

2009



BRACES-FRIENDLY RECIPES BY MARIA HARDT

BLACKBERRY SHAKES

Ingredients

- 1 pint fresh blackberries
- 2 to 4 tablespoons sugar
(depending on berries' sweetness)
- 1 pint vanilla ice cream
- 12 ounces pomegranate juice
- 1 cup milk

Directions

Combine all but a few blackberries and sugar in a small saucepan and cook over high heat until the sugar has melted and the berries are soft and just starting to break down.

Put the cooked berries, the ice cream, pomegranate juice and milk in a blender and puree until thick and creamy. Pour into tall glasses and garnish each glass with a few berries.

May

KAITLYN VOIGT

2009

TWO THOUSAND NINE

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
				TEXAS DENTAL ASSOCIATION MEETING - OFFICE CLOSED		
3	4	5	6	7	8	9
MOTHER'S DAY						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	MEMORIAL DAY OFFICE CLOSED SCHOOL HOLIDAY					
31	25	26	27	28	29	30

What Are White Spots?

Poor oral hygiene allows plaque to build up around braces. The bacteria in plaque, if not properly removed, can erode or "decalcify" the enamel of your teeth, which results in discolorations called white spots. Fluoride in toothpaste and natural minerals in saliva serve to keep enamel sound and can re-calcify weakened enamel. If not caught in the early stages, this process can cause permanent white scars on the teeth.

To prevent white spots from forming, maintain a good oral hygiene routine. This includes brushing three times a day for two to three minutes and flossing everyday. Your brushing technique plays a major role in getting the best results from brushing your teeth. Feel free to ask one of our orthodontic assistants for a demonstration at your next appointment. We evaluate your oral hygiene at every appointment and will inform you if white spots are starting to develop. We will also go over how to improve your oral hygiene

Reminder: The Calendar Artwork Contest is still going on.

Get your picture in before November 5th and it might get picked to be in next years calendar.

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