

ISSUE  
HIGHLIGHTS

Halloween vs. Braces

Happy Thanksgiving

INVIASLIGN®

Westpine Middle

Congratulations to  
Our Patients

FACEBOOK  
Page

Business to  
Business

Going Green

Surprise

Final Thoughts

WE ARE HERE  
TO SERVE  
YOU!

- Creating beautiful smiles for children and adults
- Providing treatments to correct crowded or mis-aligned teeth
- Closing the spacing between teeth
- Eliminating Overbite/ Underbite
- Correcting crossbite
- Starting early intervention for children
- Offering preventative programs
- Using both clear and traditional braces
- As an Invisalign® Elite Preferred Provider

SmilingYang Orthodontics

10189 Cleary Blvd.  
Suite 201  
Plantation, FL 33324

Tel. (954) 472-5500  
Fax (954) 472-5510

# The Smile News



OCTOBER / NOVEMBER 2011

## Halloween vs. Braces

The haunting hours of Halloween can mean big trouble for trick-or-treaters who wear braces. The American Association of Orthodontists (AAO) reminds patients to follow special guidelines for keeping braces intact and keeping themselves safe.

October marks National Orthodontic Health Month. As part of its commitment to oral health education, the AAO is providing braces-friendly recipes and tips to patients and parents. Information for trick-or-treaters also can be found at <http://www.braces.org>.

### WHAT TO AVOID AND WHAT TO LOOK FOR:

"If it's sticky, chewy, hard or crunchy, it's a food that anyone wearing braces or retainers should avoid," says Donald R. Joondeph, D.D.S., M.S., an orthodontist and president of the AAO. The AAO urges patients to steer clear of the following Halloween treats, or recipes with these ingredients:

- All hard candies
- All chewy candies
- Caramel
- Nuts
- Licorice
- Taffy
- Jelly beans
- Hard pretzels
- Bubblegum
- Popcorn (including unpopped kernels)
- Taco chips
- Ice

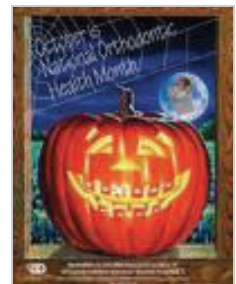
Have a Happy Halloween but remember that healthy orthodontic care is important to keep treatment time on track.



"By following their orthodontist's guidance on dental hygiene and avoiding certain foods while wearing braces, patients will be on track to a lifetime of healthy teeth and a beautiful smile," says Dr. Joondeph.

Of course, Halloween does not have to be completely treat-less. Braces-friendly Halloween treats can help orthodontic patients enjoy the "spook-tacular" holiday. For example, plain chocolate candy is okay, provided the orthodontic patient remembers to brush and floss afterwards. Bobbing for apples as well as caramel apples are not recommended for orthodontic patients. However, patients can enjoy thinly sliced apples, dipped in yogurt or creamy chocolate sauce. "We want patients to have fun while in orthodontic treatment," says Dr. Joondeph.

"Cooperation is always key, and exercising caution at Halloween could keep patients on the right track to great results!"



2011

Dr. Yang was honored this year with Invisalign and recognized as an Elite Preferred Provider.

Way to go Dr. Yang!



FEEL CONFIDENT IN YOUR SMILE.  
ASK IF INVISALIGN IS RIGHT FOR YOU - THE CLEAR ALTERNATIVE TO BRACES.

LEARN MORE

© 2010 ALIGN TECHNOLOGY, INC.



Some of the New Faces

in Braces:

- Jack L.
- Luisa G.
- Logan B.
- Isabelle P.
- Hu Jain L.
- Jake D.

More New Invisalign®

Smiles

- Marissa M.
- Michelle F.
- Isaac H.
- Evelyn O.
- Lauren M.
- Christian G.

Some New Smiling Faces:

- Emily C.
- Simon C.
- Santiago M.
- May L.
- Wencie P.
- Bianca B.

facebook

How are we doing?  
Facebook Us!

Don't forget to visit  
our website  
[www.smilingyangs.com](http://www.smilingyangs.com).

Running late for  
your Appointment?  
Please call and let  
us know.

954-472-5500



SMILING YANGS ORTHODONTICS  
State-of-the-art orthodontics for smiles of all ages



We would like to take this coming Thanksgiving time to give thanks to all of our wonderful patients and their families. It is our pleasure to have you as part of the SmilingYangs Family.

Sincerely,  
Dr. Yang and his Team

## Welcome Westpine Middle



This school year, SmilingYangs Orthodontics is proud to announce that we are now a sponsor for Westpine Middle! On September 1st and September 9th, we attended open house events and met many of our current patients and made a lot of new friends!

## Congratulations to Our Patients

- 1) P-5 Winners:  
*Jaqueline P. & Dominique E.* .....Each of them won an Oral B Electric Toothbrush!  
Keep up with awesome brushing, receive a P-5 entry and you may win too!
- 2) Our Patient, *Jeff Edelstein* was recently honored in The Plantation Town Times for his tireless work this summer at the WECARE Food Pantry  
The article can be found in The Plantation Town Times. The WECARE food bank can be contacted at (954)792-6700 x306
- 3) *Jenna E.* was awarded an AP Scholar by the AP Board AND was a semi-finalist in a National Merit competition. We are very proud of Jenna.
- 4) Juleah K., Jessica E., Krista V. & Rodrigo C. for winning our Summer Pizza Contest!

## Business to Business

Have you checked out our NEW Business to Business Newsletter at the front desk?

We have so many patients and their families with in-

credible services and products, we thought it would be a great idea to share our resources.

If you would like to have your business featured, ask

## A Surprise is Coming.....

Look for a NEW ADDITION coming soon to SmilingYangs Orthodontics.....  
(ask us about the details)



## Final Thoughts

\*Mr. Will G.: Thank you for putting up the SmilingYangs Orthodontics Banner at Mullins park and North Community Park

\* Happy Birthday to Veronica's son Bobby who just turned 21

\*Welcome back Carey W. After being out of town for so long, we are so happy to have you back home!

\*Congratulations to Dr. Yang's son Christopher. He not only started at Boston University this fall but he was also chosen to be a representative for the Freshman class!

## Going Green

Recently, you may have noticed some changes in our restrooms. We are proud to announce that our tissue products are certified by Green Seal, Inc. The "Green Seal" means that the tissue products are certified among the most environmentally safe products available.

