

Smile with Style

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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.



Zach Knipp

Readin', Writin' & Arithmetic Contest WINNER



There were 161 PENCILS in the container.

Zach's guess was 161.

His prizes were gift cards from:
\$15.00 Cold Stone Creamery
\$35.00 Barnes & Noble
\$50.00 Old Navy



Other Close Guesses by Patients:
 158 Charles Kusick
 158 Breanna Kempker
 162 Jacob Lueckenhoff
 162 Jared Steinbeck
 162 Jake Mebruer
 163 Summer Light
 163 Amanda Baker

Contest Dates: August 31—October 29, 2009

549 entries



Seeing Double

Grafton Craighead

Grace Craighead

These twins came to their first orthodontist appointment on October 6. Both girls had a thumb/finger sucking habit. After talking with Dr. Rowan, these girls made a very GROWN UP decision. Their follow up appointment was on October 19—AND both girls had stopped their habit!!! As you can see by the smiles on their faces, they were both delighted to receive their trophy for their accomplishment!

Keep Smiling, Crafton and Crace!!!



Elizabeth Ash

Elizabeth came to see Dr. Rowan in August for an orthodontic consultation. She smiled when she had her photos taken. She smiled when she had her x-rays taken. But then...Dr. Rowan had a serious talk with her about the habit she had of sucking her two fingers. She came back the middle of September and was still struggling with giving up her habit. BUT the middle of October she came

for a follow up appointment and boy, was she smiling this time. She had kicked her habit and was smiling ear to ear when she got her trophy. Hard habit to break for a six year old, but she did it!!! Congratulations to you, Elizabeth!!!

Samaritan Santa

2 chances to WIN!!



Guess the **TOTAL WEIGHT** of the **BASKET** and Food Items

Guess the **TOTAL COST** of the Food Items (All food items purchased at Wal-Mart. Total cost includes sales tax.)

Each **WINNER** will receive a **\$50.00** gift card to Capital 8 Theaters

A winner is the patient who guesses CLOSEST to the correct cost or correct weight.

Food items will be donated to the Samaritan Center at the end of the contest.

Contest dates: **November 2—December 17, 2009**



REGULAR HOURS
Jefferson City Office

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

Thursday 7:30—4:00

Friday 8:00-Noon

BEGINNING SMILES



**Allyson
Burkemper**

Allison is 13 years old and goes by Ally. She has been a patient with Dr. Rowan since June 2007 and has been coming every six months for observation. Ally "began her smile" this month.

She likes volleyball and swimming. Her favorite music is pop and country. In her spare time she enjoys babysitting, listening to her iPod and spending time with her friends.



**Destiny
Conklin**

Destiny is 13 years old and was born in the state of Georgia. She started full treatment this month. Her big day as October 13!!!

She likes playing with her cats and dogs and also likes playing basketball. Her favorite country music singer is Taylor Swift.

The one thing Destiny likes about herself is her sense of humor, she collects key chains and enjoys scrapbooking.



**Megan
Struempff**



Megan is 18 and started treatment this month. She likes to ride 4-wheelers and hang out with friends and family. She really likes to be outdoors!!! Her favorite radio station is 106.1 or Y107. She would LOVE to meet Taylor Swift someday. If Megan had two weeks to do anything it would be parasailing or going to Florida. Someday Megan hopes to be a dental assistant.



Keith Porter, Jr.



Keith is 14 and started treatment this month. His friends sometime call him Junior, Juni and "Boo Bear".

He likes football, throwing the shot put and swimming. He doesn't have any pets but would like to have a puppy. He plays the drums and the trumpet. In his spare time he likes to play video games, read, do art projects and spend time with friends.



**Christopher
Porter**

Christopher is 13 and Keith's younger brother. They both got their braces on the same day!!! (October 20)

Chris likes running, basketball and swimming. His favorite music is Hip Hop Rap. In his spare time he likes to play video games and play sports. Chris plays the violin and the trumpet. The things he likes about himself is that he is kind, loving and outgoing.



**Garrett
Oligschaeger**

Garrett is 15 and Dr. Rowan diagnosed him for full treatment this month. Garrett tells us his friends call him Gare or Gare-Bear.

Garrett likes to hang out with his friends, ride horses and listen to music. If he could meet someone famous it would be a singer. His favorite vacation was going to California. Looking to the future...he says he will surely be in college by then.

Tooth Trivia



As recently as the 1960s, it could take all day to put braces on a patient.

The Colgate company mass-produced pleasantly scented toothpaste in a jar in 1873.

The Chinese made the first toothbrushes in 1498, using hog bristles. Later versions included horsehair and badger fur, but nothing really worked better for the bristles until the invention of nylon in 1938.

Levi Spear Parmly (1790-1859), a New Orleans dentist, promoted flossing teeth with silk thread in 1815. The Johnson and Johnson Company of New Brunswick, NJ, was the first company to patent dental floss in 1898.

ELDON OFFICE

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

Thursday, October 8, 2009
Thursday, November 12, 2009

111 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 SPOTLIGHT

*In October we asked our patients...
What's your favorite scary movie?
What's your favorite midnight snack??
What really gives you're the creeps???*



Tony Mebruer



Tony is in the spotlight this month because when he was here for his appointment he had moved his upper 3's 2.5 mm in just one month. *Wicked* headgear wear, Tony!!! He is also being complimented on great tooth brushing!

Tony likes to play baseball and ride dirt bikes.

His favorite midnight snack is ice cream and spiders and snakes give him the creeps.



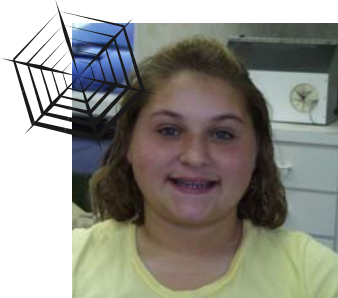
Mandy Reider



Mandy's is being recognized because her brushing has improved since her last appointment and she has been wearing her rubberbands. She also gets applause for wearing her headgear to her appointments.

In her spare time she likes drawing and hanging out with her friends, she likes playing with her little cousin, too!

Her favorite scary movie was *The Ring*. Spiders give her the creeps and if hungry around midnight...you'll find her eating milk and cookies.



Lee Kramp

Our witches hats go off to Lee, she's been wearing her headgear 24 hours a day, everyday!!! She even wears it to school.

Lee loves to play softball and basketball.

The Hills Have Eyes is her favorite scary movie. Peanut butter crackers are her midnight snack of choice and **SPIDERS** give her the creeps.

Triumphant SMILES



Lady Jay and our patient MacKenzie Bowden pitched her best to help her coach and team mates capture their first-ever State Championship title in softball. MacKenzie came within one strike of pitching a no-hitter but settled for a one-hitter for the Lady Jays to finish with a 25-1 season.



Blair Oaks Lady Falcon and a patient of ours, Taylor Richter swooped her team to a Class 2 state title. Showing no ill effects with her injured pinkie she pitched the first five innings. Taylor has missed a large parts of her high school career due to injuries but was feelin' no pain on Saturday night. The Falcons finished their season 21-5.

The ELDON OFFICE

Dr. Rowan and the clinical staff see patients in Eldon 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 line and the phone is ONLY ANSWERED on days that Dr. Rowan and staff are in the Eldon office.)



HOLD THAT SMILE

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

October: Lori Bailey, Anthony Berendzen, Brian Bestgen, Alloch Burton, Blake Folz, Qurizma Gross, Cody Jenkins, Brittany Kempker, Dyllon Maddox, Rachel Miller, Kevin O'Dell, Marki Pratt, Taylor Steinmetz, Jordyn West



Dyllon Maddox

Dylon got his braces off this month. He finished his full treatment in record time. He was a great patient and took having braces seriously. Art is something that he enjoys.

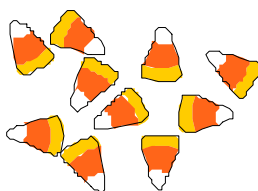
Eating Snickers is what is on his list of things to chow down on now that his braces are off.



Rachel Miller

Rachel did a great job while having her braces on. She improved on her tooth brushing skills throughout treatment.

She enjoys singing and now that her braces are off she can't wait to eat popcorn.



Retainers are designed to hold the teeth in their corrected positions after braces until the bone and ligaments adapt to the new tooth position. This takes a couple of years to occur.



Dr. Ken's Observation Klub

October



Emma Baer

Emma is nine years old and from California, Missouri. She was the winner of our monthly drawing for our Dr. Ken's Observation Klub contest. Emma first came to see Dr. Rowan in July 2008 and wasn't ready for treatment yet. Dr. Rowan has been checking her every six months and when she came in this month, she was ready for treatment.

Emma likes softball, basketball and soccer. She also enjoys playing the piano. She really likes to swim and says that she is a good swimmer.

You could be a winner by bringing in a picture when you come for your observation appointment. As the winner Emma will enjoy a \$25.00 gift card to Target.

Thanks to all the Observation kids who brought pictures for the drawing this month.

See our website for current and past newsletters, current contests and past contest winners.



BRACE-FRIENDLY RECIPE

Pumpkin Chocolate-Chip Softies

Mmmmm — nutmeg, cinnamon and ginger—enjoy the fragrance but 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.

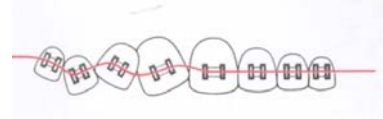


Ingredients:

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 t. vegetable oil
 2 T. molasses
 1 T. milk
 1 (12 oz. bag chocolate chips)

In a medium-sized 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 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 heaping 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.



**Due to HIPPA (Patient Privacy),
 OSHA (Infection Control)
 and now the Swine Flu
 we are requesting
 all non-patients remain
 in the waiting room.**

(This will include parents and siblings of patients.)



We are asking that non-patients remain in the waiting room while patients are in the treatment area for their scheduled appointment.

- **If you have treatment related questions, please bring them to the attention of the front desk personnel.**
- **If you are requested to be in the clinic area a clinical assistant will come and get you to discuss treatment.**
- **A clinical assistant will walk each patient out at the end of the appointment to speak with parents**

**Thank you
 Dr. Rowan and staff**

Laura B.—Assistant
 Carla B.—Assistant
 Connie B.—Scheduling Coordinator
 Bev C.—Marketing
 Rebecca D.—Assistant
 Jackie H.—Lab
 Tina H.—Financial Coordinator
 Angie H.—Assistant

Dori L.—Scheduling Coordinator
 Joan M.—Training Coordinator
 Jill P.—Assistant
 Sarah R.—Assistant
 Carol U.—Insurance Coordinator
 Anne V.—Treatment Coordinator
 Courtney W.—Records



***Burning a candle
 inside a
 jack-o-lantern
 on Halloween keeps
 evil spirits and
 demons at bay.***