



October is National Orthodontic Health Month

October is National Orthodontic Health Month, a time when members of the American Association of Orthodontists provide the public with information about orthodontics.

Something parents should be aware of is that all children should have a check - up with an orthodontist no later than age 7. An orthodontist can spot subtle problems with emerging teeth and jaw growth, even while some baby teeth are still present. A check - up can reveal any current needs for treatment, inform parents that treatment should be considered when the child is older, or provide the good news that treatment may not be needed. We encourage parents to take the time to obtain this exam for their children so that if treatment is needed, their child can receive the appropriate treatment at the appropriate time.

As we approach the Halloween season, it is also important to remind people to use moderation in consuming sweets and snacks, and to be sure to brush and floss as recommended by their dentist and orthodontist. People who wear braces should avoid sticky or chewy treats. Have a Happy Halloween!

What is an Orthodontist?

Test Your Knowledge About What An Orthodontist Is!

- True False An orthodontist graduates from dental school before going to orthodontic school.
- True False An orthodontist corrects bad bites in children, teens and adults.
- True False An orthodontist works with patients to create healthy, beautiful smiles.
- True False An orthodontist is a uniquely trained expert in dentistry who straightens teeth and aligns jaws.



Pumpkin Cookies

- 1 c. pumpkin
- 1 c. sugar
- 1/2 c. cooking oil
- 1 egg
- 1 t. baking soda
- 1 T. cinnamon
- 1/2 t. salt
- 2 c. flour
- 2 t. baking powder
- 1 t. milk
- 1 t. vanilla



Mix all dry ingredients and set aside. Combine pumpkin, sugar, oil, eggs, milk and vanilla. Add dry ingredients to pumpkin mixture.

Bake @ 375 degrees for 10-12 minutes on greased cookie sheet. Remove from baking sheet and cool. Cookies will be soft.