

# Put Some *Spring in Their Smile* at



**HORNER • BARROW**  
**ORTHODONTICS, PC**

KEVIN D. HORNER • DDS MS    KERI A. BARROW • DDS MS

Produced for our patients and dental colleagues



Are you due or past due for your recall examination at Horner Barrow Orthodontics?  
**Call us today at 605.335.6680 or 1.866.633.6202** to schedule your No Cost recall examination. Remember that it is important for us to examine your child periodically to ensure that we provide your child with the **proper treatment at the proper time.**

# Should My Child Get Braces?



This is a popular question we get asked by parents who are considering orthodontic treatment for their child. The question of whether or not your child should get braces really depends on a few things.

- 1. Has your dentist recommended an orthodontic evaluation for your child?**
- 2. Did you, your spouse, or another one of your children require braces?**
- 3. Do you have a concern with your child's smile or bite (jaw alignment)?**

If you answered yes to any of these questions, you can probably guess that the recommendation is to schedule a consultation with an orthodontic specialist. An orthodontic specialist is a dentist who has received 2–3 years of additional training (beyond dental school) learning the proper way to straighten and align teeth and jaws. Your specialist will be able

to provide a treatment recommendation and review answers to your question “*Should my child get braces?*”

If your child is a candidate for orthodontic treatment, your orthodontist can recommend the best time to start treatment. As a general rule of thumb, the American Association of Orthodontists recommends evaluation no later than age 7 by an orthodontic specialist. Although we do not recommend treatment very often at this age, it is the first time your orthodontist will be able to predict future jaw growth and potential problems with tooth and jaw alignment.

*Why age 7?* It is when your child has enough permanent teeth in their mouth (6-year molars and some of their front permanent teeth). Before this time, it is difficult to determine where your child's future jaw alignment is headed, and prior to this age your child has mostly baby teeth (teeth that are going to fall out).

## Patient Testimonials Patient Testimonials

*Four family members, myself included, and eight years of orthodontic appointments and never once was I disappointed or frustrated with the process. From beginning to end, Horner Barrow Orthodontics provided our family with exceptional customer service and the highest level of professionalism.*

—Tami S. 2/17/14



# MEET OUR FRONT OFFICE STAFF...



## **Susan, Receptionist**

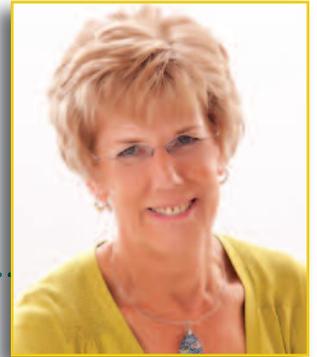
Susan has been an integral member of Horner Barrow Orthodontics since its beginning in 1984. Not only is she the wife of Dr. Kevin Horner and mother of Dr. Keri Barrow, she is also the front desk manager. She has helped lay the ground work for office duties such as scheduling, filing insurance, and other organizational aspects of the practice. In her free time, she enjoys traveling, spending time at the lake, and maintaining a healthy, active lifestyle. She has three children and is looking forward to spending more time with them now that two of the three are back in the Sioux Falls area.

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## **Char, Receptionist**

Getting her start as an orthodontic assistant in 1974, Char makes a great receptionist because she can answer treatment questions as well as schedule patients. As one of the most veteran team members, she has been with Horner Barrow Orthodontics for 26 years. She enjoys getting to know patients and their families throughout their orthodontic treatment and seeing their happy faces when their braces come off. Char's hobbies include biking and golfing. She also likes attending her grandchildren's activities in her free time.

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## **Pat, Receptionist**

Pat has been a member of the Horner Barrow Orthodontics team for 19 years. As a receptionist, she is able to talk with patients at each appointment. She enjoys seeing how excited patients are as they begin to notice the changes their smile goes through. When not working, Pat can be found spending time with her five children and eight grandchildren, reading, and listening to country music.

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## **Val, Receptionist**

For the past 12 years, Val has greeted patients at Horner Barrow Orthodontics with her warm, bubbly personality. She is very knowledgeable about the field of orthodontics because she has 30 years of experience working within the specialty. Her favorite part of her job is getting to know our patients and their families. She also loves seeing the beautiful smiles once the braces are removed. Val is an animal lover, and in her free time enjoys spending time with her husband, children and grandchildren.

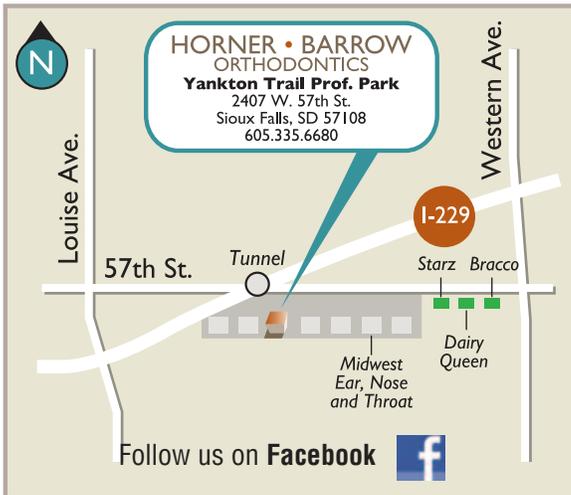
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## **Angie, Treatment Coordinator**

With 24 years of orthodontic experience, Angie has a sound understanding of the wide arrays of orthodontics. As the treatment coordinator for Horner Barrow Orthodontics since 1999, she is one of the first members of our team to have contact with our patients. Being a family-oriented person, she enjoys helping our patients and their families feel comfortable with our office by making sure they understand exactly what their orthodontic experience will be like. In her free time, Angie likes to bake and spend time with her husband and son.

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## Sports Energy Drinks. **Bad For Your Teeth.**

A recent report published in the *Journal of General Dentistry* by Dr. Poonam Jain describes the potentially harmful effects of sports energy drinks on your teeth. The main finding shows very high levels of acidity in those sports drinks and warns athletes to protect their teeth from their harmful effects. Many young adults and children assume these drinks are healthier than soda, but research is uncovering the effects of acidity on the teeth.

The researchers tested 13 different sports energy drinks and found varying levels of acidity in each drink. Research was conducted by immersing samples of tooth enamel (the hard outer protective layer of the teeth) in each sports drink for 15 minutes and then placing the teeth in

artificial saliva for two hours. They repeated this process four times each day for five days to simulate the effects of drinking four energy drinks per day. At the end of five days, the damage to the tooth enamel was plain to see. This damage to the enamel can cause teeth to become sensitive to touch and temperature changes, and be more susceptible to cavities and decay.

The best alternative to sports energy drinks? Water. A second-best choice is to select a drink that has no sugar, caffeine or artificial ingredients. Natural juices can be used to flavor your sports water. But, in order to avoid costly energy drinks and dental bills, the best solution could be to drink plain water.

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