



Wire to Wire

Newsletter for the Patients, Family and Friends of

James R. Metcalf, DMD
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October 2010

October Office Hours

Regular Office Hours:

Monday 9-5
Tuesday 9-5
Wednesday 9-5
Thursday 9-5

Special Office Hours:

Friday, October 1 9-4:30
Thursday, October 7 1-5
Monday, October 11 Closed

HAVE A HAPPY AND SAFE HALLOWEEN!

Join us in welcoming Dr. Jeff Segnere!

Dr. Jeff Segnere will be joining the practice on Friday, October 1, 2010. He is an associate of Dr. Metcalf and Dr. Lala, who works in the Lowell and Nashua offices.

He graduated from Tufts University in 2007, and has had experience with many of the latest techniques in orthodontics, including the use of mini-implants and lasers as well as interdisciplinary orthodontic treatment.

In his free time, you might find Dr. Segnere on the Charles River in Boston with his girlfriend, kayaking or sailing with Community Boating. He also enjoys rock climbing, cooking, wakeboarding and snowboarding.

Happy Orthodontic Health Month !

Treat yourself to brace friendly Halloween candy and avoid breakage that can delay treatment.

Treat to Avoid:

Caramel
Nuts (including candies that contain nuts)
Licorice, jelly beans or taffy
Hard pretzels
Bubblegum
Candy corn
Lollipops
Popcorn (including unpopped kernels)
Taco chips
Ice



Treats to Enjoy:

Soft, melt-in-your-mouth chocolates
Peanut butter cups
Milk shakes
Gelatin
Peeled, thinly sliced apples
Ice cream



Halloween Safety Tips

- Carry a flashlight
- Wear reflective clothing
- Have your parents inspect all candy
- Trick or Treat in a group

October is
National Orthodontic
Health Month

