

The Braces Cookbooks

Trivia:

I keep learning more dental vocabulary: **mesial** – the surface of a tooth closest to the middle of the front teeth; **distal** – the surface of the tooth furthest from the middle. And **bruxism** means grinding, clenching and gnashing your teeth, coming from the Greek word brychein.

The Braces Cookbook Newsletter Extra Edition
Featuring a delicious new recipe!
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NEWS

Just discovered a new quarterly food magazine and website for kids aged 5-12 and their families. ChopChop (love it!) has the mission of educating kids to cook and be nutritionally literate. It also wants to empower kids to actively participate as health partners with their families and help establish and support better eating habits for a lifetime. I just signed up for my subscription – can't wait to get my first issue! Check them out at www.chopchopmag.com.

A fun and useful online catalog of items that may interest dentists and orthodontists is called Open Please Catalog (www.openpleasedirect.com). They sell a number of fund-sounding children's books, including My Loose Tooth, Tooth Tales from Around the World, and The Whole Tooth. There's also a DVD with clips of Hollywood movies that show "dental scenes" (I think the Three Stooges are in there...)

Visit the Braces Brigade website, too (www.BracesBrigade.org) to learn what others say about their braces experience.

Are parents sometimes slowing down orthodontic treatment? Read the following post on this topic, from Amazing Braces, a blog by an orthodontic office manager – it's an eye-opener! (<http://amazingbraces-christine.blogspot.com>)

Amazing Braces!

Doing the Work

Posted: 03 Mar 2011 02:13 PM PST

I have droned on and on about how not doing the things you are supposed to do with braces won't get you anywhere with your treatment. This message is not getting through. Let me break it down again:

Not wearing headgear = no progress
Not wearing elastics = no progress
Not coming to appointments regularly = no progress
Broken braces = no progress

We had some instances in the past few days that made it evident that some parents and kids do believe that simply having braces in your mouth make the teeth move. A Mom said that her daughter threw out her headgear 3 weeks ago. This was followed up with a question as to how much longer she had to wear it. The answer is about 3 weeks longer than originally planned plus whatever time it takes to make up for the time she hasn't worn it at all. Another Mom had not had her kids in for appointments in 6 months for whatever reason. Then she asked how much longer they would be in braces. The answer to that question is 6

months longer than she thought because they missed 6 months of appointments. If your child was a diabetic and they threw out their insulin, would you wait 3 weeks to report that to the doctor? Would you wait 6 months for an appointment? I am not making light of having a child that is a diabetic--I am trying to illustrate that orthodontics should be treated with the same importance as any other condition. Really.

Simply owning the medicine doesn't cure the ailment. Parking in the parking lot of the gym does not equal working out. As much as we would like that to be true, it just isn't and never will be. To improve anything in your life, your health, your relationships--you have to do the work.

Kids in braces have to be made to understand that they have to do the work. They aren't getting braces just for the heck of it. It isn't so their parents can torture them or ruin their social lives. They have to realize that they have a dental problem that can have lifelong consequences if not corrected. While the consequences probably aren't life threatening they are still consequences. Malocclusions can lead to a host of dental problems that can lead to a host of health problems that can be serious. No joke. My brother in law's mother died because her dental health was so poor that it led to heart disease. She died of a massive heart attack in her early 60's. Really.

Orthodontic treatment can be life altering in more ways than one. Commit to it and, as a parent, prepare your kids to do the work. We can only do so much in the office. In the words of Jerry Maguire (before Tom Cruise turned into a wackadoodle), "Help me, help you. Help me...help you."

RECIPE of the Month



Creamy Potato-Cheese Chowder

When the weather calls for a thick soup and fresh bread, stir up this quick chowder using instant potato flakes, blue cheese and mild cheddar. Based on milk, not cream (1% is just fine), it's even on the low-fat side.

3 Tablespoons butter or margarine
¾ cup chopped onion
½ cup chopped green bell-pepper
3 cups milk
1 cup vegetable broth

1 ¼ cups instant dry mashed-potato flakes
¼ teaspoon thyme
½ cup shredded mild Cheddar cheese
2 Tablespoons blue cheese, crumbled

In a medium saucepan, cook the onion and green pepper in the butter until very soft, for about 10 minutes. Stir in the milk and vegetable broth and bring to a boil. Watch it closely, and turn the heat down to medium-low as soon as you see it start to boil. Add the potato flakes and thyme. Turn heat down to low, keep stirring and cook for 2 minutes until a bit thick.

Stir in the cheddar and blue cheeses until well melted and mixed, about 3 minutes. Serve immediately. Makes 4 servings.

Chef Amee's Gourmet Touch

For a creamier texture and flavor, replace potato flakes with 1 ½ cups frozen, shredded hash-browns and replace half of the milk with heavy whipping cream. To add a bit of a kick to this soup, replace the Cheddar cheese with some shredded Pepper Jack cheese.

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