



SMILING YANGS ORTHODONTICS

— State-of-the-art orthodontics for smiles of all ages —

Welcome to SmilingYangs Orthodontics, a premier provider of Orthodontic care in our community, located in Plantation, Florida. Our practice's top priority is to provide you the highest quality orthodontics in a friendly, comfortable environment. Dr. Yang and his staff utilize the latest technological advances in the industry such as: ceramic braces, Invisalign®, and the most up-to-date in computer technology (digital imaging and radiography) to ensure that you receive the most effective care and beautiful smile possible.

James T. Yang BDS, DDS, DMSc, is a Board Certified Orthodontist and an active member of American Dental Association, American Association of Orthodontists, Florida Dental Association, Atlantic Coast Dental Association, Southern Association of Orthodontists, and Florida Association of Orthodontists.

Office News

In our orthodontic practice, we want our patients to feel confident that not only are we creating a masterpiece in their mouth, but also ensuring that their time spent here is pleasurable and fun! At the start of every season we hold a fun contest where everyone can get involved. We set up a colorful display in the patient reception area. Our current contest is **Soak Up The Sun! How Many Seashells**



Are In Sanibel? We have a bowl filled with sea shells and patients have to guess how many seashells are inside the bowl. The person whose guess comes closest will win an Oral B electric toothbrush.

Our Spring Break contest consisted of guessing how many marbles were in the bowl. The winner of that contest won a \$50 gift card to Barnes and Noble. Congratulations to Camille Camacho for guessing 731 out of 733 marbles! It's exciting to see how many patients truly enjoy participating in all of our fun activities while coming to see Dr. Yang and his wonderful staff!

Continuing Education

In March 2009 Dr. Yang, Dr. Schwimmer, and staff completed the CPR refresher course with AHA certified instructor, John Connolly.

Summer Introductory Special for New Patients

Change your life by improving your smile! Come in for a complimentary child or adult orthodontic consultation and save with our summer special! Receive \$300 off your orthodontic treatment with contract signed at time of initial visit.

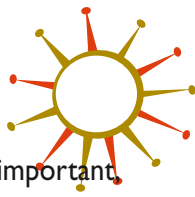


10189 Cleary Blvd. | Suite 201 | Plantation FL 33324 | www.smilingyangs.com

Tel 954.472.5500 | Fax 954.472.5510 | E-mail jtyang@bellsouth.net



Tips for Enjoying Your Summer Vacation



It's that summer vacation time of the year and although you want to start in on the fun, there are a few recommendations we would like to share with you.

- Make sure your appliance adjustments are scheduled well in advance before you get on that plane!
- Remember to stay away from those tasty treats that may be tempting to eat, but can create problems with your braces.
- Splash into fun by rinsing your mouth several times a day if you cannot brush. This will help loosen everything up so when you are ready to brush, everything you ate during the day will come off your teeth easier.

■ For those who enjoy summer time sports, always protect your teeth from injury by wearing a mouth guard! Many sports injuries can be prevented by wearing appropriate protective gear. Dr. Yang wants to remind athletes, their parents and coaches to play it safe by wearing mouth guards and appropriate protective gear when participating in activities that could cause injuries.

Mouth guards are one of the least expensive pieces of protective equipment available. Over-the-counter versions cost as little as 5 dollars. Not only do mouth guards save teeth and protect jaw from breaks, Dr. Yang notes that mouth guards may also protect against neck injuries and central nervous system injuries by decreasing the force transmitted through the jaw to the base of the skull.

Mouth guards can only provide protection when they are worn, so Dr. Yang advises parents and coaches to remind youngsters to always wear them when participating in any activity during which the mouth might come into contact with a hard object or the pavement.

"Athletes who wear braces should consult their orthodontist for a recommendation of the best mouth guard to wear during orthodontic treatment," said Dr. Yang.

Consistent use of other protective equipment is important, too. Helmets save lives and prevent head injuries. They should be worn for activities such as bicycling, skateboarding or skating on in-line skates. Helmet wear is mandated for many organized sports. "Helmets should be worn for any activity that puts the head at risk," said Dr. Yang. Face guards, devices made of plastic or metal that attach to baseball helmets, help to prevent facial injuries as well.

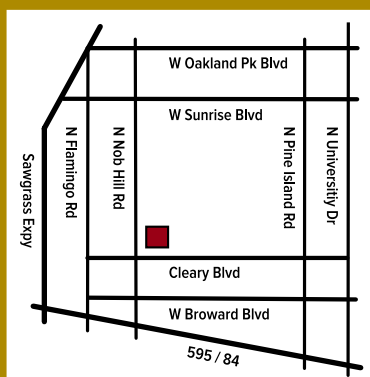
In the event of a dental injury, Dr. Yang offers these tips:

For a Broken Tooth:

- Clean the injured area and apply ice.
- Save the tip of the tooth for possible reattachment.
- Call your dentist right away.

For a Knocked Out Tooth:

- Locate the tooth, hold it by the crown (the wide part, not the pointed end or root).
- Avoid rubbing the root or touching it!
- Rinse the tooth ONLY if there is a need to remove debris.
- Put the tooth back in its socket, cover with gauze or tissue and bite down to stabilize it, or
- Briefly store the tooth in cold milk or salt water, or between the cheek and gum.
- Do not let the tooth dry out. A tooth may be saved if cared for properly and reimplanted within an hour.
- See your dentist immediately.



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10189 Cleary Boulevard | Suite 201
Plantation, FL 33324

The office is conveniently located in the Promenade Publix Shopping Center at the northeast corner of Nob Hill Road and Cleary Blvd. We are in a freestanding 2 story building in the corner of the parking lot.



Dr. Yang's Journey to Creating Beautiful Smiles

It's always a healthy idea to reflect on our good fortunes. I have been very fortunate to have a wonderful family and at the same time fulfill my dream of becoming an orthodontist.

In 1986, I moved to the United States from Taiwan after my graduation as a dentist from the National Taiwan University at the age of 26. (For the first six months I was here I was apprehensive about answering the telephone for fear that I would not understand the person on the line.) Graduating in the top 5% of my class, however, did not give me the key to entering an orthodontic training program in the U.S. My numerous attempts to be accepted at a school was a painful disappointment and I even thought of investigating alternative careers. One day, while speaking with my sister, she reminded me to look at the big picture and just take one step at a time. (She also taught me to drive on the free-way in Los Angeles.)

My first step was to obtain an American dental degree before reapplying for a specialty program in orthodontics. The University of Southern California School of Dentistry gave me an outstanding education. I graduated from USC in May, 1990 with a Doctorate in Dental Surgery and celebrated my wedding. I was accepted to Harvard Dental School and my wife, Christina, and I moved to Boston shortly thereafter to continue my quest to become an orthodontist. It would take another three years of study. Six weeks into the training program I began to question the quality of education, the organization of the program, and my 15 professors (each of whom had their own philosophy of teaching). My previous schooling had been much more regimented to protocol with a clear syllabus to follow, rules and regulations. Not so at Harvard. Again, I questioned myself, is this the place I want to be?

What was I to do at this point? I called my mother. Yes, my mother. Who else would direct me in the right direction? I told her that I was going to move back to Los Angeles since I was not impressed with the program and Harvard was just not the school for me. I would open up a dental practice in LA. She was hardly supportive of my decision. She raised her voice and told me that I was running from fear, and that my home was in Boston with my wife now, not in LA anymore...and she hung up on me. It was a wake-up call!

Harvard became the stepping stone to fulfilling my dream of becoming an orthodontist. I was fortunate and received a full five year scholarship before I had finished my first year of schooling. However, there was a catch. I had to agree to stay an extra three years and pursue a Doctoral Degree instead of a Masters. Fortunately, my wife was very supportive and found a job in downtown Boston, commuting by train every day until she became pregnant with our first child. Christopher was born in 1993 and Matthew joined our family in 1994. My studies were continuing with an average of 12 hours per day, running between the lab, seeing patients, and doing research. It was not much fun and there was no room for error.

I finally completed my education at Harvard with a Certificate in Orthodontics and my Doctor of Medical Sciences Degree in Oral Biology in 1996. The hard work had paid off and I graduated with high marks. I was 36 years old with a wife and two children and no job. Through family acquaintances I met a prominent orthodontist in Vero Beach, Florida. When I was hired, my career as an orthodontist was finally established. I traveled multiple times from Boston to Vero Beach for ten months until my family was able to relocate to Florida.

In 1998, I relocated to Plantation and continued in private practice. I became Board Certified in 2007, which is not an easy task to accomplish. I have always been driven to excel and strongly feel that this drive, combined with a lot of networking and continuing my education, has brought me to where I am today. Participating in professional organizations, attending workshops, and making it a priority to stay up-to-date on the latest technology motivates me to give the best care to my patients.

My staff of clinical assistants and front desk personnel join me in being attentive, courteous, and treating our patients with high regard for their personal needs. When treatment is finished I hope that our patients can be proud to say that they received their beautiful smile from SmilingYangs Orthodontics. We welcome you to call us for a free consultation and begin a new chapter in your life. SmilingYangs Orthodontics is here to help you attain the best smile you deserve. ■



Dr. & Mrs. Yang

A Big Thank You to...

- Roxana Arteaga for the delicious flan
- Paula Gordon for the Jamaican patties
- Farah Allan for all your support and generosity
- Michelle Chou for the Lay's Chips
- Claudia Mezquia for the donuts
- Mrs. Mastandrea for the Mother's Day flowers
- Mrs. Peters for the delicious fruit & treat platter
- Thank you to all our patients! You brighten our day!
- Our office manager, Marian, for the beautiful flowers for National Secretaries Day



Get Well Wishes to....

- Mr. Arturo Artieda
- Mr. Victor Fromen



Condolences to....

- The Burton family, our thoughts are with you
- Nilda Pineiro on the passing of your sister

Best Wishes to....

- Michelle Chou for your continued success at school

Congratulations to...

- Kelly McKenna for your graduation from University of Florida Dental School and membership in OKU, and also congratulations for your acceptance into the orthodontic program at the University of Texas in San Antonio.
- Christopher Yang for receiving an award from the National Honor Society
- Bobby Revelo for graduating from high school

Word Search

Find and circle all the words below:

Braces	Arch	Plaque
Teeth	Lip	Bracket
Jaw	Bite	Retainer
Wire	Palate	Wax

R L K J W N H Z P C Q G
E S I O M T Y C I **B** U A
T Q Z P E R F S J R H P
A L B E C U D V M A T L
I R T G W I R E Y C W A
N F C O P A L A T E S Q
E L K H E I D U Q S C U
R W A X O V R A B I T E
Z B R A C K E T M W X O

Better Brushing for Improved Oral Health

Our office is now carrying the new updated electric toothbrush from Oral-B. It is the Oral-B professional care 9950 TRIUMPH. This brushing system is the first and only one with a wireless display and a Smart Guide which provides instant while-you-brush feedback to promote optimal brushing and help you brush for the recommended 2 minutes twice daily. The Smart Guides quadrant timer prompts you after 30 seconds to change quadrants to help you brush thoroughly across all four areas of your mouth. If you would like to purchase one for yourself, family or friend stop by our office and pick one up. (The 9950 comes with a whole bundle of goodies as well.)



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