

FOREVER SMILES BRACKET CHATTER

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



The New Year is a great time to start things fresh. To resolve new lifestyle changes that improve areas of our lives where we may fall short. Some stick, some don't. The following are a five super easy lifestyle hacks that we think you should consider which can really help you on your way to a healthier and more beautiful Forever Smile!

Eat more fruits & veggies

Did you know strawberries, oranges and pineapple are great for whitening teeth? And they are delicious, healthy and braces safe too! What's not? Sugary foods, tea and sodas. These foods stain and can damage tooth enamel, so enjoy them sparingly in the New Year for a healthier brighter smile and always brush up right after.



Brush & floss

Did we say brush? If you have not been a big brusher in the past, resolve to be better! Not only will your friends appreciate it, so will Dr. Razdolsky! Orthodontic appliances are a good place for bacteria to hide which can result in plaque build-up which

can cause stains and other dental issues. Good oral hygiene health is important in protecting your teeth, gums and ensuring the overall success of your orthodontic treatment.

Stick to the plan

Maintain your orthodontic adjustments on schedule. Treatments are spaced in six- to eight-week appointments in order to have the greatest impact on tooth re-alignment. So for us to stick to the plan and reach the goal of your most beautiful Forever Smile on time, keep your scheduled appointments.

Wear your elastic bands as prescribed

You have invested a lot of time into your new braces and are well on your way to improving your smile. But remember, changing the elastics a few times each day means that you maintain a reasonably even,



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



ORTHODONTIST

FOREVER SMILES

The Razdolskys Meet a True Hometown Hero

During their vacation in Hawaii, Anna and Dr. Razdolsky witnessed a local Deerfield teen help rescue a 52-year-old man and his 11-year-old son from the big waves off the coast of Maui.

Alex Spungen, a student at Northwestern University, was swimming at Polo



Beach, located in front of the resort and noticed the pair overcome by waves at the safe-swimmer outer marker. The two appeared to be struggling back to shore when Spungen swam out to assist the boy and help guide him back to the beach. When he turned back for the boy's father he saw that he was unresponsive.

That's when Anna, who witnessed the events unfold, called out to other beachgoers to help and call 911.

"This young man was clinging onto an older man in his arms as the waves were crashing all

over them," Anna said. "The man he was holding did not move and seemed completely unresponsive."



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New Smile Habits For The

NEW YEAR (cont'd from front)

low and light force that helps your teeth move according to your prescribed treatment plan.

Drink lots of water

Did you know that as many as 75 percent of Americans may suffer from Chronic Dehydration? And, if your body is dehydrated, your mouth is too. This is a haven for bad bacteria. In addition to drinking plenty of water throughout the day, you should drink even more if you play after-school sports or participate in other extracurricular activities. Plus, when you're properly hydrated, the lips, cheeks and gums are not as easily irritated by your braces! That's even more reason to smile.



Show Your Dentist Some LOVE



Your smile is important to us. So, in honor of February's National Children's Dental

Health month, we remind you that regular visits to your dentist for cleanings and treatments play a huge part in keeping your smile healthy.

Dr. Razdolsky recommends seeing your family dentist three to four times a year while in orthodontic treatment. That's why we say "show your dentist some love"! Be sure to schedule and keep your appointments with your regular dentist, and we'll see you at your next visit with us!

The Razdolskys Meet a True

Hometown Hero (cont'd from front)

That's when Dr. Razdolsky and other resort guests sprang into action, helping Spungen to pull the victim from the water.

According to the Maui Fire Department's report the resort's security staff attended to the man who appeared "really



exhausted" and "must have blacked out because he only remembered waking up on shore."

Anna was so impressed by Spungen's heroic act, and after talking with him learned he just graduated Deerfield High School earlier in the year.

"It is so exciting to witness such a selfless act of bravery" said Anna. "I think that shows character and deserves recognition. And to find out he is from our area and even knows some of our patients?!? That shows you the kind of people we live around and can see every day."

Spungen has remained humble despite the recognition he's received since the rescue was publicized.

"I'm sure there are plenty of other people who have done the same thing and have gone unnoticed. But it feels good being able to help people out," he said.



Congratulations!

Madeline
Our ON-TIME
December 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,

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