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SPEED BRACES

THE NEW WAY TO STRAIGHTEN YOUR SMILE

Do you want a straighter smile in less time than traditional braces? Yes, please!

Right now, Speed Braces are all the rage. They are more comfortable to wear than traditional braces, and they've caught the eye of many people who are searching for a simple yet effective solution.

Speed Braces are fresh on the market and haven't made their way into every dental or orthodontic office, but they are certainly worth the mention. They are fixed metal and self-ligating braces that are about 30% smaller than traditional braces, allowing them to be much less obtrusive in the mouth. While they aren't designed for invisibility like Invisalign, the size difference makes an impact!

Traditional braces use brackets that fasten to each tooth, an archwire that runs through each of the brackets, and ligatures that hold the brackets in place. These ligatures can be elastic bands or metal ties. The great thing about Speed Braces is that instead of using ligatures, they use a spring clip mechanism. The spring clip puts continuous pressure on the archwire to move the teeth into the target position. This allows for more comfort than standard braces.



In comparison to traditional braces, Speed Braces take much less time to get the job done — users usually have them removed after 18-24 months, revealing a beautiful, straight smile.

While Speed Braces are more expensive than regular braces, the smaller size, faster results, and higher comfort level certainly seem worth the investment. They are more aesthetically pleasing and can make your experience with braces much less of a hassle.

If you're considering using braces to straighten your smile, be sure to talk with your orthodontist or dentist about what option is best for you!



WE'RE FIXING YOUR TEETH FASTER AND SMARTER AND IT'S ALL THANKS TO MY TEAM!

You've probably seen on the news that there's a huge staffing shortage nationwide right now. It's really hard for businesses to find workers, and a lot of people are leaving industries like dentistry and medicine because of the pandemic. Our office has been hit just like everywhere else. We've had 100% turnover in our administrative staff since 2020 started, but there is some good news too! Our entire rockstar clinical staff has stayed with us.

Not only has the clinical team kept coming to work and doing great things for our patients, they've rededicated themselves to dentistry during this weird time. When our office briefly closed due to COVID-19, the whole team spent 40 hours per week watching videos and taking classes to continue their education. Then, when we reopened, they rolled up their sleeves alongside me, helping to improve our procedures to make things even safer for our patients. It takes a special kind of team to do that work, and I'm grateful to have them! I'm also thankful for you, my patients. You've done an amazing job riding the wave of our staff changes and other adjustments!

You may not have noticed all of these changes because some of them happened behind the scenes, but trust me, they were BIG! One thing we did this year was upgrade our practice management software. That's the backbone of our practice, so learning a new system was a big adjustment. But we all did, and it has helped us work faster and smarter.

The other big change I made was to start offering digital "impressions" in the office. We almost never take traditional molds anymore. Instead of having you biting down on a goo-filled tray to get an impression of your teeth, we can scan your

mouth digitally. This new process is more accurate, faster, less invasive, and less wasteful, but it was a steep learning curve for everyone in the clinic! We moved from taking molds and packing boxes to ship to our lab — to scanning and sending digital files. That meant learning to use tricky new software, but we did it because we knew there would be benefits for our patients. One of the biggest is same-day crown insertion!

You read that right. Because of that upgrade, you can now come into the office when you have an emergency like a cracked tooth and leave *that same day* with your new permanent crown.

In the past when someone needed a crown we would take a mold of their teeth, install a temporary crown, and then ship the mold off to our lab so that they could create a permanent one. But with our new technology, we can scan your mouth, design a customized crown for you digitally, control the shape and size on the computer, then mill the crown the same day in-house! You don't have to deal with the hassle of a temporary crown or take multiple days off work. You can even get your teeth whitened in the 30-60-minute window while the crown is being milled or bring in your laptop and squeeze in some remote work from our office. How amazing is that?

Before we rolled out this new process, we asked a few patients to test it for us. We made crowns for them both ways and they compared the feel of the lab-made crowns to our in-house version. Overwhelmingly they preferred the fit of the crowns made in our office! They were closer to the shape of their teeth and could be totally customized right there on the computer.

I feel really lucky to have a team that's willing to go on these technological adventures with me to better serve our patients. This Thanksgiving, they're all going on my thankful list! I also want you to get to know them better. Starting in January, you'll be hearing from different team members in the newsletter each month. I'm sure you'll love them as much as I do!

Don't Leave Your Benefits Behind

Now is the time to use them or lose them! Call us today to schedule your appointment so your benefits don't go to waste. Appointments are filling up fast, so call us today to book yours so you can use your benefits before you lose them!
908-561-0225

-Dr. Michelle Weddle

THE FIRST THANKSGIVING WHAT WAS ON THE MENU?

Every Thanksgiving, we gather with our families and friends and pig out. Turkey, cranberry sauce, and stuffing, oh my! But did the Pilgrims actually eat all the same foods we do today?

When we sit down at the Thanksgiving table, we are blessed with mashed potatoes, candied yams, green bean casserole, turkey, stuffing, and pumpkin pie. However, if we wanted to be historically accurate, we would need to change up that dinner spread a bit.

Historians know of a few foods on the table that Pilgrims and Wampanoags shared at Plymouth Colony in 1621. Wildfowl, corn (in grain form for porridge), and venison were sure to be served at the first Thanksgiving. Wild turkey was also a common and abundant food source but wasn't likely the main course as it is today. A few days before the first Thanksgiving, the colony's governor put four men in charge of hunting for birds for the feast, and they very likely returned with some turkey.

However, as far as mashed potatoes are concerned, in the early 1600s, most Europeans and the Wampanoag had no idea what a potato was. They weren't cultivated in North America until the 1700s. Likewise, cranberries were still very new to the Pilgrims, and they didn't yet use them for food — instead, they used them to make dyes for fabrics!



For dessert, pumpkin pie was not yet a thing either. Although the Pilgrims liked pumpkins, they didn't have the butter and wheat flour needed to make pie crust. Instead, they hollowed out the pumpkins (just like Halloween!) and filled them with milk and honey to make a custard and then roasted them.

Although our Thanksgiving meals have changed over the years, it still is a fantastic time to get together and celebrate. In the spirit of evolving traditions, don't be afraid to innovate to add your own personal traditional twist to the holiday as well!

BON VOYAGE!

TRAVELING WITH KIDS MADE EASY

Everything takes longer with kiddos! You can even set a false deadline for when you want to leave the house to ensure you get out on time.

Charge Up

Make sure all of your electronic devices are charged up well before you leave. You should also have some games and movies downloaded to entertain your children in the car or airplane. Even though most airlines have TVs, it's better to always be prepared — and don't forget the headphones!

Have a Quality Stroller

You won't understand how helpful it is to have a good, quality stroller along with you on vacation until you have one. If you are visiting a theme park or other outdoor area or sightseeing on foot, you'll thank yourself later for bringing along a lightweight, foldable, and reliable stroller.

Bring the Snacks

Nothing is worse than hungry, cranky kids! Before your trip, it's a good idea to take the kids along with you to the store to pick out an abundance of their favorite snacks — this adds a level of excitement for them too!

Going out of town with kids is never an easy feat, but these tips can help create a trip to remember this holiday season! Bon voyage!



The holidays are here, and that calls for some cheer! However, traveling with your kids can be a hassle, especially while trying to remain healthy and safe! Getting out of town should be fun and exciting, so here are some tips to make traveling a little easier and less anxiety-inducing. Unruly kids don't stand a chance with these tricks!

Departure Matters

Aim for late morning or early afternoon when booking flights or deciding what time to hit the road. The last thing you want is the added stress of being late or hitting rush-hour traffic when you're already worrying about making sure everyone packed the essentials. Also, waking the kids up super early for travel can be difficult, and nobody wants grumpy children.

Time Is Your Friend

When putting together a vacation itinerary, allow for lots of extra time in between events. The one thing about kids is that you never know when someone will need to use the bathroom, be sick, throw a tantrum, or need your assistance.

THE BENEFITS OF POSITIVE RELATIONSHIPS GOOD FOR MIND AND HEALTH

Connecting with other humans in a positive way is one of the most profound experiences we have. That positivity is one of the greatest virtues — it's contagious, and engaging in happy relationships with others is extremely important not only for our minds but also for our health.

Longer Lives

Studies have actually shown that when people are involved in positive relationships, they live longer. This is likely attributed to decreased stress, as stress can exact a toll on the entire body. Positive relationships can also



encourage us to give up negative habits such as drinking or smoking, which cause many health problems and concerns. Healthy habits can help people live longer lives.

Quicker Healing

Positive people in our lives can distract us from pain, remind us to take medication, be our advocates, and simply reduce stress. And less stress means healing takes place faster. Those who have a support person feel more confident and prepared to undergo surgeries and fight illnesses as well.

Boosted Immune Systems

It makes sense — people who have less stress have stronger immune systems. During times of high stress, our bodies are more susceptible to illnesses because our immune system's ability to fight off antigens is reduced. The stress hormone corticosteroid can also lower the number of lymphocytes available to fight infection. However, when we are in a happy and loving relationship, our bodies produce oxytocin, and we are less likely to get sick.

Better Physical Shape

Being in a positive relationship, especially a romantic one, can provide the motivation to be the best version of ourselves. This includes our physical condition, too! Having a friend or workout partner to encourage accountability and even push us out of our comfort zone a bit at the gym can keep us motivated.

Being in a positive, healthy, and happy relationship means we listen to each other, offer advice, openly communicate without judgment, practice respect and trust, and engage in healthy activities together. So, it's no surprise that positive relationships work wonders for our health and happiness.

TAKE A
BREAK!



EASY CRANBERRY- APPLE SALAD

Inspired by CookieAndKate.com



INGREDIENTS

For the salad:

- 1/4 cup dried pumpkin seeds
- 5 cups salad mix
- 2 Granny Smith apples, chopped into bite-size pieces
- 1/3 cup dried cranberries
- 1/3 cup goat cheese, crumbled

For the dressing:

- 1/4 cup olive oil
- 1 1/2 tbsp apple cider vinegar
- 1 1/2 tsp honey
- 1 tsp Dijon mustard
- Salt and pepper to taste

DIRECTIONS

1. In a skillet over medium heat, toast the pumpkin seeds until fragrant, then set aside.
2. In a small jar or bowl, whisk together all dressing ingredients, then set aside.
3. Combine all salad ingredients in a large bowl. Drizzle with dressing until lightly coated, then toss and serve!