



DR. PARKINSON'S

WIRED FLYER



WIRED & INSPIRED

FALL PHOTO CONTEST

We know what you did last Summer!



WINNER WILL BE ANNOUNCED OCTOBER 6TH

LUCKY SUMMER

WINNERS:

- MARIA FLETES
- HANNAH GALLAGHER
- BRENDA OLIVERA
- BRYCE CAZIER
- MARIA RANGEL
- IRINA BONDAR
- ALEXIS RAMIREZ

"Easy on your Braces" Pumpkin Cake:

Ingredients:

- 1pkg yellow cake mix
- 1/2 cup vegetable oil
- 4 eggs
- 1 cup canned pumpkin
- 3/4 cups sugar
- 1 tsp cinnamon
- Dash of nutmeg
- 1/4 cup water

Put cake mix in large bowl make a hole in the center & pour in the oil and one egg. Mix with mixer at medium speed. Add the rest of the eggs one at a time, beating after each one. Add pumpkin, sugar, spices and water. Bake in greased and floured bundt pan @ 350 degrees for 60-70 mins. No frosting required.

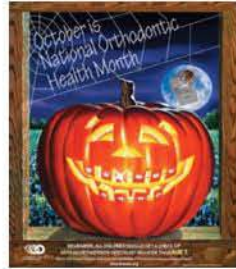


FACING HALLOWEEN WITH BRACES

The haunting hours of Halloween can mean big trouble for trick-or-treaters who wear braces. "If it's sticky, chewy, hard or crunchy, it's a food that anyone wearing braces should avoid," says Dr. Parkinson.

October is National Orthodontic Health Month, and Dr. Parkinson urges patients to steer clear of the following treats, or treats with these ingredients:

- Bubblegum
- Taffy
- Popcorn
- Peanuts
- Hard pretzels



"Eating food that could harm your braces may affect treatment just as if you weren't tending to oral hygiene or wearing your rubber bands," Dr. Parkinson says. Bobbing for apples is also not recommended for braces. However, orthodontic patients can enjoy thinly sliced apples.

Of course, Halloween does not have to be completely treatless. Plain chocolate candy is OK, provided you remember to brush and floss afterwards.



Happy Halloween from Parkinson Orthodontics!

Create your next
Colorful smile online

Go to our website
WWW.parkinsonbraces.com
Click on "types of braces"

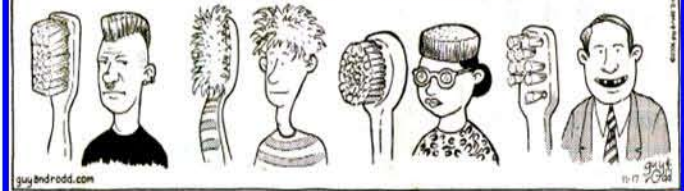
And choose your colors for your next
appointment!!

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JOIN OUR FACEBOOK TO EARN AN EXTRA RAFFLE TICKET

BREVITY Guy and Rodd

THE MYSTERIOUS PROCESS BY WHICH PEOPLE AND THEIR TOOTHBRUSHES START TO LOOK SIMILAR...



Dental Dangers of Tongue Piercing:

Piercing your tongue can cause serious damage to your teeth. Here are some possible risks involved with tongue piercing.

One of the biggest dangers to the teeth from the tongue piercing is the possibility for chipped teeth. It is all but guaranteed that a person with a tongue piercing will chip his or her teeth. Even if the chip is not large, there will still be chips to the teeth. These chips, particularly along the leading edge of the teeth, will contribute to tooth decay and can also make a person look older.

Another hazard to teeth from tongue piercings is the potential of gum damage. The metal of the tongue piercing will rub against the gums on the inside of the tooth. The gums are sensitive tissues and do not like being rubbed by metal. It just rubs them the wrong way. When they are rubbed the wrong way by the tongue piercing, they recede. Rather than confront the invader or stand up and fight, the gums recede. This can cause the roots of a tooth, which contain the nerves, to be exposed to everything in the mouth. When the nerves of a tooth are exposed, they become extremely sensitive to heat, cold, and a variety of other stimuli in the mouth. This can result in a very painful experience.

Piercing your tongue can have long term permanent dental, as well as, health risks. If you or your son or daughter has a tongue piercing please consider removing your piercing to avoid the unnecessary dental risks. Take care of your beautiful smile.