

The Braces Cookbooks



Pam Waterman

TRIVIA

In 1866, Lucy Beaman Hobbs became the first woman to graduate from a dental school, the Ohio College of Dental Surgery.

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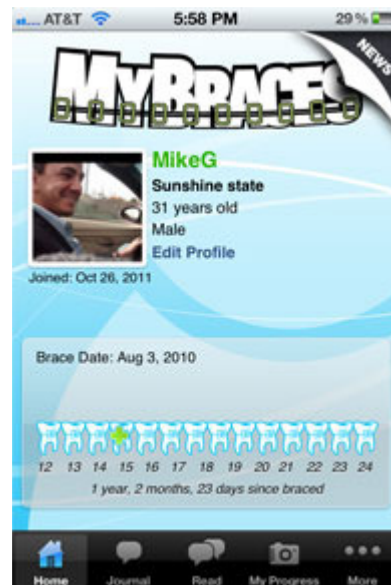
NEWS

Metal Mouth Media is now on Twitter!

Follow us: @BracesFriendly

Another App for Braces-Wearers

My Braces V1.6 (<http://www.bracesinfo.com/mybraces/#>) lets braces-wearers keep a journal and share experiences.



You can:

Choose to make your journal entries public or private
Take pictures of your teeth to track and compare your progress

Personalize your ligature colors

Share your journals and ligatures with your friends on facebook

The program is optimized for the iPhone 4 Retina display.

From the American Academy for Oral Systemic Health

(Meaning, the new professional organization that recognizes how much the health of your mouth affects your entire body!)

G. Lee Ostler DDS, a Richland, WA dentist and board member of the American Academy for Oral Systemic Health, recently wrote a note about the future he sees for Dental Healthcare Professionals.

"You should know that in the New Era of Dentistry the definition of "Dental Healthcare Professional" is being redefined. The "New Era" Dental Healthcare Professional will have enhanced diagnostic and treatment capabilities utilizing a broader array of science and technology for better patient care. They will also establish a network of other healthcare professionals. These changes prompt new practice models and go far beyond the tired cliché of 'taking your practice to the next level.' In the near future, the degree to which dental and medical collaboration is established will determine the difference between patient wellness and practice success."

-- a pretty powerful statement!

Saving Lives One Tooth at a Time - Caries as a Global Health Care Issue

In the October 2011 issue of AAOSH Connect (<http://aaoshconnect.org/issue/october-2011/article/the-potential-impact-of-improved-caries-treatment-and-control-a-case-for-inclusion-in-the-oral-systemic-connection>), there's a good discussion of how caries (cavities) pose a broad health problem along with the more commonly cited health issues associated with periodontal disease.

RECIPE



Burgundy Beef with Mushrooms

Cooler weather is here and stove-top cooking sounds good again. This dish doesn't take very long (a little more than half an hour to cook), but it offers the appearance and aroma of a much more involved combination. When you've added in the soup to simmer, it's a good time to put water on to boil to prepare egg noodles; serve the beef in its mushroom sauce spooned over individual plates of the tender noodles.

- 1 ½ pounds sirloin steak, cut in 1" chunks
- 1 Tablespoon vegetable oil
- 1 cup (about 8 ounces) mushrooms, sliced
- 2 medium onions, chopped
- 1 cup red wine (burgundy is best, but merlot works, too)
- 1 (11- to 14-ounce) can mushroom soup

In a large frying pan or Dutch oven, brown the steak chunks in the oil, for about 10 minutes. Turn off the burner. Remove the steak and keep it warm on a plate covered with a bowl; keep the pot on the stove.

Add the mushrooms and onions to the pot and cook over medium-high heat until the onions start to become clear. Stir in the wine and simmer for ten minutes. Add the soup and bring the mixture to a boil. Add the steak back into the pot and heat it all through on medium, for another five minutes.

Serve with medium egg noodles.

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