



“Where Smiles Blossom”

Janice J. Wilmot, DMD, MS, PC

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Congratulations to Dr. Wilmot!

- ◆ *Dr. Wilmot has been chosen for the second year in a row as a **Top Dentist** in orthodontics by Consumer’s Research Council of America and Atlanta Magazine.*
- ◆ *She has also been named a 2010 Preferred Provider with **Invisalign**.*
- ◆ *Be sure to congratulate her at your next appointment!*



Welcome to Our Practice!

Mitchell Atwater	Ana Victoria	Jonathan Shealy
Abirami Balajee	Hernandez	Lynn Scott
Ryan Capone	Abby Duvall	Trevor Stephens
Richard Zhang	Andrew Klassen	Dillon Boulet
Tobias Haymes	Meghan Ross	Kingsley Sawtelle
Juan Torres	Damon Blount II	Julianna Brieske
Brianna Fowler	Kim Watts	Lucas Montouchet
Ronald Peterkin	Joseph Covington	Varun
Amar Kurta	Saba Bein	Ramachandran
Haley Peacock	Collin Queen	Nicholas Stowe
Eleanor Yates	Charlotte	Elizabeth Abraham
Nicole Stercay	McCuiston	Emily Hewitt
Samantha Pringle	Marie Runels	Caroline Singer
Hannah Staubach	Madeleyne Vaca	Joshua Baker
Michael Bowler	Marissa	Avery Blocker
Taliya Applewhite	Henderson	Eshna Reza

The Doctor’s Corner:

Happy **2010** to you all and as we begin the **New Year**, some of the most common resolutions that are made are to lose weight and to start exercising. I would like to suggest that you make a resolution to improve your overall health, and a great way to start is by improving your oral health.

The Surgeon General’s report on oral health in America looks at the meaning of oral health, and explains why it is essential to one’s overall well being throughout life. Oral diseases can interfere with vital functions such as breathing, eating, swallowing, digestion and speaking and can incur great costs. Poor dental care is the most common, chronic childhood ailment, and if untreated can result in pain, infection and other devastating impacts on a child’s health, self-image and self-esteem. Daily oral hygiene and regular dental care are central to a healthy mouth and body.

The mouth is the gateway to the body, and the connection between overall oral and general health are inseparable. The connection between periodontal disease and diabetes, stroke, premature and low birth weight babies, and cardiovascular disease is a fact. Poor lifestyle behaviors such as tobacco use, excessive alcohol use and poor dietary choices increase the risk of oral cancers, periodontal disease, and cavities.

Be Well- Brush, Floss, and Smile!

New Years Resolutions...

We hope our patients will consider adding the following items to their resolution list for 2010:

1. I will wear my rubber bands as instructed.
2. I will make all my appointments to assure that my braces come off on time.
3. I will strive to achieve a good hygiene report at every appointment.
4. I will keep my retainers in my case (when they are not in my mouth) and away from the dog... see [page 2](#).
5. **And, I will smile more!**



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Janice J. Wilmot DMD, MS, PC

956 Killian Hill Road, Suite D

Lilburn, GA 30047

Phone: 770-921-2233

Fax: 770-921-6090

Page 2

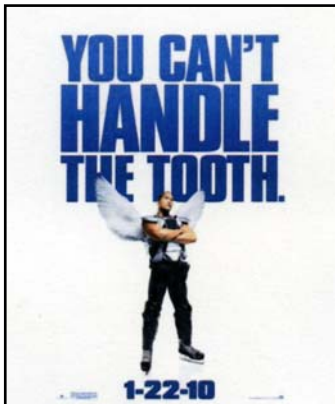
Web Address: www.jjwilmot-ortho.com

Email Address: drwilmot@bellsouth.net



Not only do we have fun in the office, but we truly enjoy spending time together outside the office. Here we are at a continuing education conference hosted by the Hinman Dental Society held at the beautiful Georgia Aquarium.

OUR CURRENT CONTEST WAS INSPIRED BY THE MOVIE:



Enter our current contest by sending in your drawing of what you think the tooth fairy looks like. Be sure to include your name, age and phone number. Hurry contest ends 2/28/10.

If you are a teacher and would like Dr. Wilmot and staff to come and give a dental talk to your class, please let us know. We love sharing our knowledge and toothbrushes. Brownie and scout troops are also welcome to tour our office to earn a merit badge.

SAD RETAINER TALES

For this newsletter, in lieu of a sad and woeful retainer tale, we would like to remind you that...

DOGS LIKE RETAINERS!!



As evidenced by Elizabeth Owens, who set her retainer down on an end table so she could brush her teeth. Within seconds her dog had chewed up her retainer.



Luckily, Matt Myers was able to save his retainers, but not the retainer case from his dog!

We are not really sure why dogs (and cats too!) like retainers so much. We have a few theories my favorite being that “[pets want straight teeth too!](#)”

One of the greatest compliments you give our practice is when you refer friends and neighbors to our office. Each month we will have a drawing for a \$25 gift card for those patients who have referred a friend to our office. Thank you for your referrals!

Congratulations to our newest winner, [Lisa McDonald](#) for referring a friend to us!

LOST AND FOUND

From time to time special treasures are left at our office. **Do any of these items belong to you?**





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Page 3

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GOOD FOR YOU!



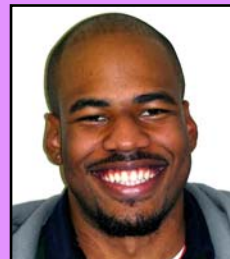
Tashan Junke has been inducted into the National Honor Society and Beta Club. He plays varsity football while maintaining straight “A’s”. And he is a big brother and son extraordinaire!



We are extremely proud of **Daniel Lentz** for NOT cutting off his thumb while helping his granddad cut down the Christmas tree!



Kudos to **Courtney Ross**, she received a Scholastic Athlete Award for the 9th grade Brookwood High School Girl’s Softball Team. They has a season record of 12 wins and only 6 losses.



Way to go, **James Scott!** He is a recent graduate of Georgia State University and wears his retainer every night!



We would like to congratulate **Khalin Taylor** for winning a trophy at her cheerleading competition.



Congratulations to **Shehzin Jafar** for recently graduating from Georgia Tech.. Go Yellow Jackets!

Our “Guess the weight of the pumpkin,” Contest Winner is...



Nia Jean-Pierre

She guessed the closest at 27 lbs., the actual weight of the pumpkin was a hefty 26.83 lbs.

Dental Chuckles

