



McNamara Orthodontics

Summer Newsletter



Summer Photo Contest

As the weather in Michigan is getting warm, we are seeing our wonderful patients using their *McNamara Orthodontics* water bottles and backpacks. We love seeing our name out and about and therefore have introduced a summer photo contest. Take a picture with your water bottle or backpack while on vacation, at camp, or just doing something fun. Email the picture to us at henovak@gmail.com by the deadline of September 1, 2009. Our top three favorite pictures will receive prizes including Cedar Point tickets and gift cards.



How do braces work?

Fixed orthodontic appliances or “braces” include brackets (that are bonded directly to the teeth, or sometimes attached to a band placed around a tooth) and archwires that connect all the brackets. Unlike what most people think, it is the archwire that does all the work—the brackets merely serve as handles. The wires use a steady, gentle pressure to move teeth into their proper positions. Much like moving a stick through sand, as the tooth moves, bone gives way on one side and fills in on the other side. Rubber bands often are worn to help the wires do their job and align the upper teeth with the lower teeth.



Get to know....

Cherie Lovett is a native-born Californian, hailing from San Francisco. (She actually grew up with Dr. Jim.) In 1962, she began working as an orthodontic assistant for her father who was an orthodontist in Berkeley, California. Cherie has two adult children Michael and Lynda, and is a proud Grandma to Aaron. And her newest “children” are her dog (Casey) and kitten (Callie).

After moving to Michigan in 1991, she joined our office as a registered dental assistant and patient treatment Coordinator. Cherie has a continuing interest in patient and practice management and has participated in extensive training, as well as speaking engagements, at national workshops on the principles of Treatment Coordinating. She holds her Bachelor’s degree in Business Management, graduating with honors.

Cherie’s biggest claim to fame around our office involves her nose. While coming to an abrupt stop on a downhill sled (when they were kids growing up together in California), Cherie’s nose hit the back of Dr. Jim’s head and was broken.

Do I need to see my family dentist while wearing braces?

Yes, regular check-ups with your family dentist are very important while in braces. Your dentist will determine how often you should be seen for cleaning appointments while undergoing orthodontic care. Although braces do not cause cavities, orthodontic patients are more susceptible to such problems due to the amount of time it takes to brush with appliances in place. Cavities are caused by allowing plaque (bacteria) to remain on the teeth without being removed for 24 hours or more. With proper brushing, flossing, diet and the use of special fluoride products, cavities can be prevented. We instruct all of our patients on proper techniques and provide helpful aids. Each patient’s oral hygiene is monitored closely at every appointment. We are proud of our successful prevention program.

New Colors and Flavors

In response to patient surveys, we have incorporated additional colors and flavors into our practice. We now have navy blue and light pink power chain and ties (used to engage the wires in the brackets on those patients with braces). We also have butterscotch and coffee-mocha flavored alginate for impressions. Please let us know if you would like to try any of these new alternatives.

If we can be of service to you, please email Liz@mcnamaraortho.com or phone. You can also visit our website at www.mcnamaraortho.com