

# Smile with Style



Kenneth B. Rowan, DDS, MS  
1312 Southwest Blvd.  
Jefferson City, MO 65109

573-634-2694  
573-634-5241-Fax

## OCTOBER is NATIONAL ORTHODONTIC HEALTH MONTH



**QUESTION:** What is orthodontics?

**ANSWER:** Orthodontics is the branch of dentistry that specializes in the diagnosis, prevention and treatment of dental and facial irregularities. The technical term for these problems is “malocclusion”, which means “bad bite”. The practice of orthodontics requires professional skill in the design, application and control of corrective appliances, such as braces, to bring teeth, lips and jaw into proper alignment to achieve facial balance.

**QUESTION:** At what age can people have orthodontic treatment?

**ANSWER:** Children and adults can both benefit from orthodontics, because healthy teeth can be moved at almost any age. Because monitoring growth and development is crucial to managing some orthodontic problems well, the American Association of Orthodontics recommends that all children have a check-up with an orthodontic specialist no later than age 7. Some orthodontic problems may be easier to correct if treated early. Waiting until all the permanent teeth have come in, or until growth is nearly complete, may make correction of some problems more difficult.

*An orthodontic evaluation at any age is advisable if a parent, family dentist or the patient's physician has noted a problem.*

### What is a Board Certified Orthodontist?

A board certified orthodontist is a dentist who has completed an American Dental Association accredited graduate program in the specialty of orthodontics. A dentist graduated from a specialty program becomes an orthodontic specialist who is eligible to become board certified through the voluntary examination process of The American Board of Orthodontics (ABO). Involvement in the certification process is a demonstration of the orthodontist's pursuit of continued proficiency and excellence.



The certification process involves a thorough Written Examination covering all areas of information on which an orthodontist should be knowledgeable. Successful passage allows the orthodontist to present treated cases which will be evaluated by expert examiners of the Board during a Clinical Examination. Certification is now awarded for a time-limited period and the orthodontist must re-examine on a periodic basis to retain the board certification status.

Dr. Rowan is board certified and has also served in the capacity of examiner for the American Board exams.

*Kenneth B. Rowan Orthodontics—a longtime staple in your orthodontic care community.*

# NICKELMANIA WINNERS



755 entries

There were 1,312 wooden nickels in the BIG plastic container.  
(our address is 1312!!!)



Colton Horne

Colton's guess was 1,312



Blake Savage

Blake's guess was 1,312



Morgan Dolph placing her guess.

These TWO patients BOTH guessed the exact amount.  
Both guys received a \$25.00 gift card to Pizza Hut and a \$25.00 gift card to Capital 8 Theaters.

Tina was the staff member who guessed closest to the correct amount. Her guess was 1301.



Contest for patients only, please.  
In case of tie, WINNERS names will be drawn.  
Vote ONE TIME per appointment.  
Contest dates: September 5—October 27, 2011

# Samaritan Santa



Food items will be donated at the end of this contest.

Guess the **TOTAL COST** of the **FOOD ITEMS** in the Basket.  
(All food items purchased at Wal-Mart. Total cost includes sales tax.)



Contest is for patients only, please.  
Vote ONE TIME per appointment.  
In case of tie, winners name will be drawn

TWO winners will be chosen.  
A winner is the patient who guesses CLOSEST to the correct cost.

Each **WINNER** will receive an **iPod shuffle.**

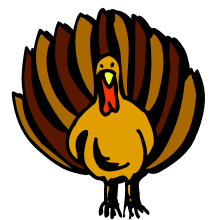


Contest dates: November 3—December 21, 2011

# Let's Talk TURKEY

Help us collect canned goods and non-perishable food items for the Samaritan Center. We will deliver items in time for Thanksgiving and again in December.

Receive ONE wooden nickel per item up to FIVE wooden nickels.



September 19—November 3, 2011



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

# “BEWITCHING” NEW SMILES



Ashley Rehagen

Ashley is 13 years old and started full treatment this month. She likes to be called “Ash”. Ash likes to play soccer, basketball and golf. She also enjoys skating. Hanna Montana is her favorite tv show and also her favorite song artist. The greatest thing that has happened to her is BEING BORN!



Danielle Killion



Danielle is 13 years old and she got her braces on October 19. Danielle likes sports and her favorites are softball and basketball. She also enjoys playing the trumpet. She thinks school is AWESOME and really likes math and reading. The best thing than has happened to her is getting a little brother. If she had one wish it would be to have super powers!!!



Ryan Hall

Ryan is 15 years old and started treatment during National Orthodontic Health Month. He likes football, basketball and baseball. In his spare time he likes playing the guitar and riding horses. Ryan likes to read and enjoys watching Westerns.



Ashtyn Goans

Ashtyn came to our office in middle of summer. She was just about ready to start treatment, but we were waiting for that last baby tooth to come out. She got her braces on October 11. She likes basketball, volleyball, track and swimming. She plays the guitar and some piano. She likes to shop and collect pictures.



Jada Sutton

Kristin started began full treatment on October 17. She is 10 years old and lives about an hour away from Jefferson City. She likes gymnastics and thinks that she is a good dancer. Her favorite musical group is Rascal Flatts. Jada likes reading Harry Potter books. If she had one wish, it would be to fly.



Roxanne is “beginning her new smile” as one of our adult patients this month. She loves animals and has one dog, one cat and two horses. She likes to swim in her spare time. Some of her favorites are movies and pro football. Gone With The Wind is at the top of her movie list and she ROOTS for the 49’ers and Dolphins.



Roxanne Seidner



Visit our Web SIGHT  
[www.drkenrowan.com](http://www.drkenrowan.com)

Have you heard of T-LINK  
Sign up today to receive online benefits!

Make online payments, receive email and text appointment reminders, check your account activity and balance, view future and past appointments, print cafeteria/health savings plan receipts.

## ELDON OFFICE

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

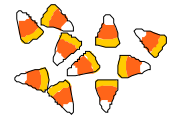
November 10, 2011  
December 8, 2011  
January 5, 2012

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.

# PATIENTS IN THE "SPOOKLIGHT"



## October questions...

What's your favorite scary movie? What's your favorite midnight snack? What really gives you the creeps?



Ryan Grellner

Ryan is doing an awesome job wearing his head gear during his Phase I treatment. He's just 9 and doing a terrific job!!! He tells us golfing and hunting are his hobbies.

Ryan's answers:  
Scary movie—Three Thousand  
Midnight snack—Ice cream after dinner  
Nothing gives this guy the creeps!!!



Colton Ready

An assistant in the clinic wanted to "spotlight" Colton this month. He got banded in June, has been here for regular orthodontic appointments and just a GREAT PATIENT!!! He likes baseball and fishing!!

Colton's answers:  
Favorite scary movie—Friday the 13th  
Midnight snacks—Cheez-it's OR pizza sticks

Makayla Barker

Makayla got her braces in May of this year. She's had four other treatment appointments since that date.

She caught on real fast and is doing a TERRIFIC job with keeping her teeth clean.



MORE Patients in the "Spooklight" on Page 7



## Dr. Ken's Observation Klub

## OCTOBER



Cameron Christensen

Cameron is the October winner in our Dr. Ken's Observation Klub drawing. He has been coming to our office as an observation patient since 2008. He is about 11 1/2 years old and not quite ready yet for braces.

Cameron says he has 2 nicknames. Some people call him "Cam" and others call him "Bub". In his spare time you can find him on the computer or reading math books for fun! He is also a big Harry Potter fan. Pets are also a part of his life with two dogs, three ducks, a cockatiel and two guinea pigs. This talented young man also plays the piano and violin.

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.



Dawson L.



Elsie V.



Emily G.



Sydney B.



Webb V.



Tate H.



Permission has been granted from patients for us to use their photos in our monthly newsletter.

# HOLD THAT SMILE

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

**OCTOBER debands:** Ethan Abbett, Jason Bengert, Lavanya Boddapatti, Nick Boland, Anthony Doyle, Jesse Epple, David Hoellering, Breanna Kempker, Taylor LaFata, Tyler Laughlin, Megan O'Dell, Corey O'Rourke, Sophia Pervinich, Erika Phillips, Nathan Raymer, Sam Storms, Victoria Veit, Matthew Worley, Barbara Yates, Emily Ziehmer.

**We asked some of our patients who are getting their braces off to tell us what they liked best about having braces OR to share a tip for other patients about their experience.**



**Paul Wallendorff**

TIP: "Always do what the Doctor says!"



**Bailey Vieth**

TIP: "Brush your teeth really good."



**Kayla  
Adrian**

"I liked how the people were always nice to me and asked if I was doing okay when they were tightening my braces."

**Two of our clinical assistants, Jenny and Becky got their braces off this month!!!!**



**Boo-tee-ful smiles, gals!**

## TIPS FROM THE EXPERTS!

I love the end result!!!  
It was totally worth it.  
Always do what is asked of you  
and you will get your bands  
off on time!!!



My tip to everyone  
is **WEAR YOUR HEAD GEAR**  
as told—it **REALLY DOES** help  
you get treatment  
finished faster!!



The potion  
is done!!



## GOBLIN RETAINER TIPS



Take your retainers **OUT** of your mouth when you are eating...and **ALWAYS** put retainers in their case. Most appliances are lost in school lunch rooms or restaurants. Clean retainers thoroughly once a day with a toothbrush and toothpaste. Brushing retainers removes the plaque and eliminates odors. When retainers are not in your mouth they should **ALWAYS** be in a retainer case. Pets love to chew on them! Retainers are breakable, so treat them with care. If retainers are lost or broken call us immediately. Do not try to adjust them yourself. Always bring your retainers to your appointments. Retainer replacement can be expensive...with proper care they will last for years! Keep retainers away from hot water, hot car dashboards, pockets, the washing machine and napkins.

**Wear your retainers full time, until the doctor instructs otherwise!**

**COOKING**



# BRACE-FRIENDLY RECIPE

## Pumpkin Chocolate-Chip Softies

*Mmmm—nutmeg, cinnamon and ginger—enjoy the fragrance of fall cooking without all the fuss. These cookies combine the moisture of pumpkin puree and the fun of chocolate chips. They're even softer the second day (if you can wait that long), after they've been placed in a tightly-sealed container.*



**CORNER**

- 1 1/3 cups all-purpose flour
- 1 t. baking powder
- 1/2 t. baking soda
- 1/2 t. salt
- 1 t. cinnamon
- 1/2 t. ground ginger
- 1/2 t. nutmeg
- 1 (15 oz.) can plain pumpkin puree
- 3/4 c. light brown sugar, packed
- 2 eggs
- 1/4 c. vegetable oil
- 2 T molasses
- 1 T milk
- 1 (12 oz.) bag chocolate chips

Preheat oven to 350 degrees. Bake for 25 minutes. In a medium-sized mixing bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg. In a large mixing bowl, with a mixer or whisk, combine the pumpkin, brown sugar, eggs, oil, molasses and milk. Add the flour mixture slowly into the pumpkin mixture until well combined. Stir in the chocolate chips. The dough is very soft. Drop by Tablespoons onto greased cookie sheets, 12 cookies to a pan. Bake at 350 degrees for 25 minutes. Makes 36-40 cookies. Store in a covered container between sheets of waxed paper.

## PUMPKIN PATCH



One of our favorite times of the year is upon us again! Fall is in the air, Halloween is just around the corner, Thanksgiving is not too far away and we get to celebrate National Orthodontic Health Month in October! Again the artists at Dr. Rowan's office have decorated some of the most enjoyable pumpkins yet. They are sitting in Dr. Rowan's "pumpkin patch", waiting on all our GREAT patients and families to vote on their favorite one. As part of the "TREAT" for one lucky patient or family member, we will draw a winner from the pumpkin that gets the most votes! Come by and see our "Pumpkin Patch" and cast your vote for the best decorated pumpkin for National Orthodontic Health Month 2011!!!

Vitamin A promotes healthy eyes, skin and bones. Just one serving of pumpkin provides more than 100 percent of your daily allowance. Eighty percent of the Vitamin A comes from beta-carotene—the deep orange pigment in ripe pumpkins.



Information provided by Chicago-based Libby's, the nation's leading canned-pumpkin producer

They chose me from my brother:  
"That's the nicest one," they said,  
And they carved me out a face  
And put a candle in my head;  
And they set me on the doorstep.  
Oh, the night was dark and wild;  
But when they lit the candle,  
Then I smiled!

A Halloween Pumpkin by Dorothy Keeley Aldis, born in 1896 in Chicago



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

- 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

# PATIENTS IN THE "SPOOKLIGHT"

## October questions...

What's your favorite scary movie? What's your favorite midnight snack? What really gives you the creeps?



**Sydney Stevens**

Sydney is a great brusher and just an **ALL-AROUND** good patient! She is being "spotlighted" by staff in our clinic. Her hobbies and interests are softball, cheerleading, shopping, hunting and riding four wheelers.

Her answers:

Scary movie—Halloween

Midnight snack—Ice cream

**SNAKES** give her the creeps!!!



**Mikayla Moore**

Makayla needs a pat on the back, she's been doing a great job wearing her head gear as instructed. She has gotten better with tooth brushing with every visit!!!

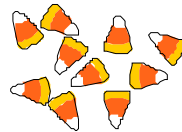


MiKayla's answers:

Scary movie—"Tickle Me" - an Elvis movie

Midnight snack—Red Velvet Cake or ANY kind of cake

Thinking about ghosts gives her the **CREEPS!**



**Charlie Herrick**

Charlie is a great patient with great tooth brushing and overall oral hygiene. He is also great about wearing his Dr. Rowan shirt.

In his spare time she likes soccer, football, ultimate Frisbee, rugby, basketball, playing the piano and collecting unique things.

Charlie's answers to our Halloween themed questions:

Favorite Scary Movie—The Black Cauldron (by Disney)

Midnight snack—Loaf of French bread

Parasites give him the creeps.

**Whitney Kolb**



Whitney is a good tooth brusher and a great patient as well. Her interests are volleyball, softball, soccer, cheerleading and hunting.

Whitney doesn't care for scary movies, but at midnight you might find her snacking on peanut butter crackers. You won't find her at a haunted house because they give her the creeps.

## Satellite OFFICE in ELDON

Dr. Rowan and the clinical staff see patients by appointment in Eldon, Missouri about once a month. Scheduled appointments are from 8:00 until noon and usually on a Thursday.

Patients are seen at the Dr. John Gambill office. That address is 111 North Oak Street, Eldon, MO 65026. If you would need to contact Dr. Rowan or an assistant **ON AN ELDON DAY**, they can be reached at 573-392-3670. This is a dedicated phone line and the phone is **ONLY ANSWERED** on days that Dr. Rowan and staff are physically **IN THE ELDON OFFICE**.

