



April 2009

## Straight Talk

from

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## Preventing Facial Injuries, Preserving Smiles

*April is National Facial Protection Month*

**To prevent facial injuries remember these important tips:**

**Wear mouth guards for contact sports.** Mouth guards can help prevent jaw, mouth and teeth injuries and are less costly than repairing the injury.

**Wear a helmet.** Helmets absorb the energy of an impact.

**Wear protective eyewear.** Eyes are extremely vulnerable.

**Wear a face shield to avoid scratched or bruised skin.** Hockey pucks, basketballs, and racquetballs can do severe damage.

**Be alert even as a spectator.** Alert spectators can avoid foul baseballs and flying hockey pucks. Watch your step when climbing bleachers.

**In addition:**

**Be aware of family pets.** According to the Harvard Medical Health Letter about 44,000 people suffer facial injuries from dog bites annually. Supervise children when they're with pets (including cats and rabbits, too).

**Buckle up and use child safety seats.** Unbuckled passengers are more likely to suffer a brain injury in a crash than the buckled driver.

**Keep babies and toddlers safe.** They crawl and climb, so pad sharp corners of tables, lock cabinets, install stairwell safety gates, and secure windows.

**Use common sense.** If an activity carries risk of dental/facial injury, gear up. Without it, even a neighborhood basketball game could land you or a loved one in the emergency room.

### The Hard Facts about Dental and Orofacial Injury

Football, basketball, baseball and soccer account for about 80% of all sports-related emergency room visits for children between 5 and 14 years of age.

Hard tissue trauma of the mouth and lower face was reported to be 60 times more likely for athletes who did not wear mouth guards. Five million teeth will be knocked out of U.S. kids and teens while playing sports this year alone.

Mouth guards and face protection can help prevent traumas to the face, head, eyes, and mouth, which are among the most common types of injuries.

*This information is provided by the American Association of Orthodontists.*

[www.woltermanortho.com](http://www.woltermanortho.com)

## Seen by Seven?

The American Association of Orthodontists recommends all children get a check-up with an orthodontic specialist no later than age 7.

### Here's why:

Dr. Wolterman can spot subtle problems with jaw growth and emerging teeth while some baby teeth are still present.

Early treatment may prevent or intercept more serious problems from developing and may make treatment at a later age shorter and less complicated. In some cases, Dr. Wolterman will be able to achieve results that may not be possible once the face and jaws have finished growing. Through an early orthodontic evaluation, you'll be giving your child the best opportunity for a healthy, beautiful smile.

If your child is older than 7, it's certainly not too late for a check-up. Because patients differ in both physiological development and treatment needs, Dr. Wolterman's goal is to provide each patient with the most appropriate treatment at the most appropriate time.



Dr. Wolterman and his staff wish all patients and families a

# Happy Spring!

## Flavor Contest Extended!

We want YOUR ideas on mixing the flavors for impressions—like chocolate + banana=chocolate covered bananas! E-mail your entry to [backatyadoc@woltermanortho.com](mailto:backatyadoc@woltermanortho.com) or tell us when you come in for a visit by April 30. We will mix your flavor suggestions, and the winning combination will win a \$25 gift card.

Here's the flavors you can mix:

Banana Blueberry Bubble Gum Cherry  
Cinnamon Chocolate Fruit Punch Grape  
Green Apple Lemon Mint Orange Pineapple  
Raspberry Root Beer Watermelon

## Baked Ham n' Egg Hash Browns

### Ingredients:

3 cups frozen shredded hash-brown potatoes, uncooked  
¾ shredded Monterey Jack or cheddar cheese  
1 cup diced cooked ham or shredded deli ham  
4 eggs, beaten  
1 (12 oz.) can evaporated milk  
1/8teaspoon salt

### Directions:

Preheat oven to 350°. Grease a 2-quart casserole. Spoon shredded potatoes on the bottom, top with the cheese and ham. In a large bowl, whisk together the eggs, evaporated milk and salt. Pour egg mixture over ham mixture in casserole. Bake for 40-45 minutes at 350°; if chilled, bake 55-60 minutes. Let stand five minutes before serving. Makes about six servings.

From "The Braces Cookbook: Recipes You and Your Orthodontist Will Love"  
by Pamela and Brenda Waterman. [www.bracescookbook.com](http://www.bracescookbook.com)

## Straighten Now, Scream Later Winner

Congratulations to Abby Voss, the winner of our Straighten Now, Scream Later contest. Abby will receive two gold passes to Kings Island for the 2009 season. Abby started her orthodontic treatment this spring and joined her sister Sara as one of Dr. Wolterman's patients. Congratulations to Abby and thanks to all new patients who entered the drawing!

## Got mouthguards?

Are you a coach whose team needs mouth guards? To celebrate National Facial Protection month in April, Dr. Wolterman will provide custom mouth guards for a local sports team. If you are a coach, send your name and information about your team (age, sport, number on team, league) to [backatyadoc@woltermanortho.com](mailto:backatyadoc@woltermanortho.com).