

Fall 2009



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THANK YOU

Thank you, from all of us, for your ongoing loyalty, cancellation notification and referrals. Also thanks for arriving on time for your appointments to help our office run smoothly.

Please keep us informed of changes to your phone numbers, address, employer or [dental insurance](#).

Our team's commitment extends beyond your office visits. We stay in touch by emailing newsletters sharing information about our office and ways you can take better personal care of your teeth.

Our winners for the: “Where In The World Are You?” Contest

In our winter newsletter we will announce winners in the following categories:

- *Most creative postcard
- *Farthest away postcard
- *Funniest postcard
- *Most postcards sent

Winners in each category receives 4 free movie passes.



More Winners

The \$100 drawing for the orthodontic patients that come to their appointment:

- On time
- Wearing their t-shirt with our logo
- Having a clean & healthy mouth.



Tallahassee
June winner



Thomasville
June winner

Reduce the risk of cavities for everyone.

What is xylitol? Pure xylitol is a white crystalline substance that looks and tastes like sugar.

Benefits? It's safe for all ages and clinical studies show that products rich in xylitol can reduce cavities up to 80%.

How does xylitol work? As bacteria ingests xylitol they lose their ability to adhere to teeth and oral tissues. This greatly reduces the formation of plaque where food is trapped and acids are formed that lead to tooth decay. Xylitol's natural moisturizing effects make it useful for people suffering from dry mouth.

Look for xylitol in:

- Chewing gum
- Mints
- Toothpaste
- Oral Rinses
- Infant Tooth Gel



October is National Orthodontic Month

Halloween with braces can be sweet

Those who wear braces should avoid nuts, popcorn, tortilla chips, all hard candy, jelly beans, licorice, taffy, caramel and other chewy candies, whether consumed on their own or as recipe ingredients.

October is National Orthodontic Health Month and we want to help our patients enjoy the season by sharing a few recipes.



Ha

- 3 boxes instant vanilla pudding (enough to make 12 one-half cup servings)
- 1 teaspoon red food coloring
- 3/4 teaspoon yellow food coloring
- One 9-ounce package plain chocolate wafers
- 6 cups milk
- Chocolate syrup to taste
- One 8-ounce can mandarin oranges, drained

Combine pudding mix and milk in large bowl as directed on the package. Refrigerate until firm. Crush chocolate wafers into crumbs, using a food processor, or put the wafers into a zip-lock bag and crush with a rolling pin.

Combine red and yellow food coloring in a small bowl. Stir into pudding thoroughly, until pudding is orange. Layer pudding with two layers of chocolate crumbs in a parfait cup or glass. Top each layer of crumbs with chocolate syrup, to taste before adding the next pudding layer. Top each parfait with mandarin oranges and additional chocolate wafer crumbs.

Makes eight 8-ounce servings.

More recipes for all:

http://www.familycorner.com/family/kids/recipes/ortho_recipes.shtml

<http://www.braces.org/JustForKids/Recipes.cfm>

Visit us anytime at:
www.kidbraces.com