



# Wire to Wire

## Newsletter for the Patients, Family and Friends of

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### September Schedule

Normal office hours  
Monday - Thursday 9-5  
Friday 9-12

The office will be closed:  
September 2, September 6, September 8  
and September 29

Additionally the office will be open on  
Friday, October 1.

Dr. Jeff Segnere will be in the office  
that day. He is an associate of  
Dr. Metcalf and Dr. Lala

Chelmsford Orthodontic Associates  
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### Ortho Fun Facts: Famous people with braces

Tom Cruise got braces in 2002. He wore  
clear ceramic braces to help straighten  
and adjust his midline.

Chelsea Clinton had braces for over a  
year while her dad was president.

Gwen Stefani, from NO DOUBT, wears  
braces occasionally - she says it makes  
her feel young.

Isaak Hansen wore braces in 1998 and  
1999.

Cher had braces as an adult.

Dakota Fanning had braces in 2006.

### Nutrition for a Healthy Smile! Promote Good Oral Health With the Right School Lunch

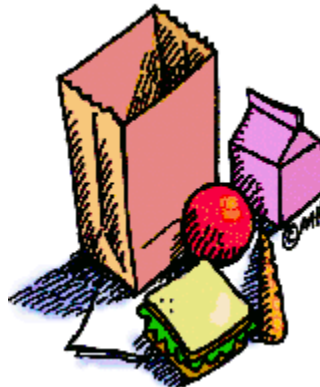
Packing a healthy lunch for school is important not only for a balanced diet, but also in maintaining good oral health. A great number of foods contain starches and sugars, which can lead to a build-up of plaque. When plaque combines with sugar and starches it creates an acid that attacks tooth enamel and can cause decay. The following tips can help you prepare a school lunch that best meets your child's dental and nutritional needs.

#### Helpful Tips:

1. For snacks, send fruits, vegetables or cheese in your child's lunchbox.
2. The best fruit choices are those containing more water, such as: cut-up apples, grapes, pears, cantaloupes and other melons.
3. Raw broccoli, cauliflower, carrots, and cucumbers are excellent vegetable choices (just make sure they are cut in bite size pieces).
4. Any type of aged cheese is a good choice, such as: Swiss, Cheddar or Monterey Jack. You can also use cookie cutters to cut the cheese into fun shapes. Some studies have even suggested that aged cheese can actually help prevent tooth decay.
5. A small container of ranch dressing could mean the difference between your child eating vegetables or not.
6. Send a travel toothbrush in your child's lunchbox. Since it is small and discreet, they just might use it.
7. Send a special note that tells them how much you love them. It just may be the boost they need the most!

#### Foods to limit or avoid:

The following foods are sticky and chewy and should be avoided or limited because they stick to the teeth. Foods to limit or avoid are: raisins, granola bars, honey, dried figs, peanut butter cookies, oatmeal cookies and pies, jelly beans, lollipops, hard candy, caramel and taffy.



Follow these tips and you'll have the piece of mind knowing your child will have a healthy smile at school!



# Terrific Teeth Activity Page

## Color & Learn!



Angle your toothbrush along the gumline. Wiggle the brush gently back and forth, repeating the motion on each tooth, top and bottom!



Now for the inside of your teeth! On the inside of each tooth wiggle the toothbrush back and forth gently just like the last step!



Now it is time to get the part of you teeth that chews your food! Brush the surface of every tooth, wiggling the toothbrush gently just like the last two steps.



Now for the hard to reach places! Use the tip of your toothbrush to get the area behind each front and bottom tooth! You're almost there!



Don't forget that tongue! Not just your teeth need brushing, give your tongue a good brush!