

October 2008

Straight Talk

from

**Dr. Richard
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Member of
American
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Dr. Wolterman Celebrates National Orthodontic Health Month!

Don't Be Tricked by Treats this Halloween

The haunting hours of Halloween can mean big trouble for trick-or-treaters who wear braces. Dr. Wolterman reminds patients to follow special guidelines for keeping braces intact.

"If it's sticky, chewy, hard or crunchy, it's a food that anyone wearing braces or retainers should avoid," says Dr. Wolterman.

Dr. Wolterman urges patients to steer clear of the following Halloween treats, or recipes with these ingredients:

- All hard candies
- All chewy candies
- Caramel
- Nuts
- Licorice
- Taffy
- Jelly beans
- Hard pretzels
- Bubblegum
- Popcorn (including unpopped kernels)
- Taco chips
- Ice

Of course, Halloween does not have to be completely treat-less. For example, plain chocolate candy is okay, provided patients remember to brush and floss afterwards. Bobbing for apples as well as caramel apples are not recommended, however, patients can enjoy thinly sliced apples, dipped in yogurt or creamy chocolate sauce.

Trade in Your "Untouchables"

Dr. Wolterman makes it easy to follow your diet guidelines and help others by "buying" your Halloween candy. You can trade in your hard or sticky candy (up to 5 pounds) for wooden nickels. Your candy will go to Shriners' Hospital for children who are not able to trick or treat.

**Drop off your candy beginning
Monday, November 3, through Friday, November 7
between 8 a.m. and 5 p.m.**

www.woltermanortho.com



Signing In

NOHM Coloring Contest

To celebrate NOHM, Dr. Wolterman is sponsoring a coloring contest. Be sure to pick up your coloring contest entry when you visit either office in October. All entries must be turned in by Wednesday, October 29, and all participants (ages 4-13) are eligible for prizes!

Did Hurricane Ike Cancel Your Appointment?

On Monday, September 15, and Tuesday, September 16 we, like so many of you, experienced power outage from the remnants of Hurricane Ike. Both days were fully booked with patients, and we hope all have been rescheduled by now. If you haven't, please call the office to do so. (The other tragedy was that we lost ALL our cookie dough in our freezer! The following week we saw patients but had NO cookies to offer them!) We're up and running with plenty of cookies!

Dr. Wolterman Helps Amelia Football Secure Field

Amelia Youth Football teams are losing their fields! Dr. Wolterman wants to help the organization by donating \$200 for every Amelia Youth football player who begins treatment with him. Call the office to schedule an appointment, take care of your football player's teeth, and help the community.

From Dr. Wolterman

Financial Options Available for Treatment and Care

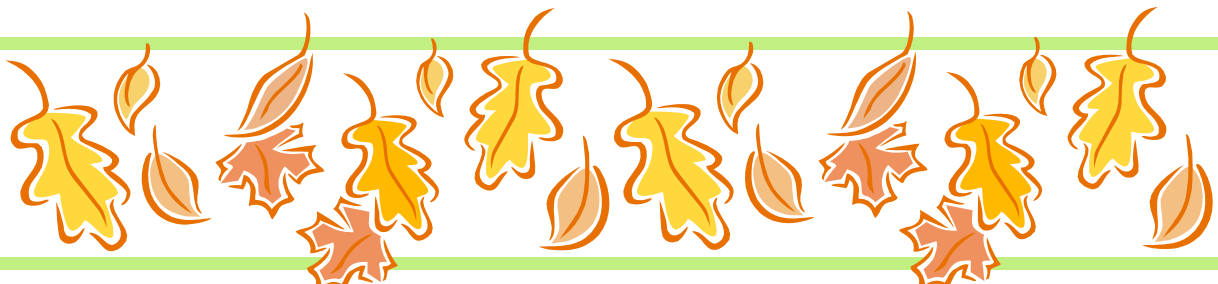
The markets are up, the markets are down, we are being bailed out, we need another plan—all that is certain economically right now is that things are uncertain!

But all that doubt doesn't mean that you should hesitate to begin or continue a recommended treatment plan. Our staff works very hard to make orthodontic treatment affordable for any family who wants and needs treatment.

Our office has always offered **interest-free payment plans** with a down payment, and we will continue to do so. We work with your insurance companies to cover as much as possible before designing a payment plan.

Our office is also on the list of Care Credit providers. During October, new Invisalign® patients may qualify for 24 months no interest on their treatment through Care Credit.

Please call our office if you have any questions about our payment plans. Thank you for entrusting your orthodontic care to us.



FRIGHTFULLY FABULOUS CUPCAKE SANDWICHES

Ingredients:

1/3 cup cocoa powder
1 cup warm water
3/4 cup mayonnaise
1 1/2 teaspoons vanilla extract
1 cup superfine sugar
2 cups cake flour, sifted
2 teaspoons baking soda
1/8 teaspoon salt
1 can of chocolate frosting or store-bought chocolate mousse
1 container of whipped topping
Assorted braces-friendly candy pieces, such as chopped peanut butter cups, chocolate bars and melt-in-your-mouth candies.

Directions:

Preheat oven to 350 degrees F. Fill a muffin tin with 12 cupcake liners and set aside.

Combine cocoa powder, water, and mix until smooth. Fold in mayonnaise. (Make sure cocoa mixture is not too hot to prevent breaking of mayonnaise). Add vanilla and whisk until smooth.

In mixer, combine sugar, cake flour, baking soda and salt and mix slowly until well incorporated. Add wet cocoa mixture, mix on medium-high until well blended. Scrape down the sides and blend for 30 seconds.

Fill the cupcake liners 3/4 way full of batter. Bake for 30 minutes or until toothpick comes out clean. Remove from oven and allow to cool on rack.

Slice each cupcake in half, horizontally, and serve the halves with chocolate mousse or frosting, whipped topping, and assorted candy pieces. Kids build the sandwiches by spreading one-half of a cupcake with mousse/frosting or whipped topping, sprinkling on candy pieces and placing the other half of cupcake on top.

Makes 12 sandwiches.

Recipe by chef Michael Chiarello for AAO



DR. WOLTERMAN AND HIS STAFF WISH
YOU A SAFE AND HAPPY HALLOWEEN!

