



DR. PARKINSON'S



# WIRE FLYER



SUMMER

2011



## Melody Talks Retainers

WIRED & INSPIRED

I have had the same retainer for several years. I haven't lost or damaged my retainer. It is in great condition, and fits like the day my braces were removed. I think this makes me a retainer expert, and I would like to share some retainer advice with you. You will quickly become an expert too. When you get your retainer, your assistant will teach you how to take care of it and give you a retainer care letter. If you follow these instructions, you will have an easier time.

When I receive a phone call for a lost retainer, I hear over and over how our patients have wrapped their retainer in a napkin and never see it again. NEVER wrap your retainer in a napkin! Some people may be sensitive to the sight of a retainer, but wrapping it in a napkin is too risky and too expensive. I also have had many of people tell me they left their retainer behind in a hotel room. In the "hotel world" a lost retainer isn't a high priority item to be set aside in the lost and found bin. So ALWAYS take your bright red, yellow or blue retainer case with you when you are traveling. I think it's a good idea to write your name and phone number on the retainer case with a permanent marker.

Lastly, dogs! If you have a dog DO NOT leave your retainer laying around. Your dog will want to chew on your retainer like its his very own chew toy. Store your retainer in your nightstand or bathroom vanity when you are not wearing it. If you get in the habit of keeping it in a closed, "easy to access" place, you are more likely to wear it as instructed and locate your retainer easily.

My favorite lost retainer story was a few years back when a parent told me the school cafeteria found a retainer after lunch was over. The office staff announced a retainer had been found in the cafeteria. Imagine everyone's surprise when four students showed up to claim the retainer.

Winter & Spring Quarterly and Monthly winners:

Cindy A.  
Red Robin  
Movie Night

Sam N.  
Kohl's Gif Card



Protect your retainer from your favorite pooch!



# CONGRATULATION TO ALL OUR PATIENTS WHO ARE GRADUATING!!!

## WHAT

*July 29-31*  
Water Follies



Hogs & Dogs  
June 23rd



Art in the Park July 29-30




## TO DO

COOL DESERT NIGHTS  
June 23-25



Walla Walla  
Sweet Onion Festival  
July 16th & 17th



## THIS SUMMER?

Benton Franklin Fair Aug 22-27



July 4th RIVER OF FIRE

## Dental Fun Facts

An elephant has two upper molars and two lower molars. Its molars are one foot across and weigh about 9 pounds. Elephants don't chew their food, they grind it. After about 10 years of grinding down at least a hundred pounds of vegetation daily, their teeth are worn down to the gum line and they fall out. New teeth then reappear. An elephant may go through six sets of teeth in its lifetime.

The modern toothbrush that we use today was not invented until 1938. In order to get teeth clean, twigs were used in ancient civilizations. People would chew on the tip of a twig to make it spread out into several small strands. They would then use it in the same way that a toothbrush is used. These twigs were called chew sticks. These chew sticks were very effective in getting the teeth clean.

No two people have the same fingerprints and the same is true for tongues and teeth. Your tongue has its own unique tongue print, that no one else has. Imagine if people collected tongue prints instead of fingerprints as a form of identification.



## How to Stay Cool this Summer.....



- \* Wear loose-fitting clothing; preferably a light color.
- \* Place a fan in your home to help circulate the cool air.
- \* Fill a spray bottle with water and keep it in the fridge for a quick, cool, refreshing spray after being outdoors.
- \* Use mint creams and lotions to cool and refresh your skin.
- \* Avoid using the clothes dryer. Invest in a clothesline.
- \* When outside, wear a hat and spend your time in the shade.

*Try saying "teeth" without front teeth. It won't sound right.*