add cocoa and sugar into chocolate mixture and stir well.
5. Add eggs, 1 at a time, mixing well after each addition.
6. Mix in sifted flours. Stir in white chocolate.
7. Spread mixture into prepared tin.
8. Bake for 35 mins, or until a skewer inserted comes out clean. Cool completely in tin.
9. Dust with icing sugar, cut into squares and serve.

Feel free to send us an email of your favourite braces recipe for others to share. It may even make an appearance in our next newsletter.