

# LiveWire

An Informational  
Newsletter From the  
Office and Staff of  
Mori Orthodontics

Richard J. Mori, DMD, MS  
Orthodontics for  
Adults and Children

## A Note from Dr. Mori



### White Spot Lesions: Prevention and Treatment

White spot lesions are the unsightly areas around orthodontic brackets often created due to poor oral hygiene. They are areas of demineralized enamel that usually develop due to prolonged plaque accumulation. Orthodontic brackets and bands create areas where plaque can sit for long periods of time if proper tooth-brushing techniques are not employed.

These scars on the teeth can either be carious which will require a dental filling or noncarious which do not need a dental filling. They are usually found on the front of the teeth near the gum line between the braces and the gum tissue. Most often affected are the upper lateral incisors due to their shape and size in relation to the teeth that sit next to them.

In my practice, we try to minimize the risk for these white spots by assessing the patient's oral hygiene prior to starting any active orthodontic treatment. A diet that includes sugar, soda, juice and sports drinks may predispose some patients to these marks on the teeth. Also, if a person has a history of getting a lot of cavities they may also develop these lesions at higher rates than someone who has never had a cavity.

*Continued on page 2*

## Summertime Gathering!

Kicking off the summer season with flair!

Dr. Mori and team hosted their 5th Annual Luncheon for our local dentists and their teams.

With dental practices gearing up for a very busy summer schedule, it was a nice afternoon to relax a bit and share some good food and great laughter with our colleagues. Our theme this year was "Backyard BBQ" with red and white checkered table runners, black table clothes with a splash of yellow from the beautiful sunflowers. All together, about 36 offices joined us for lunch.

We dined on chicken and steak shish kabobs, rice pilaf, and cheesy mashed potatoes from Bullwinkles Restaurant. For dessert, we had some yummy cookies covered with butter cream icing from Ele Cake Co.

Dr. Mori raffled an awesome cooler on wheels filled with lots of picnic goodies and a gift certificate to Coldstone Creamery. The winner of the basket, Jennifer from Dr. Joseph's office, is now ready for a picnic of her own.

Our local dental practices are ready for their summer schedule, so call to schedule your dental check-ups while you're on summer break. A big "Thank You" goes out to Dr. Mori and team for a job well done.



## "80's Day" – Totally Awesome Radical Success!

On May 25th, our office went back in time to the 80's, the era of big

hair, leather jackets, lace & boom boxes. The entire team (yes, Dr. Mori too) dressed up looking totally rad. Voting took place in the office as well as on our Facebook page and ended on June 15th. Although everyone looked great, the clear winner was Gigi with her "King of Pop" impression. Gigi, you go girl! Thanks to all of our wonderful patients for voting. We had so much fun sporting our 80's looks.



## A Note from Dr. Mori continued from page 1...

After orthodontic treatment has begun, we do several things to try to prevent these white spot lesions from occurring. All treatment begins with good oral hygiene instruction and tools needed to achieve excellent oral hygiene. I have begun working with Crest and their Pro-Health system of toothbrushes, fluoride toothpaste and mouth rinse. This system when used properly (as can be seen on our website) is the best defense against dental decay and developing these marks on the teeth. We also place a fluoride varnish to provide a barrier to stop the initiation of these lesions.

For patients with less than stellar oral hygiene where these lesions are beginning I often recommend the use of Prevident 5000 toothpaste which can provide more fluoride to the areas in questions to prevent any cavities from forming. Often I also give patients a chlorhexidine rinse, Peridex, which alters the bacteria in the mouth that causes these spots to form or worsen.

If the braces are removed and the white spots are present what can be done?

First of all, with time and good oral hygiene the marks can shrink in size. If the lesions are not cavities, products such as MI Paste, are given to remineralize the enamel. Areas of decay will be referred to the general dentist for repair. After an appropriate period of time professional bleaching (tooth whitening) can be done and will often change the appearance of the teeth enough where the white spots are not noticed. In more severe cases, dental restorations may be needed to achieve a better esthetic result.

A goal for my practice is to eliminate as many of these problems as possible. Excellent oral hygiene practices, the proper products for prevention of the problem along with a proper diet are the keys to success in the prevention of these white spot lesions.

Sincerely,  
Dr. Rick Mori

## Patient News

### Our Patients Making a Difference

**Katelyn Karmeris** – is an extraordinary young lady.

Encouraged by her parents, Katelyn was age 5 the first time she donated her hair. She had joined a swim team and it was time to cut her hair. Researching donation options, Katelyn's parents decided to donate her 11 inches of hair to the Locks of Love. At age 8, Katelyn wanted to donate her hair again. She donated 10 inches to Pantene Beautiful Lengths. She loves the idea of helping others. Both Locks of Love and Pantene Beautiful Lengths make wigs for cancer patients.

Now at the age of 10, she has donated 9 more inches of hair to Pantene Beautiful Lengths and plans on growing her hair out again. Katelyn shows everyone can make a difference regardless of their age. Katelyn's parents tell us that she is a very loving child and that they are very proud of her. Way to make a difference Katelyn! You are truly inspirational.



### A note from Proud Parents

**Logan King** – A big congratulations to Logan for being chosen for the second year in a row to dance in the finale at her recital in June. Logan also had an excellent report card with all A's and high B's and participated in the science fair where she earned the Beaver Pride Award for good citizenship. She also performed beautifully in the play, Alice in Wonderland Junior at Main Elementary. Logan is also excelling in art. Her art was chosen to be showcased in the Beaver Creek High School District Art Show. "Way to go Logan! Mom and Dad are so very proud of you!"

**Austin Hemmelgarn** – was recently honored by the Boonshoft Museum of Discovery for his 2 years of volunteer service. He also received the "Odyssey Award" which recognizes a volunteer who best acts as an emissary for the museum's core mission statement. Austin has also volunteered in the Animal Care, After School Science, Hops Over The Moon, First Lego League, and has even greeted museum guests as the Odyssey the Otter, Boonshoft's mascot. His mom & dad are very proud of Austin for receiving this prestigious award. Congratulations Austin!

**Dylan King** – had an excellent report card and participated in the science fair at Main Elementary. You always make us proud, Dylan, and your performance in Alice in Wonderland Junior was excellent! Dylan is also becoming quite the artist. His art was chosen to be showcased in the Beaver Creek High School District Art Show. "Way to go, Dylan! Mom and Dad are very proud of you!"

### Exciting News

**Anna Wilson** – performed in The Sound of Music with her brothers. She was a nun. Anna's friend Marta played the part of Freidrich. That's awesome Anna! Way to go!

**Bayley Carter** – raised chicks in her class this year. That's pretty cool, Bayley!

**Charlotte Borle** – the duck that Charlotte and her family raised last year laid 2 eggs on April 19th. Ducklings are so cute. Have fun Charlotte!

**Alexandria Petteys** – says, "I have great teeth and I'm getting my braces and palate expander off next time I visit! Thank you, Dr. Mori!" That's exciting news Alexandria!

**Caleb** – and his family are going on a free special wish trip to Walt Disney World in Florida! Hope you have a good time Caleb!

### Exceptional Teams

**Faith Takacs** – plays volleyball with the Dayton Juniors Team consisting of players ages 12 and under. Recently, the team competed in a tournament in Zanesville, Ohio, where they took first place. Congratulations Faith to you and your team!

**Adam Lankford** – plays middle school lacrosse for Centerville and is having an awesome inaugural season. Adam has scored 2 goals already! Awesome Adam! Way to go!

**Keyra Rutlin** – made the Chaminade Julienne Junior Varsity Cheerleading Team as well as the dance team. Awesome job Keyra! Keep it up!

### Special Accomplishments

**Elizabeth** – was added to the Principal's list and also received the Perfect Attendance Award. Elizabeth worked very hard for this and kept her grades up. Super job Elizabeth!

**George Bensema** – received straight A's all year at Weisenborn Middle School. Awesome accomplishment, George! Way to strive for success.

**Taylor Fulk** – is a member of the Kettering Children's Choir. The choir group recently beat out 14 other schools to receive first place at a competition held at Kings Island. Great job Taylor to you and your team!

**Caleb Tracy** – who is 12 years old and a 7th grader at East Dayton Christian School was inducted into the National Junior Honor Society. Way to go Caleb!

**Ashley Stull** – Ashley's school recently competed in a recycling competition. For the project, you could make a sculpture or a poem. Ashley entered and won second place for the school. Ashley's project also competed at the county level and even though she didn't win, she was still very happy. Great job Ashley!

## Financial Facts

- If you have opted to make monthly payments – those payments are due on the 1st of each month. (Because there is a 6 - 8 week interval between appointments – pay close attention to the balance on your account.)
- When contracts are honored as agreed, we are able to continue to offer INTEREST FREE financing.
- A \$20.00 late fee will be applied if payments are not received by the 15th of the month.
- As always, remember ... communication is crucial! If you have any questions or concerns, please contact our office and Denise will be happy to assist you.

For your convenience, we offer several ways to make your monthly payments:

#### Online Payments

- 1) Go to [www.moriortho.com](http://www.moriortho.com)
- 2) Log in using your User ID and Password
- 3) Click on Accounts
- 4) Click on Make Payment Now
- 5) Enter account information
- 6) Click Submit

**Payment Books** – let us know if you need one.

**Recurring Monthly Visa/MasterCard payments** – call us and we can set this up for you.

**Automatic payments** – can be established through your bank.

## Pass on a Smile!

Refer a friend or family member for a complimentary evaluation! Our practice continues to grow by referrals from our Patients.

Thank you for recommending us!



## A Big Thank You from Ms. Whitlock's class

Ms. Whitlock of Normandy Elementary School was the teacher nominated by her student, Michael Dimisa for the Teacher Appreciation Contest back in April. Ms. Whitlock and her students sent us a card, thanking us for her gift basket and for the class pizza party. Ms. Whitlock, we are so happy that you enjoyed the basket and that your class enjoyed their pizza party. Congratulations again on being our winner!

## Contest Corner

### Mori Team Trivia Time Contest!

Starts July 1st and ends September 16th.

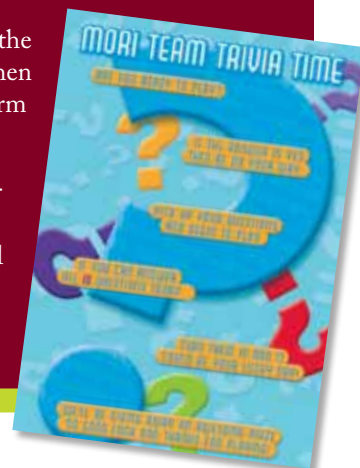
Are you ready for some Mori Team Trivia? Well then, let's get started!

Get your entry form from the contest area in our office or find a printable copy on our website under "Contests".

Answer all the questions then drop the form in the box.

The winner will receive a really cool prize!

Good luck!



## Contest Winner



We asked for your help to collect items to donate to cats and dogs in need and help you did. So many items were donated that there

were multiple deliveries to Sicsa during this contest. The Sicsa employees and volunteers expressed great appreciation. Thank you all for your generosity.

### Congratulations to Henry Fulford!

Henry's name was drawn from several entries in the Help A Pet Contest. Henry received an IPOD Touch valued at over \$200.00



# Munchie Favorite - A Brace Friendly Recipe!

Got Braces? Do your teeth get sore after you have your braces adjusted?

Try a sample recipe from "The Braces Cookbook" by Pamela Waterman and Brenda Waterman.

## Twisty Soft Pretzels

¾ cup warm water	1 teaspoon sugar
1 egg, beaten	2 cups all- purpose flour
½ envelope of yeast	Pinches of salt or cinnamon-sugar (optional)
½ teaspoon salt	

### Directions:

Preheat oven to 425 degrees. Bake for 12 minutes.

In a small bowl, stir together warm water, yeast and sugar. In a large mixing bowl, mix salt and flour with a large spoon. After 5 minutes, stir yeast mix into flour mix. With well-floured hands, shape dough into 6-inch rods, initials, animals, or traditional twisted pretzel shapes. Brush them with beaten egg and place on a greased cookie sheet. If desired, sprinkle them with extra salt or cinnamon-sugar. Then bake them for 12 minutes.

Do you have a Brace Friendly recipe you would like to share with all of us? Just drop it off at the front desk and we will try to get it in one of our newsletters.



## We Want News About You

Help make our upcoming Newsletter a success! Share something about yourself- vacations, school activities, honors you've received, sports you play, births, weddings, etc.

Fill out a form in the office and place it in the mail box at our patient news station or email us at [info@moriortho.com](mailto:info@moriortho.com). We will put it in our next quarterly newsletter to share with all our patients.

## From the Front Desk

### Important Information!

We pride ourselves on running "on time" and realize how valuable your time is. As we all know, in our busy schedules, circumstances can arise that prevent us from being able to make our appointments – or from being on time.

As always, we will work hard to reschedule your appointment as soon as possible. Failure to keep an appointment without 24 hour notice will result in a \$20 broken appointment charge.

Join us on Facebook!



Follow us on Twitter!

Mori Orthodontics is now on Twitter and Facebook. You can access Mori Orthodontics Facebook page or Twitter right from our website, just click on the link and follow the fun. Keep up with the latest contests and tooth trivia.



ORTHODONTICS

Richard J. Mori, D.M.D., M.S.

4440 Linden Avenue • Dayton, OH 45432

[www.moriortho.com](http://www.moriortho.com)  
937-252-8651

## Scheduling Corner:

Please note our office is closed during our lunch hour each day and during our monthly staff meeting. If you would like to make a payment, a drop box is located to the left of our front door for your convenience. If you need to speak to someone, we have a call button, just press it and we will help you.

### Office hours:

Monday 8 a.m. – 5 p.m.  
Tuesday 8 a.m. – 5 p.m.  
Wednesday 8 a.m. – 5 p.m.  
Thursday 7 a.m. – 2 p.m.

### Lunch:

12:30 p.m. – 1:30 p.m.  
12:30 p.m. – 1:30 p.m.  
12:30 p.m. – 1:30 p.m.  
11 a.m. – 11:30 a.m.

Our summer hours began June 7th and will end August 31st.

Please note: Dr. Mori will be out of the office July 1st through July 4th, July 28th through August 1st. In observance of Labor Day, the office will be closed on September 5th.

## Don't Forget to Visit Your Family Dentist-

It is important for all of our patients to continue to visit their family dentist every six months, even during orthodontic treatment. Your family dentist will help maintain healthy teeth by regular cleanings, examination for tooth decay and fluoride treatments.

**Together we can provide complete dental care!**

**Reminder:** When changing your general dentist, please let us know so we can update this change in your patient records.

