



AUGUST 2023 NEWSLETTER



Here's what's happening in our office....



Hello Christy,

Hot summer days and pink lemonade colored sunsets are what inspired our Colors of the Month for August (see below). We hope that you and all the kiddos are soaking up the last month of time off before school starts back up!

In this newsletter we have lots of information to share with you about things going on in our office, including an announcement about the Spoonhower Orthodontic Brace Bus, and a couple of office contests! We also have the July Patient of the Month, our August contest for patients and Colors of the Month, as well as a monthly topic: foods that stain teeth and ceramic braces. Read on for all the details....

IT'S A PAINTED ROCKS SUMMER CONTEST!!!

Let's have some fun before school begins!

We have painted 10 rocks with our logo
and other fun things on them!



We need your help hiding them out in the community!

Here's what to do.....

- ★ The first 10 people to claim a rock can be entered into a drawing to win a \$50 Amazon gift card!
- ★ Choose a public place to hide the rock that gets a lot of visitors (skate park, playground, movie theater, etc...)
- ★ Take a picture of yourself hiding the rock with the hashtag sign we provide you that says: **#smilebyspoonrocks**
- ★ Email or text the picture to our office. We will post the pictures to our Facebook page
- ★ We will randomly pick a winner out of the 10 people that complete the steps of the rock hiding challenge on September 5th



BRACE BUS OPERATION SUSPENDED INDEFINITELY

We are sorry to announce that our Brace Bus service will no longer be in operation. Unfortunately, we did not have enough patients interested in utilizing this service and we made the decision to cease its operation.

If enough interest is shown in the future to make it worthwhile, we may reconsider starting up the Brace Bus again. We apologize for any inconvenience.

GUESS THE # OF LEGOS IN THE JAR CONTEST!

When you are in our office for an appointment, make sure to stop up at the front desk and enter your best guess for the # of Legos in the Jar. The closest person to the correct number without going over will win a \$25.00 Pavs Ice Cream gift card! Yum! The winner will be announced on Facebook on September 5th. Good luck!



JULY

Every month we pull one random name out of a box from all of the awesome patients that have been in that month with:

- *Excellent brushing & oral hygiene*

- *No broken brackets*
- *Excellent elastic wear as prescribed*

Congratulations to Yaminah Adekunle, who is our Patient of the Month for July! Yaminah received 50 extra rewards hub points as well as a certificate. Congrats, Yaminah!

Patient
of the Month

Things to know....

AUGUST CONTEST FOR PATIENTS:

This month's patient contest is called *The Ulti-Mutt Dog Movie Matchup Contest*. Log into the Patient Rewards Hub with your password to access the contest.

How well do your members know movie quotes featuring man's best friend? Find out by adding this fun dog movie trivia contest to your Hub. Quickest correct answers score the highest points. Participants are also encouraged to follow and like our Facebook page after completing the contest. The end of the contest is August 31st and the winner will receive a notification in their patient hub account and will earn 30 rewards points. Everyone that participates will receive 5 rewards points.

GOOD LUCK!!

MONTHLY TOPIC: FOODS THAT CAN STAIN TEETH & CERAMIC BRACES

You probably already know that there are lots of different foods that if consumed on a regular basis will stain your teeth. Your teeth are porous, which means that they naturally absorb the liquid that you put into your body. Most of the same foods that can stain your teeth will also stain the clear ties often used with ceramic (clear) braces. The rule of thumb is that if it could stain a white shirt, your lips, tongue, hands, or a cutting board, it will stain your teeth and also the clear ties. The following is a list of beverages and foods to be cautious with throughout the course of orthodontic treatment. Some of these do not really apply to children, but are always good for adults with braces to keep in mind:

1. Coffee

Coffee drinks, especially black coffee, will stain your teeth and ceramic braces.

2. Tea

The darker the tea is, the more likely it is to stain your teeth. If you just can't kick the tea habit, choose green or white over black teas. These will probably still stain your teeth, just not as much as dark teas.

3. Soda

Dark colored soda is bad for you on many different levels, but is also very bad for your teeth. Not only does it bathe your teeth in artificial sugar and acid (two things that are very bad for your enamel), it also contains dark colors that will stain your teeth, especially if you drink it every single day.

4. Dark juices

Berry based juices (such as grape

THE ULTI-MUTT DOG MOVIE

MATCHUP CONTEST

This contest ends on Aug 31, 2023

Winning Prize: 30 points

Participating Prize: 5 points

To participate visit our website and login!
<https://spoonhower-orthodontics.patientrewardshub.com>



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and cranberry) are the biggest culprits. While these juices can help you get your servings of fruit, they are also concentrated sources of dark pigments, which can stain teeth and ceramic braces.

5. Popsicles

Kids love popsicles, so try to pick something lighter in color. Avoid the red and blue color based ones.

6. Soy sauce

Any dark liquid has the potential for one of the foods that stain your teeth, but soy sauce especially has the possibility of leaving behind a stain (because it is so concentrated). Use soy sauce sparingly—because it is high in sodium, as well as being a dark liquid.

7. Balsamic vinegar

This is another dark color liquid that gives it the potential for staining your teeth and ceramic braces. Because balsamic vinegar is acidic, it will naturally stick to your teeth, making it even more likely to leave a stain behind.

8. Tomato sauce

Tomato sauce is a staple in many households. No matter what version you prefer, anything that is tomato-based can stain your teeth and ceramic braces.

9. Dark Berries

Blueberries, strawberries, raspberries, cherries, etc. all are likely to stain teeth and ceramic braces.

10. Beets

If you have ever handled a beet, you know how easily they stain everything they touch - including teeth and ceramic braces.

Rinsing your mouth after eating these beverages and foods usually will not be enough. Brushing your teeth within an hour of consumption is usually the best way to prevent stains.



COLORS OF THE MONTH

Each month we feature a different color combination you can get on your braces with the elastic ties! We even give the color combination a fun, cool name and have it on display so you can see what it will look like! This month's colors were designed by one of our assistants, Heather! Good job, Heather!

Here are this month's colors.....

PINK LEMONADE



Did you know we are accepting new patients? The biggest compliment we can ever receive is the referral of a family member or friend, or an online [Google](#) review. We thank you for your confidence in us and we appreciate your business and your referrals! We hope to see you in the office soon!

[Click here to leave us a Google review!](#)

Sincerely,
Dr. Christopher Spoonhower & Staff



Monday: 9:00 a.m. – 6:00 p.m.
Tuesday: 9:00 a.m. – 5:00 p.m.
Wednesday: 9:00 a.m. – 5:00 p.m.
Thursday: 7:30 a.m. – 3:30 p.m.

Reach Out To Us

Call Us Today: (330) 896-0600
doc@smilebyspoon.com



1410 Boettler Rd.
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Please Note: Our office is closed on Fridays, however we DO have limited patient emergency hours. Should you have an orthodontic emergency, please call the office. If we do not answer, please leave a message and we will call you back as soon as possible.

Regarding Insurance: If your insurance covers orthodontic treatment, you will be reimbursed directly from your insurance company. This will reduce your overall out of pocket expense for treatment. Many insurance policies have a lifetime orthodontic benefit that is distinct from regular dental insurance. Insurance policies vary, so we will review your insurance to determine the appropriate course of action. (Once treatment has started, we will file your claims).

Our office is committed to helping you maximize your insurance benefits. Due to the fact that insurance policies vary, we can only estimate your coverage in good faith, but cannot guarantee coverage due to the complexities of insurance contracts. Please inform us, too, of any changes to your insurance coverage.



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