



# “Where Smiles Blossom”

Janice J. Wilmot, DMD, MS, PC

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## Did You Know?...

Are you one of the many adults who wore braces as a teenager, but didn't keep up with retainers as you matured? Are you finding imperfection with your smile but really don't want braces again? Well, **InvisAlign** is perfect for you. **InvisAlign** treatment consists of a series of aligners that you switch out approximately every two weeks. Each aligner is made of clear, comfortable, removable plastic tray that gradually moves your teeth into place. The **InvisAlign** system is custom made for your teeth and your teeth only, with a plan devised by you and Dr. Wilmot. If you are ready for a smile that transforms your appearance, without braces, **InvisAlign** is your answer. Please let us know if you would like to



## Got Postcards?

It's time for our summer 2009 contest. Please mail us those postcards.

Categories are:

- 1) Farthest Away
- 2) Funniest
- 3) Most Unusual Shape
- 4) Toothiest

Each category winner will receive a gift card and all postcards submitted will be entered in a drawing for an I-Pod Shuffle.

## The Doctor's Corner: Bottled or Tap?

Summer is here, and when it is hot outside, nothing can quench your thirst like a cool drink of water, but should that water be tap or bottled? Recent studies show that bottled water is not better than tap and costs more. Also, bottled water has no or inadequate levels of fluoride, and children's dental decay rates are increasing due to the consumption of bottled water over tap. Fluoride is added to tap water to strengthen and protect the tooth enamel from dental cavities.

So, what should you drink? The average American drinks more than 53 gallons of soft drinks each year, more than any other beverage including water. People who drink 3 or more sodas daily have 62% more dental decay, fillings and tooth loss, as well as a greater risk of obesity and diabetes. Wearing braces and drinking soft drinks and sport drinks can quickly lead to white spots or scarring of the enamel on your teeth due to the sugar content and acid levels of these beverages. Diet drinks contain less sugar but are still acidic and cause problems.

### Worst:

Mountain Dew  
Arizona Iced Tea  
Energy Drinks  
Gatorade/Sport Drinks  
Lemonade  
Canned tea with lemon

### Bad:

Coke  
Sprite  
Pepsi  
Dr. Pepper

### Best:

Tap water  
Brewed black tea  
Brewed black coffee  
Root Beer

The effects are worse with greater exposure. So, if you drink these, please rinse with water afterwards, brush well, use fluoride toothpaste and fluoride rinse, and avoid sipping on these beverages all day bathing your teeth in these erosive beverages. We want your smile to be beautiful and

## Contest Winner!



Our Relay for Life raffle winner was **Anthony Norcini**.

His prize was an Oral B Pulsonic toothbrush.



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**Welcome to Our Practice!**

Viktoriya Seredyuk	Chauncey King	AnnMarie Grayson
Shelly Randles	Deborah Garner	Matthew Deloach
Olga Seredyuk	Durgesh Patel	Wesley Guy
DJ Harris	Patick White	Nia Jean-Pierre
Caleb Roberts	Meredith Gray	Nicholas Guy
Hannah Causey	Clark Collins	Reese Urdialez
Cheryl Chaney	Arissa Vercande	Danita Stewart
Darielle Oliver	Kate Coble	Callie Barrett
Calvin Gratz	Moses Leon	Dillon Carter
Gabriela Lopez	Jolee McManus	Jeremiah Roberts
Jeffrey Griffiths	Cordeluis Parks	Caroline Stiles
Micah Tulloch	Patricia Dennison	Ashley Rutland
Sonya White	Haley Keith	Abbi Kate Bomar
Owen Miller	Deidra Galloway	

**Relay For Life**



Thanks to all of you who came and supported us at the Lilburn Relay for Life. We truly enjoyed spending time with all of you, and are looking forward to seeing each of you next year!

**SAD RETAINER TALES**

Each newsletter we will share one of the more creative and woeful retainer tales that we receive. Below **Shakellia Lott** shares her tale.

**My lack of responsibility caused me to loose my retainer.**

Responsibility is classified as being answerable or accountable for something within your power, control, or management. I will admit, in all honesty, that for the past two weeks, I have not been practicing great responsibility. With trying to maintain decent grades, somewhat of a social life, and preparing for the summer, sadly, being responsible for one of the most important things for my wellbeing was put on the backburner. I am most definitely disappointed in myself and quite bamboozled as to how I could let something happen like this. I guess, like any other average teenager, I never thought I could misplace anything, this including my retainer. I figured that if I sat my retainer anywhere I would be able to commit to memory where I put it; I was wrong.

I wore my retainer faithfully on up until the day I was given the ‘okay’ to wear the appliance only at night. I went from wearing my retainer every night to every other night. Instead of bringing my case to school, I would wrap my retainer in a napkin while I ate during lunch. And, as I said before, I sat my retainer anywhere and everywhere I saw fit (I was lucky to be able to even memorize where I put it most of the time). This recent occasion where I continued my irresponsibility of placing my retainer anywhere caused for me to be unable to find it. This also opened my eyes and helped me realize how irrational and careless I have been.

**One of the greatest compliments you give our practice is when you refer friends and neighbors to our practice. Thank you for your referrals!**



Dr. Wilmot was a volunteer at the Georgia Special Olympics Games held at Emory University, May 30<sup>th</sup>. She and other dentists performed dental screening exams for the participants. Patient and Olympian, **Brittany Brettschneider**, is pictured with Dr. Wilmot outside the Special Smiles Clinic.



**Did You Know...** that you can log onto our website to check your appointment and account information?  
Log onto the website at [www.jjwilmot-ortho.com](http://www.jjwilmot-ortho.com) and click on patient log in.  
Key in your password and user ID that was given to you after we received your e-mail address.



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## Get to Know Our Staff!

### Abby Burns - Orthodontic Assistant



- Abby has worked as an Orthodontic Assistant for 11 years.
- Has a 13 month old son named Noah James.
- Has an 8-year boxer named Trinity and three cats.
- Enjoys working out and going to visit the in-laws that live in Destin FL.
- Loves to tell anyone who will listen how awesome her little Noah is!
- Favorite Food: Japanese

## GOOD FOR YOU!

Congratulations to **Adrianna Archie** for graduating from High School and making the European AAU Basketball Team.

Congratulations to **Callie Barrett**. She won the local Kohl's Kids Who Care award for her volunteer work in the community. She is now a candidate for the regional competition.

Congratulations to **Meri Gray**. She made the 12u Allstars. Go Meri!

Congratulations to **Avonne Hogan** on the birth of her daughter, Alayah Jamira Lawrence.

Congratulations to **Eboni Jackson**. She won 4th place AA in the Jr. 4 age group with a score of 37.15 in the Eastern National Gymnastics Championships. Eboni also won 2nd place AA at the Regional competition



held at Vanderbilt University and was the Regional Beam Champion and 2nd place AA at the State Competition and State Vault Champion.

## Dental Chuckles

