



# the S.M.I.L.E.

## Summer is Here!!!

Greetings! Hope you are enjoying the summer! We would like to share with you some exciting news about our team members at AllCare, some smile makeover show cases and information about how to keep beautiful smiles after orthodontic treatment. We would also like to remind you to visit our website ([www.allcareorthodonticcenter.com](http://www.allcareorthodonticcenter.com)) more often to find out new updates about braces and services at AllCare Orthodontic Center.

Enjoy the beautiful sunshine and the summer breeze!

AllCare Orthodontic Center

## AllCare Proud to Serve the Community

Dr. Kusnoto and team members at AllCare Orthodontic Center have been involved in many community activities that help promote healthy dental habits and educate parents and young children about orthodontics.



AllCare team members participated the Semi-Annual Community Fair at Healy Elementary School, providing free consultation services to teachers, parents and students. A variety of patient educational brochures, handouts and dental hygiene products are given out to the public for free.

Dr. Kusnoto was invited to present at DayStar School and presented the idea on "HOW BRACES WORKS" for students at Pre-K level. He used stereo foam materials to make a few giant teeth models and a few braces models. The children were all very excited to play with the giant teeth attached with "BRACES" and hooked with "WIRE" which function to line up the teeth as what the actual braces did.

Contact us to set up an appointment

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## Great Newborn Announcement!!!



We are excited to announce that Dr. Therese Galang delivered her first baby Camille on May 24th, 2012 at Northwestern Memorial Hospital. Both mom and baby are doing well. Congratulations to Dr. Galang and her husband Alan!

## Dr. Kusnoto presenting at the 112th AAO (American Association of Orthodontists) Annual Session in Honolulu, Hawaii



Dr. Atsawasuwan, Dr. Muligan, and Dr. Kusnoto



Dr. Kusnoto presenting during the Doctors Scientific Lectures Session at the 2012 AAO



Dr. Kusnoto and Dr. Satravaha President of Thai Orthodontics Society

Every member at Allcare dedicates a tremendous amount of time and energy to achieve in excellence that we do. That's why Dr. Kusnoto and his team attend various continuing educational courses/programs to stay on the cutting edge of ever-changing science of orthodontics. This year, Dr. Budi Kusnoto attended the 2011 AAO Annual Session held May 4-8 in Honolulu, Hawaii.

Dr. Kusnoto was invited by the AAO to give a special presentation on his most recent clinical research in vertical control mechanics using temporary anchorage device. Dr. Kusnoto's presentation was one of the best reviewed ones during the doctors scientific lectures.

The AAO Annual Session offered orthodontists worldwide a wonderful experience in terms of both learning and sharing scientific advances and knowledge in their specialty - orthodontics.



## Dr. Kusnoto presenting at the European Orthodontic Society Annual Meeting in Santiago de Compostela, Spain



Dr. Kusnoto presenting as keynote speaker at the EOS 2012



Dr Kusnoto receiving an Award at EOS 2012



Dr Kusnoto Met his former UIC orthodontic student Dr Nayra Grau (middle) who practices in Barcelona, Spain



Dr Kusnoto and Dr Lee Graber, Immediate Past President of AAO, at EOS 2012



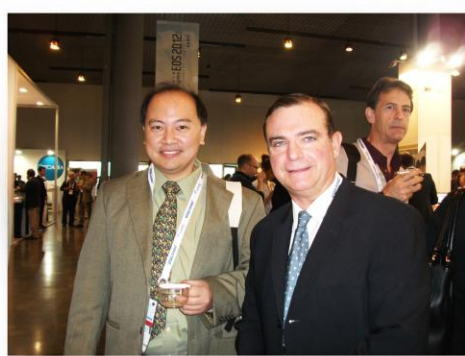
Dr Kusnoto and Dr Nelson Opperman from Brazil at EOS 2012



Dr Kusnoto and Dr Tarek El-Bialy from University of Alberta at EOS 2012



Dr Kusnoto and Prof Kyung from Korea at EOS 2012



Dr Kusnoto and Dr Vicente Hernandez from Spain at EOS 2012



Dr Kusnoto and his wife (right one) at a special event sponsored by Rocky Mountain Orthodontics at EOS 2012

In Mid-June 2012, Dr. Budi Kusnoto was invited by the European Orthodontic Society (EOS) to be a keynote speaker in the 88th Congress EOS Annual Meeting in Santiago de Compostela, Spain. Dr. Kusnoto's lecture "Assessment of two and three-dimensional cephalometric studies for clinical research in orthodontics" discussed step-by-step methods of generating accurate two-dimensional (2D) computerized superimposition methods to ensure accurate data is collected for research purposes, methods to improve inter- and intra-operator reliability using 2D computerized cephalometric software, as well as several tested and reliable methods in utilizing 3D cephalometric data for 3D superimposition.



# Keeping Your Smile Beautiful After Orthodontic Treatment

## The Responsibility Is Yours

The fact is that you are the person in charge of keeping your teeth straight. How do you do this? By wearing your retainers. Retainers are used for two reasons: first, to allow bone to rebuild after your teeth have moved, and second, to keep individual teeth from drifting. In other words, retainers preserve and stabilize the results you and your orthodontist achieved through your orthodontic treatment.

There are many types and designs of both upper and lower retainers. Your orthodontist has prescribed custom retainers that are best for you. But retainers can only do their jobs if you do yours by wearing them as instructed by your orthodontist.

## Frequently Asked Questions

### How long do I have to wear retainers?

Your orthodontist will recommend how long to continue wearing your retainers, whether they are removable (the kind you put in and take out) or fixed (bonded behind your teeth). Wearing your retainers as prescribed is the best way to keep your teeth from moving after your orthodontic treatment. There are many reasons teeth may move following orthodontic treatment. Teeth are not set in concrete, they are in bone. And because bone around your teeth is continually changing (breaking down and rebuilding), your teeth may shift after your braces are removed. By wearing your retainers, your teeth are more likely to remain where your orthodontist has placed them.

### Why do some teeth shift?

The small changes that occur after braces are removed are due to a "setting in" as you use your teeth for biting and chewing. The more serious and undesirable changes may be traced to genetics or later-than-normal growth. Which is unpredictable. Movement is most common in lower front teeth. These particularly true if the teeth were extremely crowded prior to treatment. Changes in tooth position are a lifelong and naturally occurring phenomenon. The best way to keep teeth from shifting is to wear your retainers as prescribed. If you notice movement after your braces are removed, please contact your orthodontist.

### Can retainers be worn too long?

No. Retainers stabilize and preserve the alignment of teeth and jaws that orthodontic treatment achieved. Many people wear removable retainers nightly for the rest of their lives. Ask your orthodontist for guidance about your long-term retainer wear.

### I had orthodontic treatment as a teen, and now as an adult my teeth are out of place. What can I do?

If you notice an unwanted change in your smile or bite, contact your orthodontist for information. An orthodontic "tune up" may be necessary to regain proper alignment.

### Will wisdom teeth cause teeth to shift?

Research suggests that wisdom teeth do not necessarily cause teeth to shift. In most cases, removal of wisdom teeth is done for general dental health reasons rather than orthodontic health. Your family dentist or your orthodontist can give you guidance regarding removal of wisdom teeth.

## Important Facts to Remember

- Keeping your teeth straight is now your responsibility.
- Do not be alarmed if small changes occur.
- Wearing your retainer long-term as prescribed by your orthodontist is the best way to preserve the healthy, beautiful smile created by your orthodontic treatment.
- Contact your orthodontist any time you need advice or have concerns.



## Smile of the Month

At AllCare, it is so important to us to know that you are completely satisfied with not only you or your child's new smile, but with the experience you had while being associated to our doctor and staff. Your comments will help us grow and reach our goal of delivering smiles to.

If you would like to share your experiences, welcome to contact us at [allcareortho@gmail.com](mailto:allcareortho@gmail.com) or call 312-804-8304. We love to listen to you and provide the highest quality of orthodontic care possible for you and your family.

