



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

Dear Friends,

Greetings from AllCare! Every year, Halloween is one of the most important holidays that offer opportunities for AllCare Team to serve the community. In this newsletter, we will be happy to share those joyful and unforgettable moments during our annual Halloween Open House event. We also drew 8 lucky winners of the Token Reward Program. Find out who they are and how you can join the Program.

Autumn has flown by, but more joyful holidays are coming in the next few weeks. We would like to thank you all for your continuous trust on us. We hope that the vibrant beauty of this new holiday season will fill your home with bright laughter and cherished memories. May today and all your tomorrows be blessed with the rich harvests of prosperity!

Dr. Budi Kusnoto and AllCare Team

## 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.



Contact us to set up an appointment

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Dr. Phimon, Al (Opal Consultant), and Dr. Kusnoto are wearing their super hero costume.



Team members of AllCare Orthodontic Center.



AllCare manager (Beth) and staff (Susan) are preparing food for the Halloween party.



Dr. Kusnoto and trick-O-treat children in the neighborhood.



Oral-friendly treats and sugar free beverages are displayed for the neighborhood.



Dr. Kusnoto and Dr. Phimon are welcoming trick-o-treat kids.

## Super Heroes Arrived at AllCare Orthodontic Center on Halloween

In an effort to promote a safe and healthy Halloween for children of all ages, AllCare Orthodontic Center hosted the 5th annual Halloween Open House for local residents in Bridgeport on October 31st, 2012. This year's Halloween Open House featured super heroes like Spider-Man, Bat-man, and a variety of other popular characters.

Trick-or-treaters were impressed by the spooky yet vivid decorations in the office. Lightening McQueen stood by the front door to welcome guests. Spider-Man jumped from top of a group of marble columns, with his iconic gesture. Spiders were crawling on the walls and in some huge spider webs.

Guests were asked to put on their best disguise and participate in the costume contest, Halloween games, prize giveaways, and candy buy-back. The office team prepared plenty of braces-friendly treats, like jello, sliced fruit, and sugar free cup cakes and drinks for trick-or-treaters. In addition, AllCare Orthodontic Center gave away free toothbrushes, toothpastes, floss, and patient educational brochures to trick-or-treaters to promote healthy dental habits.

"Halloween is a fun holiday for kids of all ages," said Dr. Budi Kusnoto of AllCare Orthodontic Center. "But too much candy can contribute to tooth decay. And for people who wear braces, eating sticky or chewy candies can harm their braces and may lengthen their orthodontic treatment."

Dr. Kusnoto recommends that children who wear braces avoid such snacks as caramel, nuts, hard candies, licorice, taffy, jelly beans and bubblegum. He also advises patients to steer away from popcorn (especially unpopped kernels), hard pretzels and taco chips.

"Soft candies like chocolate or other melt-in-your-mouth varieties are acceptable in moderation," he said. "In addition, regular brushing and flossing are essential parts of good dental care for everyone, but especially for those who wear braces."

During the Halloween Open House event, Dr. Kusnoto drew eight lucky winners of the Token Reward Program. The winners were entitled to receive a variety of trophies such as TresWhite Teeth Whitening Trays System, Oral-B electronic toothbrushes, Crest Pro-Health personal oral hygiene products, etc. Trick-or-treaters and patients were also encouraged to bring their treats collected during the Halloween to the Center for \$1.00 for each pound of treats.

During October, which is National Orthodontic Health Month, AllCare Orthodontic Center located at 842 West 31st Street is conducting a wide range of activities to educate the public and their patients about protecting their teeth during Halloween, and share information about the benefits of orthodontic treatment. National Orthodontic Health Month has been observed since 1995.





Winner of the Best Costume Contest (Batman).



Dr. Kusnoto and the 1st Prize winner from the token reward program.



Dr. Kusnoto and the 2nd Prize winner from the token reward program.



Dr. Kusnoto and the 3rd Prize winner from the token reward program.



Dr. Kusnoto and the 3rd Prize winner from the token reward program.



Winner of the Best Costume Contest (Clifford).

Families from around the Bridgeport neighborhood visited and joined in the festivities, making 2012's annual Halloween Open House a complete success!

## WINNERS OF THE TOKEN REWARD PROGRAM

1st Prize Y\*\*\* Huang  
 2nd Prize V\*\*\* Siu, Q\*\*\* Li  
 3rd Prize J\*\*\* Jung, L\*\*\* Benes, A\*\*\* Alfaro, M\*\*\* Ferrer, J\*\*\* Head

Winners of the Best Costume Contest

1st Prize Bat-Man  
 2nd Prize Clifford

## ABOUT THE TOKEN REWARD PROGRAM



The "Token Reward Program" is designed to encourage good orthodontic behavior and making life easier for both the patient and the doctor. When patients take good care of their teeth, they are automatically entered in the Token Reward Program via an entry form filled out with their Name and Birthdate. This entry form is kept anonymous, folded into a cute heart and guarded by Piggy Bank. Winners are drawn at the annual Halloween Open House, and prizes include a variety of dental care products to promote oral health. Good patients are valuable, and we believe in rewarding those who express good oral hygiene. After all, good oral habits lead to better health!



Spiderman mask with the token reward piggy bank.



Dr. Kusnoto is picking the lucky winners from the candidates.

Special thanks for the generous support from  and .



## DENTAL CARE DURING THE HOLIDAY SEASON

Holiday seasons are around the corner. As usual this annual festivity will bring joy to everyone; glorious parties followed by delicious meals have always been the tradition. Unfortunately, during the wonderful gathering with friends and families, we often forget to keep our teeth clean especially after certain crispy, sticky and ultra-sweet meals and snacks. Although its rates have declined for young children, tooth decay remains a problem for some teens and adults. That's because plaque, a sticky film of bacteria, constantly forms on our teeth. When we eat foods or drink beverages that contain sugar or starch, the bacteria produce acids that attack tooth enamel. The stickiness of plaque keeps the harmful acids against the teeth, which can contribute to tooth decay. Some eating habits can be harmful for your body and your teeth. For example, snacking throughout the day can increase the risk of tooth decay. Sipping soda and frequent nibbling on snack foods increase the rate of harmful acid attacks on tooth enamel. Similarly, repeated binge eating, impulsive gorging or continuous eating can do the same. While wearing braces, your child should continue to take regular care of teeth - brushing often as directed by your orthodontist, flossing daily, and visiting your dentist regularly. Generally, braces will not make a huge impact on your child's usual dental care routine. It just takes a little extra time to make sure teeth are clean! The main concern is to keep braces clean and teeth free of plaque. If plaque is not removed, the end result could be cavities and permanently stained teeth. Be sure your child maintains a balanced diet, which can provide essential nutrients to bones and tissues going through changes by the braces. Your child's dentist or orthodontist may tell your child to stay away from certain foods that may damage braces and bend the wires, such as ice, nuts, popcorn, and hard candies like peanut brittle. It may be helpful to cut hard foods such as apples, carrots, and hard bread into bite-sized pieces. Sticky, sugary foods like bubble gum can also harm braces. Talk to your child's dentist and orthodontist. During treatment, your orthodontist may recommend products to help care for teeth and braces, such as special toothbrushes, rinses, and plaque disclosure tablets. New products are always being developed; so ask your orthodontist, your child's dentist, or your child's hygienist about the latest tooth care products on the market. To keep your smile healthy, limit daily snack intake and eat nutritious, well balanced meals made up of foods from five major food groups:

1. Breads, cereals or other grains
2. Fruits (Cut into small pieces for braces users)
3. Vegetables (Also cut into small pieces for braces users)
4. Meat, fish, poultry or protein alternates (again, cut into small pieces for braces users)
5. Milk, yogurt or shredded cheese

A balanced diet includes a variety of foods that give your body all the nutrients it needs. Brush thoroughly at least twice a day with fluoride tooth-paste (and every after meal for braces users). Choose products that have the ADA seal of acceptance. Clean between teeth with floss or another interdental cleaner at least once a day to remove plaque. And have regular dental check ups and teeth cleanings at least twice a year for a smile that will last a lifetime. With that in mind, the doctor and staff from AllCare Orthodontic Center are wishing you an enjoyable and safe holiday season. **KEEP ON SMILING!**

