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Amherst Orthodontics Winter/Spring 2014 Newsletter

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Happy Spring!



Spring
is here!
Hoorah
for

more sunlight and warmer
days!

Patient Quote:

"My son works as a host in a restaurant and wants to be a waiter to make more money, but they want him to stay a host because he has an AMAZING SMILE and is so outgoing! My other son's high school teacher says that he has an 'award winning smile!'" --Jayme M.

Quick Links

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Alex Preston



We are so proud of our former patient Alex Preston Philbrick! He is a 2014 American Idol top ten finalist. Stay tuned to find out how you can win tickets to see him on tour with American Idol this summer. VOTE to help him win it all! www.americanidol.com/vote

American Red Cross



Amherst Orthodontics is hosting an American Red Cross Babysitter and CPR training course. Visit our website: www.Amherstorthodontics.com to print discount vouchers.

We are also proud to sponsor our 12th annual **Boy Scout Dental Merit Badge**. To reserve a spot for your troop, please call our office. 672-0844

Top Teacher



Mrs. Wilson, a 5th grade teacher at Amherst Middle School, was the winner of our fall Top Teacher Contest. Here is what some of her students had to say: "Mrs. Wilson cares about her students. She makes learning fun." "I love Mrs. Wilson's class. She is full of energy and always smiles." To all of our teachers: Keep up the good work.

You are appreciated!

Spring Sports



Spring sports are in session. Remember to wear your mouthguards. Be sure to pick up an orthodontic mouthguard if you have braces.

Adapting Your Diet after an Orthodontic Adjustment



If you have just gotten braces or had them tightened, it may take a few days for your teeth to adjust. During this time, you'll want to take extra precautions to prevent unnecessary pain and potential damage to your teeth, gums, and appliances. Don't worry: Any discomfort you experience will soon disappear. And it'll all be worth it in the end. Your new, beautiful smile will be yours for a lifetime!

[Read More... >](#)

Parents Can Win



PARENTS CAN WIN! Look for our upcoming contest to celebrate our wonderful PARENTS in May and June. Tell us why your mom and dad are the best! Submit your entry to be entered in a drawing for a gift card basket!

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