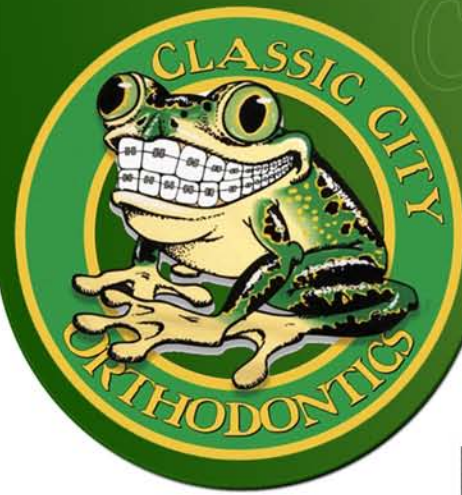


Creating Classic Smiles

the lilypad



SUMMER 2009

staff spotlight

MEAGAN ELDER



Meagan Elder is one of those rare people who can bring a smile to your face, even when you are having one of THOSE days. With her sweet spirit and beautiful smile, Meagan makes juggling schedules and changing appointments while answering a busy phone system look easy. As one of our scheduling coordinators, Meagan has been with Classic City Orthodontics for 1½ years. She and her husband, Evan, live in Athens with their dogs, Tucker and Annie. Their hobbies include golf, camping, fishing and cooking with Meagan's favorite food, cheese. An experienced world traveler, Meagan studied abroad in Tasmania, Australia, London, Prague, and the Czech Republic; but her favorite vacation destination is St. Lucia, where she spent her honeymoon. Educated right here in her home state, she attended Valdosta State University and Piedmont College, where she was a youth mentor, as well as a member of Chi Omega. Her favorite television shows are *Extreme Makeover: Home Edition* and *Desperate Housewives*. She is also a fan of Led Zeppelin's song, *Dyer Maker*. What she loves most about working with Dr. Harter is "watching our patients' confidence grow as their smiles develop." Because she always displays her positive attitude and big heart, we are proud to call Meagan a member of the CCO team!



classiccityorthodontics.com is getting a facelift. A new web site is on the way! And, the Froggy Bucks evolution is almost here. Soon CCO will incorporate a new rewards system to replace Froggy Bucks. Patients will have more opportunities to earn rewards points, can choose rewards online, and will have a convenient rewards card that can easily fit into a pocket or wallet.

DID YOU KNOW?

Maintaining excellent oral health not only ensures a beautiful smile and healthy gums, it also can save your life. More and more studies now link heart disease to periodontal disease. One theory is that bacteria may enter the bloodstream through the mouth and have the potential to attach to fatty deposits in the blood vessels, which may contribute to cardiovascular disease. Another theory is that the inflammation associated with periodontitis may play a role. A recent study examined the presence of bacteria known to cause severe chronic gum disease and the thickening of the blood vessel wall commonly seen in heart disease. After examining more than 650 subjects, the investigators concluded that there was an association between an increased level of blood vessel thickening and the presence of the bacteria found in dental plaque known to cause periodontitis. Be sure to tell your dentist if you have a heart condition and what, if any, medications you are taking for it. Your dentist will record important health information in your record and coordinate treatment with your physician.

Calling all Tadpoles!

Be sure to join us at *Pump It Up on May 21!* All Club Tadpole members, as well as their families, are invited to our "Bounce Into Summer" event. Join us for an evening of fun as we celebrate the start of summer. Food and Fun Provided.

Summer Smile Spectacular!

Our summer contests are underway! Design a beach ball and enter to win a portable DVD player. Don't forget to give us a snapshot of your best smile to enter in a drawing for an iPod™ Touch!

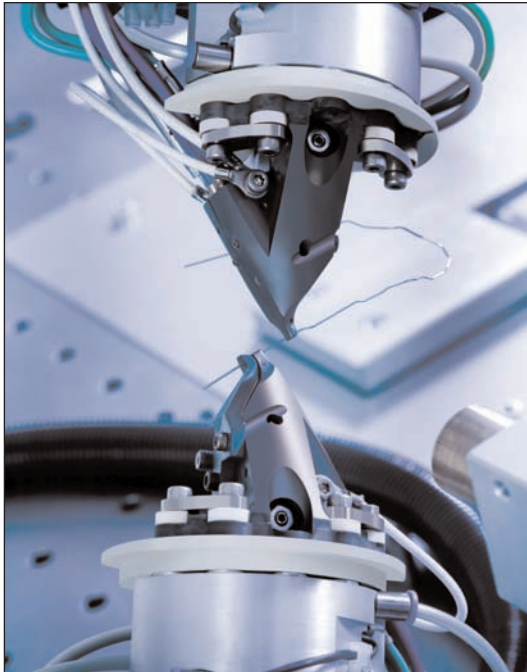
We are now on.....



Blast those BUGS

What is plaque? Did you know that plaque on your teeth is made up almost entirely by BUGS!?! Yuck! Not nice bugs like grasshoppers or beetles, or even cute little lady bugs, but bugs called bacteria, which when left on your teeth build up a thick layer to form plaque. Who wants to have bugs on their teeth? If you don't remove the plaque from your teeth, it will release damaging acids onto the tooth surface, creating icky cavities and stains, as well as irritation that leads to gum disease. Blast those bugs off your teeth by brushing and flossing every single day and visiting your dentist every six months.

This robot will make you smile!



Be sure to ask us about **suresmile** at your next appointment.



Levi Spear Parmly, a dentist from New Orleans, is credited with inventing the first form of dental floss. He recommended that people should clean their teeth with silk floss in 1815. A character is depicted using dental floss in James Joyce's famous novel *Ulysses*, an early mention of the practice in literary fiction.

1st Annual Build-A-Bike is a hit!

On April 24, 2009, Dr. Harter and the CCO team hosted the First Annual Build-A-Bike Team-Building and Charity event at Bishop Park in Athens. Local dentists and their teams competed in challenges to unlock secrets and codes necessary to assemble a bicycle. The teams worked together for a good cause, all while enhancing their problem-solving and communication skills. At the end of the event, the brand new bicycles were donated to the *Boys and Girls Clubs of Athens*.

