



KELLEY ORTHODONTICS

MT. PLEASANT • DANIEL ISLAND • ISLE OF PALMS



Congratulations to Caroline Ryan, winner of our Fall pumpkin contest! Caroline guessed the weight exactly right (56 lbs) and won a \$100 VISA gift card!!!

Turn to Page 2 for info on our current contest...



DID YOU KNOW ?

Teachers receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts.

HAPPY NEW YEAR

Start off 2010 Eating "Good" Foods

To understand why any food would be considered "good" or "bad" for your teeth, it's important to understand how food affects them. Plaque is a film that forms on your teeth from the bacteria that naturally live in your mouth. These bacteria use carbohydrates in the food you eat to produce acid, which can attack tooth enamel and cause demineralization (white spots) and cavities.

You might think sugary snacks would automatically be "bad," but recent research has shown that cooked starches can stay in your mouth longer than some candy, which is more quickly washed away by saliva. If complex carbohydrates like bread, cereal, pasta, crackers, or potato chips remain in your mouth for several hours, the bacteria that live in your mouth will break them down into sugars, producing acids that attack your tooth enamel. Braces inherently provide a convenient place for food to hide, making it imperative that food is brushed away and not held against the teeth for long periods of time. Soft drinks and sports drinks are also loaded with sugar and acids. It is best to only drink sports drinks after playing a sport, while also limiting consumption of soft drinks to no more than one per day.

Research does indicate that certain snack foods have anti-cavity power. For instance, cheese stimulates production of saliva which clears carbohydrates (sugars and starches), re-mineralizes teeth, and also neutralizes harmful acids.

Here are some simple rules to help you start 2010 by protecting your teeth from decay and white spots:

- Reserve sugars and cooked starches for mealtime, when saliva production is increased and naturally rinsing foods and beverages are being consumed.
- Limit the frequency of snacks and drinks containing carbohydrates.
- Brush twice daily with toothpaste containing fluoride.
- Floss at least once a day.
- Don't consume any food after your last brushing at night.
- Don't take food to bed.

A balanced diet of healthy foods and snacks is always best for your health, but the best way to keep your teeth and gums healthy is to limit between meal snacks and to practice a regime of excellent oral hygiene.

HOW IS YOUR BRUSHING?

A+

POP QUIZ

Don't forget that we are grading your brushing every time you visit our office! If you have good brushing and nothing broken, your name is entered in a monthly drawing for movie tickets. We draw 5 lucky patients every month!

RECENT WINNERS

Hope Banks	Loyd Morris
Peter Buyck	Shaquan Stafford
Skyler Biller	Anna Stockman
Hudson Worthy	Colleen Cooper
Amanda Durham	Travis Ragsdale

facebook

BECOME A FAN

At the end of March, one lucky "Fan" of Kelley Orthodontics will be randomly selected to win a \$50 iTunes gift certificate! Everyone is eligible - patients, parents, and friends!!!



BETTY BURKHARDT

Meet our Team

Our Financial Coordinator is Betty Burkhardt. Betty is a native Charlestonian and has been involved with the practice since 1981. She has extensive knowledge in all aspects of orthodontics and is available to help answer any financial or insurance questions you may have. Betty enjoys spending time with her family and stays very busy watching her grandchildren dance and play sports!