


FOREVER SMILES BRACKET CHATTER

Official Newsletter from Dr. Yan Razdolsky Specialist in Orthodontics for Children & Adults




Dr. Yan Razdolsky &
the Forever Smiles Team

Invite you to see the
magic this holiday season

FANTASTIC BEASTS

AND WHERE
TO FIND THEM

Please bring a guest and join us at a private screening
Saturday, November 19 at 11:30 a.m.
AMC Showplace Theatre

Visit our website or follow us on  for more details!

YAN RAZDOLSKY D.D.S., L.T.D.



ORTHODONTIST

FOREVER SMILES



Many Halloween treats wreak havoc for trick-or-treaters with braces, clear aligners or other orthodontic appliances. This can cause damage that may prolong your treatment. This is why the American Association of Orthodontists (AAO) and Forever Smiles are teaming up for National Orthodontic Health October to provide these "Tips-4-Treaters" who are undergoing orthodontic treatment.

With more than 1.2 million U.S. adults currently sporting braces, it's not only kids who need to understand which treats are orthodontic-friendly and which ones should be avoided. So, we've compiled a list of tasty treats you can enjoy this holiday and still be on pace to complete your treatment with a healthy, beautiful *Forever Smile*.

Remember, a few sweets on occasion are okay. Just say "BOO!" to sticky, gooey Halloween treats, and scare away yucky germs and sugary residue which can cause tooth decay. A good floss and brush after any sweet treat will keep your smile healthy and braces clean. *(cont'd on back)*

Continuing Education For Better Patient Outcomes

Annual Update Seminar

There is strong evidence indicating a positive correlation between continued professional education to patient care and successful treatment outcomes. This is why continuing education is so important. As part of this commitment to our patients, Dr. Yan Razdolsky and the Forever Smiles team hosted the Annual Orthodontic Update & Seminar in September.

For more than 15 years, Dr. Razdolsky has hosted this event featuring distinguished speakers and leading

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Annual Update Seminar (cont'd from front)

experts from the dental field. Program discussions provide area dentists, hygienists and their team the opportunity to come together, share and learn about the latest in varying treatment options for successful patient care.

This year's presenters included Dr. Razzdolsky along with noted Prosthodontist, Dr. Sergio Rubinstein, board-certified Oral and Maxiofacial Surgeon and designated



Oral Surgeon for the Chicago Bulls, Dr. Peter Chemello and Regional Preventive Specialist for 3M ESPE, a leader in dental products, George J. Martinez, NPS.

With more than 150 in attendance, the panel shared insights and case studies to educate audience members on several key topics. Presentations included discussion the latest in dental implant technologies, successful perio-orthodontic treatment in adults and Caries Management by Risk Assessment (CAMBRA), the evidence-based approach to both prevention and treatment of tooth decay at the early stages.



Attendees also enjoyed a delicious lunch provided by Maggiano's Little Italy and networking with professional peers from the area. In all, it was a very successful event and we are very proud to be a part of such an outstanding dental community.



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Ortho-Friendly Treats

In general, look for foods that are soft and easy to chew.

- Soft, melt-in-your-mouth chocolates
- Peanut butter cups
- Milk shakes
- Gelatin
- Peeled, thinly sliced apples
- Ice cream or Frozen Yogurt

Ghastly Treats to Avoid

In general, avoid treats that are sticky, hard, chewy or crunchy.

- Caramel or gummy candies
- Nuts (*incl. candies that contain nuts*)
- Licorice, jelly beans, taffy, candy corn or bubblegum
- Hard pretzels & Nacho chips
- Lollipops
- Popcorn (*especially un-popped kernels*)
- Ice



Congratulations!

Jackie K

Our ON-TIME
September Winner

In Closing

Thank you for being part of our Forever Smiles Family. If you have any questions about this newsletter or anything else, please do not hesitate to contact us at our Buffalo Grove office: 847-215-7554 or via email: yan@razdolsky.com. We look forward to providing you and our community with even more reasons to smile!

Truly,

www.razdolsky.com

Yan Razzdolsky, DDS, BSD, LTD
Orthodontist for Children and Adults

