

Welcome New Patients and Surfers!



Aloha and Welcome! As our friends and patients, we want to offer you the highest level of care available. Dr. Hesby is committed to developing relationships with his patients. Bedford Orthodontics strives to be a solid stair step toward a healthy and prosperous life. We take time to talk to you, learn more about you, and see what is going on in our community. With this newsletter, we try to find information that will be of interest to you. You are in the right place with us, and we look forward to a long lasting friendship!

Featured Testimonial

"Huge thanks to the incredible Dr. Hesby & staff at Bedford Orthodontics for taking such great care of her smile!!

If anyone in town is looking for a fabulous orthodontist, this is absolutely your place. The office is warm, friendly & welcoming with a totally rad Hawaiian theme; you are treated like family from your very first visit; and Dr. Hesby goes out of his way to get to know every single one of his patients on a personal level. This place is all kinds of magical. So happy to have found it!!

Tracey L.



Summer Issue 2016

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Bedford Orthodontics

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Aloha
From
Dr. Hesby



Leis, Aloha

Shirts, and Casual Fridays

Aloha! Another change of seasons, spring into summer. This was a busy spring at my house, as my oldest daughter graduated from high school. With a tear in my eye as I watched her march to "Pomp and Circumstance". I stood proudly as she turned her tassel. A Hawaiian tradition is the wearing of the leis in times of celebration. What fun it was to put a few around her neck! My friend Al, who is president of the Boston Hawaiian club, offered to teach me to make some leis myself, but I decided to have them flown in fresh from Hawaii.

I took a moment to appreciate the fine young lady that she has become! The leis symbolize

continued page 2

Graduation (continued from page 1)

love, honor and affection. Graduations, weddings, retirements and bridal showers are very common times to receive and wear leis. Here is a picture of me and my daughter at graduation. In this picture you can see her colorful leis, a few "honor cords" and if you look closely, she has an open green ti leaf lei, which we dubbed her "nature honor society cord".

Hawaiian Shirts are another tradition that has become more and more popular. The shirts have fun and festive prints, are loosely styled, and are worn untucked. I have a few shops in Hawaii I like to visit, where the owner has some awesome shirts made with original vintage patterns from the fifties and sixties. Elvis Presley made the red Aloha shirt with hibiscus his own when he was filming the movie Blue Hawaii. Today "Aloha Fridays" are encouraged on the islands to promote this casual attitude and fun. (And no work 'til Monday!)

We found a way to incorporate casual Fridays and fun when we had a video team here this month. Our colorful and relaxed office was the perfect set to shoot some medical training videos. To upgrade our services for our patients, we also acquired a state of the art machine to make professional grade mouth guards. I came down on a Friday, in my usual Friday Aloha shirt attire, to make a new mouth guard for my daughter's friend Elise. She is the Bishop Guertin lacrosse team goalie and it's important to that her teammates understand her on the field when she is "between the pipes." Look for more information about these terrific athletic mouth guards soon!

It's a busy time of year, and I am especially proud to practice in Bedford. I had the honor of presenting the Medical Arts Scholarship at the Dollars for Scholars awards night. I coordinate the donations from local health care professionals. It was with great satisfaction to see so many former patients and their wonderful families, as they came together as a town to recognize and support the local students as they go out to take on the world. It's a wonderful sight to see former patients transition from kids and teenagers to young adults! Cheers and Aloha to all your success, I would love for you to stop by anytime, and give me updates on your experiences.

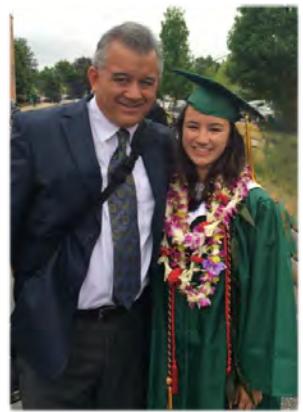
With Warmest Aloha, and to a Happy Summer!

Dr. Hesby

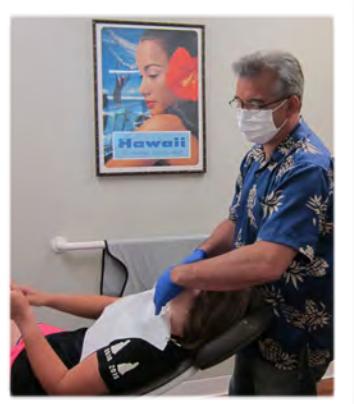
P.S.

I love the old "woody" station wagons. The one on the envelope is a watercolor my daughter painted for me.

Always looking for an opportunity to get the real thing! Someday!



So proud of my daughter



*Custom mouth guard
for the lacrosse goalie
Can you hear me now?*



Watercolor by Nola Hesby



*Elvis in
Blue Hawaii*

Community News

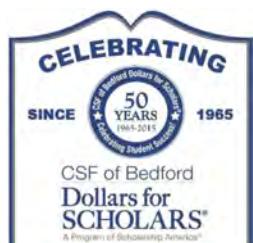
Bedford Orthodontics Hosted “Catch the Net” in March with the Bedford Chamber of Commerce.

Dr. Hesby, a Chamber member for over 12 years, gave a tour and opened his office to local business owners and their clients during the monthly networking event. With some tasty Hawaiian influenced food catered by local eatery Prince Street Cafe, the energetic group enjoyed learning more about local businesses and how they can positively influence each other. Catch the Net events are open to the public, which helps Chamber members meet more of their community.



*Maureen Sullivan, Executive Director,
started the introductions*

*Maryanne enjoying the
conversation*



At the 51st annual Bedford High Scholarship Award ceremony, by the CSF of Bedford Dollars for Scholars, over 100 valuable scholarships were given to local students. Dr. Hesby presented the Medical Arts Scholarship, whose contributors are local healthcare professionals. Joshua is a graduate of Bedford High School and will attend the University of Miami in Florida to study Physical Therapy. For more information, check out the website www.bedfordma.dollarsforscholars.org. to sign up for this wonderful program.



Bedford Orthodontics Donates 220 books to Community Teamwork

Joann Howell accepted the books for the local community service agency which helps local families looking to gain greater independence. The books were distributed to local students. For nearly 50 years, Community Teamwork has provided support for families in need, promoted economic self-sufficiency for all, and fostered a stronger community by partnering with others to expand opportunities for economic growth. If you are looking to donate, check out their website for more information. www.commteam.org.



Lots of fun books for the kids

Bedford Orthodontics Office a Video Set?

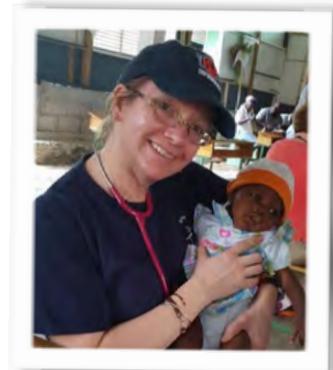
It's true! A sharp eyed producer sat in our office and realized it would be perfect. With plenty of room for the equipment, nice colors and design, our modern, clean dental office makes a perfect set for medical training videos. The office was used for a few days last month as the set for video vignettes. The scenes were filmed to help medical assisting students handle such tricky office interactions such as..when a co worker tells an off-color joke within earshot of the reception area. The crew was terrific and Dr. Hesby and Maryanne both were stunners as extras. Maryanne did a great job looking busy at the computer! Here is a picture of Dr. Hesby acting like he just got his new appointment reminder. Screen Actors Guild card anyone?



And...Action!

Community Volunteering

Friend of the practice, Chris Anderson, gave us an update on her medical mission trip to Leogane, Haiti with St. Paul's Church of Bedford. She visited and lectured on geriatric assessments at the nursing school, and worked at the medical clinics. Diseases typically not seen in the US, like tetanus and end stage syphilis were treated. A local garden at the nursing school was planted at the request of the dean, to help reduce food costs. Their church website has a blog with more details of the trip. www.stpaulsbedford.org/



Chris was able to put into words the sentiments of many on mission trips. "Many Americans understand intellectually how lucky we are to live a life with such abundance, but this type of work makes you feel it and know in your heart. It gives you a sense of compassion that makes me a better person, and for that I am so grateful."

"Thanks Dr. Hesby for your generous donation of toothbrushes and toothpaste!"



Uncle Richie's Surf Report

CALLIN' IT SINCE '78

Summer surf is low. Took time off this year to go to the Floating Lantern Festival in Waikiki held on Memorial Day, as a remembrance to those whose spirits have passed. Beautiful!



Winning Approaches To College

seminar by Jen Rosier, Education Consultant, was a success!

Last month, Bedford Orthodontics hosted an informational seminar addressing current concerns about the college admission process. This covered topics such as: what steps can students take during middle school and high school, the testing schedule, test preparation ideas, and other support available to help students make strong decisions. Jen Rosier, owner of Tutor Doctor of Suburban Boston, discussed many tips and strategies designed to lower student (and parent) stress. She also outlined some useful resources to help students organize their time and energy in helpful ways.

Recently, colleges have changed their outlook on student activities. According to Jen, having a student participate in an authentically chosen, sustained service commitment is valued over having many different activities. Actual work, community service in group projects, helping at home and local volunteerism is seen in a positive light for a strong applicant. Instead of the insatiable "do as much as you can, at the highest level" attitude, the concentrated, focused effort of the student in areas of their interest are seen as valuable experiences. The focus of college admissions has changed to reflect that. Jen highlighted "many paths to success", and her experience of over twenty five years of consulting was generously shared at our seminar.

You are beautiful!
Stickers at the front desk

you are
beautiful

For parents of teenagers, Jen generously shared her Sample Test Prep calendar.

Sample Test Prep and Testing Calendar For Students Applying to Highly Competitive Colleges and Universities	
Sophomore Year	PSATs Possible AP or SAT II exams
Summer before Junior Year	ACT vs. SAT assessment Begins self-study or begins tutoring or classes
Junior Year	PSATs First Official SAT or ACT Continues test prep 2nd official SAT or ACT AP exams (when applicable) SAT II (subject tests)
Senior Year	Final SAT or ACT if necessary

For more information, contact
Jen Rosier
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781.583.1380
www.trustedtutorsma.com

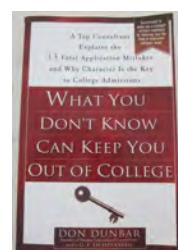
Book Recommendations

What You Don't
Know Can Keep You
Out of College by
Don Dunbar

Debt-Free U
by Zac
Bissonnette



Liberal Arts Focus



Countdown to
College
21 "To Do"
Lists for High
School by
Valerie Pierce



Fun Things to Do with Teenagers



(This should read — fun things for teenagers to do while you get to hear about it later)



Make your summers count!

Summers approach fast, and finding jobs, internships, interesting educational experiences require planning and research. Here are a few resources that we hope are helpful.

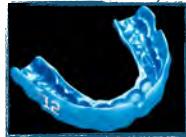


We are lucky to have a local world class institution, the Massachusetts Institute of Technology, MIT, which offers a whole range of summer programs, ranging from a summer of Sundays to weeks long intensives. Check out their listings (some are offered year round) here. <https://esp.mit.edu/learn/HSSP/summer.html> including the popular Summer Splash.

Some classes start at \$40, ages 7th to 12th grade. Classes have a wide range, from making Games, Artificial Intelligence, Fun with Probability, Curing Cancer, and Dream Interpretation.

Custom Mouth Guards

What's the point of going to practice, day after day, summer camps, travel teams, and tons of money in lessons and equipment if you call for the ball and your teammates can't understand you? It's garbled, and no one knows you are open. You need a custom mouthguard! Wear what the professional athletes wear. It's easy. We take an impression, cast it perfectly to fit your teeth, and next thing you know you are setting a school record! Well, that may be a slight exaggeration, but you can have a close fitting mouthguard that stays in place and does its job. Ask today! Fun colors and flavors! You do not have to be a patient. You can be a friend, sibling, former patient, or just an athlete who wants their teammates to hear them!



Looking for a full listing of summer programs? Here is a for-profit aggregate website listing all types of opportunities for students: internships, summer programs, visual arts and performing opportunities, volunteer programs, gap years and more.



Local resources for jobs and volunteering, and community service.

Check out your town's website

In Bedford — Town and Family Services has a job match
<http://www.bedfordma.gov/youth-family/pages/job-match-program>

Summer jobs for teens in Lexington has an early spring deadline.
<http://www.lexingtonma.gov/jobs-and-volunteering>

Concord Carlisle has an excellent web resource for teens.
http://www.concordma.gov/pages/ConcordMA_BComm/Youth%20Services

Kids - running your own business? Remember to put your business card in our waiting room book! Get your name out there!

Friends of Bedford Orthodontics

Dr. Dianne Bridgeman

Dr. Dianne Bridgeman is an experienced general dentist who takes great care to give her patients excellent dentistry in a warm and caring environment. She was originally a nurse before she returned to school to study dentistry at the University of Michigan (Dr. Hesby's alma mater - Go Blue!) She loves all aspects of dentistry, but what she enjoys the most is the combination of esthetics with crown and bridge. She and her staff are very involved with continuing education to learn the latest techniques and offer her patients the latest in beautiful, healthy smiles. When you visit her office, you will find the experience to that of a dental spa - special pillows, blankets, Bose headphones. All to make your dental experience comfortable and relaxing!



One thing you may not know about Dr. Bridgeman is she is an identical twin! Her twin sister Debbie is a nurse at the University of Michigan and they are still very close, so close they had a double wedding! Dr. Bridgeman loves living in Bedford with her family where they have been very active in local activities such as Boy Scouts, the high school band, choral programs and sports. When Dr. Bridgeman is not in the office, she may be biking one of the local trails around Bedford or Concord, or playing tennis or traveling to Florida where her two oldest sons attend college.

Dr. Bridgeman has been in her own practice for over 25 years and with a staff for almost as long. She is located in the same building on the first floor, and we highly recommend her for dental skills, care for the patient and thoroughness of treatment.

Dr. Dianne Bridgeman, 41 North Road, Suite 107, Bedford, MA 01730.
781-275-7153 www.diannebridgemandalental.com
Website: www.diannebridgemandalental.com



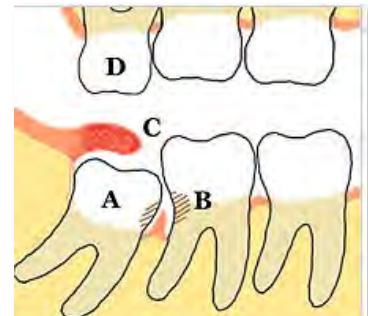
Ask Dr. Hesby

**What is the deal with wisdom teeth?
Why should I get them removed?**

I get this question every day. Wisdom teeth usually erupt between the ages of 17-25, which is usually after orthodontic treatment. I take an X-ray of your mouth when you get your braces off, so we can get a good look at the teeth, which can help diagnose later problems. The most common problems are partial eruption, where food can get trapped and cause decay, inflammation of the gums due to partial eruption, which can cause infection, and impaction, which causes discomfort and affects the health of other teeth and bones. Although your post treatment X-ray can help in diagnosing these problems, it is your general dentist who can help you decide which treatment is best.

If I don't get my wisdom teeth removed, will that result in relapse and crowding?

Crowding is a natural function of aging, and the only way to prevent it is to wear your retainer, so *wear your retainer!* If it doesn't fit, please call the office and we will make you a new one.



Some problems which may or may not occur with third molars: **A** Meso-impacted, partially erupted mandibular third molar, **B** Dental caries and periodontal defects associated with both the third and second molars, caused by food packing and poor access to oral hygiene methods, **C** Inflamed operculum covering partially erupted lower third molar, with accumulation of food debris and bacteria underneath, **D** The upper third molar has over-erupted due to lack of opposing tooth contact, and may start to traumatically occlude into the operculum over the lower third molar. Unopposed teeth are usually sharp because they have not been blunted by another tooth (attrition).

All the medical terms for those who are interested

Smile of a Champion



Bedford Orthodontics

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55 North Road Bedford

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"Thanks for being so kind and helpful with my process - plus you have an amazing staff - always so polite and kind."

Erika H.

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