

Mar/May 2006 Newsletter - Issue 1

Our clinic staff have now new uniforms which were designed by them. They have a choice of two colours and the beige pants or skirt. The colours have been chosen to suit both the staff and the clinic decor.



STAFF CHANGE

Alla Lomakina (second from left in picture) has left us for Los Vegas in the USA. Alla's husband works in the States and she joined him in February. She will be returning to New Zealand later this month and hopefully will rejoin the practice part-time during her 3 month stay. We have also lost Rebecca Woledge who has decided to further her career to train as a dental hygienist. Rebecca will work part-time for us when her time permits. Michel Tsabari has taken Rebecca's place as a dental assistant.

Work In Progress: 10 Benefits of Not Knowing It All

By Donna Doyon

If you feel like you need to have all the answers, make the right decisions, and be the answer to everyone's problems, then you are putting a lot of pressure on yourself. Instead embrace your lack of knowledge and enjoy the following benefits of being a Work in Progress.

1. You can relax and enjoy your life more if you don't expect yourself to have all the skills, knowledge, and wisdom to carry you forward into the future.
2. You can open your life to new opportunities and adventures.
3. You can be honest about what you've yet to learn, and appreciate what you already know.
4. You can actively seek out teachers and role models without worrying about what others will think.
5. You can stop defending or making excuses for your "bad" habits, while occasionally or always working to transform your behavior into "good" habits.
6. You can see that each person around you is a "Work in Progress," too.
7. You can begin each day with a clean slate or sense of purpose.
8. You can see endless possibilities before you.
9. You can approach life with the enthusiasm and energy of a young child.

10. You can continually reinvent yourself based on present day circumstances, values, and opportunities.

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By Donna Doyon, author of GLOW: Renew Your Spirit and Release Your Inner Beauty. Please visit Donna's web site at <http://www.donnadoyon.com/> for information on how you can say "goodbye" to self-defeating attitudes and behaviors and "hello" to a more successful, balanced, and joy-filled life!

### **Less Tin In a Grin (Advances in Braces)**

Today, advances in materials and techniques for use in outer space and in computers are changing the way your orthodontist improves your smile. If you're considering braces and thinking of pictures of your parents, or even your grandparents, with smiles full of metal, think again. New options in orthodontic technology and technique are making braces less noticeable and more comfortable. In some cases, these advances also mean you'll achieve that new smile faster.

In the past, the most noticeable part of your braces was the stainless steel bands wrapped around and cemented to individual teeth. Today, you may need bands on only a couple of teeth. The majority of your teeth will have smaller, more comfortable brackets bonded directly to them with adhesive.

Another innovation is in the wires that are attached to the brackets. Called 'space age' because they were developed for use in the NASA space program, these wires are made of flexible metal. They're also called 'memory wire' because they return to a pre-formed shape, which is how they move your teeth. These new wires are easier to install, require fewer replacements and adjustments, and work faster.

If your orthodontic condition permits, there are nearly invisible orthodontic options. Brackets made of ceramics are tooth colored or clear. Lingual braces are applied to the inside of the teeth, so they're not visible at all. For adults and mature adolescents whose teeth require only minimal straightening, there are also clear aligners, which really aren't braces in the old-fashioned sense at all. A computer generates a set of clear aligners that are worn in succession to straighten your teeth.

Advancements aren't just in braces, either. Computer technology is rapidly changing and improving the way your treatment is planned. Your orthodontic records can now be done digitally, with digital X-rays and digital photographs that are saved directly to computer. There are computer programs that aid your orthodontist in diagnosis and in creation of a treatment plan. You may even be able to see an image of the way you're going to look with your new smile.

And the advances continue. Heat activated wires, bent into their memory position by robots using digital photos of your mouth, are already available. Your orthodontist doesn't have to adjust these wires as often, and you can tighten your own braces by

drinking something hot. While these wires don't actually move your teeth faster, they may shorten treatment time by moving them along a shorter path. There is even a promising technology in development that will move your teeth using opposing magnets.

By the time you read this, there will be even newer technologies to help you achieve straighter teeth. The 'tin grin' of yesteryear may not be fashionable today, but a healthy, shiny, beautiful will never go out of fashion!

### **Innovative New Technology**

When you next visit our clinic waiting room, you will see two new computer screens. One is the 'Sign In' screen which is now a Touch Screen. You can also use your fingerprint to sign in - ask Jennifer or Lana to register your print first and they will explain how it works.

The next new screen is the T-Link registration screen. Once we have your email address you can be given a 'Log In' number which enables you to log in to all your personal details, next appointments, account information and even the photos taken of you in the practice which can be downloaded by you at home.