

Smile with Style



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Sugar & Spice Winners

Patients were asked to MATCH UP baby photos with current photos of staff members.

Our pictures are matched up and posted on our webpage and in our lobby.



Kari Hershberger

Photo from 2008

Kari matched
7 correctly.



Addison Linhardt

Photo from 2008

Addison matched
6 correctly.

We had ONE patient who matched 7 correctly.
We had SIX patients who matched 6 correctly.
(One patients' ballot was chosen on the 6 correctly tie.)

Prizes for Kari and Addison:
\$25.00 gift card to Applebee's
AND \$25.00 gift card to Target.

Contest dates: July 5—September 1

344 ENTRIES

In case of tie, winner's names will be drawn.

SMILE - SNAP - SHARE

A photo of yourself with our office!!!

Use your
imagination,
be creative,
BE A WINNER!!!



ONE WINNER will be
chosen for each group.

ONE WINNER from
each group
will receive \$25.00.

GROUPS:

- Preschool or starting 1st or 2nd grade
- Starting 3rd, 4th, or 5th grade
- Starting 6th, 7th or 8th grade
- Starting Freshman-Senior or Adult

To enter this contest you
can go to
our webpage
www.drkenrowan.com

For rules and an entry form
OR for more details you
can pick up and
entry form at the office.

Contest dates:
July 11—September 15, 2011

BEGINNING SMILES



**Connor
Coffindaffer**

Connor is 13 years old and started treatment this month. He likes track and has 2 dogs as pets. What he likes most about himself is that he is funny. In his spare time, he likes hanging out with friends and watching tv. His favorite books to read are Harry Potter. He plays the trumpet and his favorite music group is Fort Minor.



**Emily
Scheperle**

Emily is 13 years old and started treatment this month. Her friends call her "Em" or "Emmy". Her favorite sport is softball and she has a dog as her pet. Her dimples and eyes are what she likes most about herself. Her hobbies are scrap booking and taking care of her pigs. She also likes to collect little glass figurines from Silver Dollar City. Emmy likes chick flicks and drama action movies. She also likes books set back during war times.



**Katie
Renkemeyer**

Katie tells us her friends call her Katie, but her official name is Mary Katherine. She has three dogs and likes to play softball. In her spare time, she likes to be outside. Her favorite movies and books are fantasy. Her favorite band is Sugarland. She began full treatment in our office on August 2.



**Seth
Holt**

Seth is 13 and he started treatment this month. As a child his favorite cartoon characters were Tom and Jerry. His hobby is playing video games. He is looking forward to being able to drive in a few years. The last movie he saw was Green Lantern and the thought it was AWE-SOME!!!



**Megan
Bleidistel**

Megan is 13 years old and started treatment this month. Megan likes to play volleyball, soccer and basketball. She plays the piano and enjoys hanging out with friends. She has a puppy named "Nikkie".

Her hobbies are playing sports and collecting seashells. She's looking forward to being able to climb trees and not getting hurt. Her favorite books are "The Twilight Series".

AN OUNCE OF PREVENTION

The phrase "an ounce of prevention is worth a pound of cure" is most certainly appropriate to orthodontic treatment. Those children who schedule their first visit to the orthodontist by age seven for an examination benefit from an early determination of how and when a particular problem does not always lead to early treatment, some problems can be treated in an interceptive manner. If so, early intervention takes advantage of facial growth and tooth eruption to lessen the severity of the problem and frequently makes later completion treatment (if necessary) less time-consuming. By addressing bad bites (malocclusions) in a timely manner, patients are assured that they can circumvent the problems of tooth decay, bone destruction, tooth loss, gum disease, and joint problems that might otherwise attend untreated conditions. If left uncorrected, malocclusions carry the potential to adversely affect a child's speech, general health, and self-esteem.



REGULAR HOURS
Jefferson City Office

Monday 8:00-5:00
Tuesday 8:00-5:00
Wednesday 8:00-5:00

Thursday 7:30—2:00

Friday 8:00-Noon

PATIENTS IN THE SPOTLIGHT

August questions...

- 1) List **FOUR** things you would need to survive, if left alone on a deserted island.
- 2) If you were an animal what would you be? **Why?**
- 3) If you could travel back in time who would you like to meet? **Why?**



Blake Savage

Blake's appointment in August was on the 2nd. An assistant in the clinic wanted to congratulate him on a job well done. That head gear really **MOVES** those teeth. Good job, Blake!

Blake's answers to our questions:

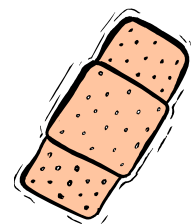
- 1) watch, a tent, fire starter and wood
- 2) **A FISH!!!!** A fish can breathe under water.
- 3) **Babe Ruth**



Melvin Jenkins, III

Melvin is "spotlighted" because he has been doing an excellent job in wearing his head gear. He enjoys playing baseball in the summer.

These are things Melvin believes he would need to survive on a deserted island. **Xbox, tv, food and iPod.**



BRUSHING

Change your toothbrush regularly—Throw away your old toothbrush after three months or when the bristles flare which, whichever comes first. For a fresh start, don't forget to change your toothbrush after you've had a cold, a flu, a mouth infection or a sore throat.

1.



Tilt the brush at a 45 degree angle against the gum line and sweep or roll the brush away from the gum line.

2.



Gently brush the outside, inside and chewing surface of each tooth using short back-and-forth strokes.

3.



Gently brush your tongue to remove bacteria and freshen breath.

PRETTY IN PINK



MiKayla Brown

MiKayla came to our office at the end of July. Her general dentist referred her to Dr. Rowan. MiKayla has been sucking her thumb and that has been having a negative impact on her lip, teeth and jaw.

Dr. Rowan spoke with her about the importance of not sucking her thumb. When Mikayla returned to our office on August 10, she had not sucked her thumb for 2 weeks. This was a very difficult decision for her at age 7, but **SHE DID IT** and we are so proud of her!!! Check out her smile, we think she's happy, too!

Notice picture....**THIS GIRL LOVES PINK!!!!!!!**



**ELDON
OFFICE**

Dr. Rowan and the Clinical Staff will be in the Eldon Office on:

August 18, 2011
September 15, 2011
October 13, 2011

North Oak Street
Eldon, MO 65026

(Eldon Office is at the same location as Dr. John Gambill)

573-392-3670

This phone is **ONLY** operational on the days that Dr. Rowan and Clinical Staff **ARE** in the Eldon office.

Dr. Ken's Observation Klub

AUGUST

OBSERVATION KLUB MEMBERS

Remember to bring a recent photo of yourself to **EVERY** observation appointment.



Riley Bernskoetter

Riley is 10 years old and she is the winner of our Dr. Ken's Observation Klub drawing for this month.

Riley likes softball and loves to play second base. Her favorite tv show is Hannah Montana. She also enjoys reading iCarly books. She loves music and her favorite singer is Miley Cyrus. Her hobbies are coloring, playing the guitar and the piano. The greatest thing that she has done is take a trip to Tennessee with her family and she really hopes she can go back sometime. Riley likes school and thinks it's fun!

Thanks to all the observation kids who brought photos of themselves and entered our contest this month.

One winner is drawn every month for a **FREE Target gift card worth \$25.00.**

TRIVIA



Enamel covering crown of your teeth is the hardest tissue in your entire body. You can actually produce more than ten thousand gallons of saliva during your entire life. Your dental plaque contains more than three hundred species of bacteria.

NICKELMANIA

BE OUR NEXT WINNER

Guess how many **WOODEN** nickels are in the container.

TWO patients who are the closest to the correct amount will be our next winners! Each winner will receive a \$25.00 gift card to Pizza Hut and a \$25.00 gift card to Capital 8 Theaters.



Do you know how to collect **WOODEN NICKELS** from Dr. Rowan and trade them in for **MORE FREE** things?

Contest dates: September 5—October 27, 2011

Contest for patients only, please. In case of tie, **WINNERS** names will be drawn. Vote **ONE TIME** per appointment.

HOLD THAT SMILE

These patients have completed the ACTIVE phase of treatment. Now the RETENTION phase of treat-

AUGUST debands: Alexandra Benne, Clay Carroll, Adam Doyle, Cailey Garoutte, Rebecca Hamilton, Morgan Lindsey, Haley Masters, Kylie Mulholland, Hayley Pardoe, Kandiss Prater, Eric Prullage, Jared Schulte, Kelly Tappell, Kirk Twehous



Kelly Tappell

Kelly was a most cooperative patient!!! Kelly's been around our office for several years now. She was first seen as a new patient in July 2003. She went through Phase I treatment here and then in January 2010 she got her braces. She got her retainers this month! Thanks, Kelly for being so considerate and cooperative!

She enjoys swimming, cooking and reading in her spare time.

Apples are on her list of things to "bite" down on now that her braces are off.

Here is a tip from Kelly to others who have braces: Avoid eating any type of nuts!



Clay Carroll

Clay finished treatment 10 months under our estimated time.

He loves to hunt and spend time at the farm with his family.

Now that his braces are off he can't wait to "eat a caramel apple with nuts on it.

His TIPS: "Always do what they tell you to and you might get your braces off early like me!"



Eric Prullage

Eric finished treatment early!!! Braces from February 2010 to August 2011.

He likes cross country running and spending a life time being a Boy Scout.

Beef jerky and popcorn is on his list of things to eat now that his braces are off.

His TIPS for children or adults who are wearing braces: Brush every day, floss every day and keep ALL of your appointment! (Yes, Eric...that's the way to complete treatment early!)

TENDER TEETH TIPS



Drink or eat something very cold—this delays the movement of your heat-responsive metal wires.
Lie down with cold washcloths resting on your cheeks.
Gargle with salt-water several times a day.

For your cooking:

Try microwaving a frozen item instead of popping it in the toaster oven (think frozen waffles—they definitely come out softer this way).

Seal up casseroles and meat dishes with foil while cooking them in the oven; moisture will stay in the dish, and you'll avoid it becoming crispy on top.

For your brightest smile when you're dining out:

Avoid foods with seeds (pass on the 7-grain bread for now).

Avoid stringy cheese dishes (cut up a pizza in small bites).

Ask us for a procta-brush. Carry it in your pocket or purse—it's a life-saver when you take a quick trip to the restroom or to restore your smile after a meal!

COOKING



BRACE-FRIENDLY RECIPE

QUICK & EASY AFTER SCHOOL SNACKS

FRUIT SMOOTHIE—Puree 1 cup vanilla yogurt, 1 cup frozen strawberries, 1 frozen banana and 1/4 cup orange juice in a blender until smooth.

APPLE QUESADILLAS—Melt some butter in a skillet, then lay a flour tortilla in the pan and top with grated cheddar and thinly sliced apple on one side. Fold the tortilla in half and cook until golden on both sides. Cut into wedges.

JAM POCKETS—Roll out refrigerated pizza dough to 1/4" thick; cut into 3-inch rounds. Dollop with cream cheese and jam. Brush the edges with beaten egg, fold in half and press to seal. Brush with egg and sprinkle with sugar. Poke a hole in each; bake 20 minutes at 400 degrees.

BETTER BROWNIES—Prepare your favorite brownie batter, adding 1 cup shredded zucchini (squeezed dry); divide among greased mini-muffin cups and bake 15 to 18 minutes at 350 degrees.

FRUIT DIP—Mix 1 cup low-fat sour cream and 2 tablespoons each brown sugar and lime juice; sprinkle with cinnamon and sugar. Thread fruit onto skewers; serve with the dip.



CORNER

Can 3-D games hurt my child's eyes?

Seeing the world in three dimensions is a complex process that requires healthy eyes, good eyesight, and the brain's ability to process images correctly. According to the American Academy of Ophthalmology, there's no research to suggest that 3-D video games harm eye development, though kids may experience the same temporary discomforts as adults watching 3-D entertainment: eye fatigue, nausea, and dizziness. But if your child has these reactions regularly, you should discuss the matter with a doctor because they could indicate other, underlying problems. "Moderation is the key with all video games, television, and even books. Some optometrist's recommend apply the 20-20-20 rule during screen time: every 20 minutes, take at least 20 seconds to look at something 20 feet away. That's not limiting the total time of activity but taking breaks to allow your eye muscles to rest and recover.



A BRACES MYTH—BRACES ARE TOO EXPENSIVE

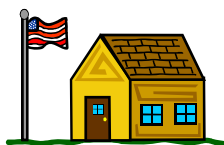
Patients are finding orthodontic treatment more affordable today than ever. The cost of treatment is determined on the severity of the condition, complexity of the case, length of time, phases of treatment, and options. Insurance benefits and coverage is more progressive and our office offers flexible payment plans that are stretched over the course of treatment and can be worked into your financial plan. In many cases, the alternative to not having orthodontic treatment can be severe damage done to the teeth over time, resulting in more time-intensive and costly treatment to correct. The lifetime benefit of pursuing orthodontic care can be invaluable.



Education is not preparation for life; education is life itself.

- John Dewey

(American philosopher, psychologist and educational reformer)



Mandy B.—Receptionist
 Barb B.—Lab
 Carla B.—Assistant
 Bev C.—Marketing
 Rebecca D.—Assistant
 Jennifer H.—Assistant
 Tina H.—Financial Coordinator

Dori L.—New Patient Coordinator
 Joan M.—Training Coordinator
 Jill P.—Assistant
 Jenny P.—Assistant
 Beth S.—Lab
 Carol U.—Insurance Coordinator
 Anne V.—Treatment Coordinator