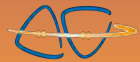


# Bedford Orthodontics

## Insider's Guide & Surf Report

# Summer 2017

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Bedford Orthodontics

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## Welcome New Patients and Surfers!

Aloha and Welcome! You are in the right place! At Bedford Orthodontics, we want you to get the most out of your experience with us. With this newsletter we want to inform you to the latest office events, services we offer, and fun things to do in the surrounding area. You have made an excellent choice to invest in yourself. We strive to give you the highest level of care in a warm and fun environment. Relax, and enjoy the waves!

## What they're saying about us

"Dr. Hesby is a wonderful and talented orthodontist. My son was treated by Dr. Hesby and the results were terrific! His dedicated team is attentive and knowledgeable. As a general dentist, I know quality dental care. I highly recommend and trust Dr. Hesby to treat my patients and my son!

Dr. Janiene Gresla

We love Dr. Gresla and if you are looking for a wonderful dentist, she is excellent! Her practice is Burlington Dental Excellence located at

120 Cambridge Street Burlington MA 01803  
781.270.0225

[www.burlingtondental.com](http://www.burlingtondental.com)

# Aloha

From  
Dr. Hesby



*"If you want to change the world,  
make your bed." Admiral William McRaven*

Graduation!

My youngest daughter Molly graduated from high school and will be off to the University of Vermont in the fall. We will be empty nesters at the end of August. I'm kind of having mixed feelings. On the plus side, my wife Nancy and I can travel when airfare isn't sky high during February and April vacations. However, I am going to miss the nightly dinner table conversations as well as the occasional yelling back and forth between the two girls

*(continued page 2)*

(cont from page 1)

and all the laughing heard late at night throughout the house. It's going to be a fun summer having them home! (plus the boyfriends!)

Last year, I saw a college commencement speech delivered by Admiral William McRaven at the University of Texas at Austin and was really taken by the message. Taking inspiration from the University's slogan, "What starts here changes the world", he took ten principles he learned during Navy SEAL training that helped him get through the challenges of his Navy career and through life. He explained how anyone could use these basic lessons to change themselves, and the world, for the better. Admiral McRaven's speech went viral on youtube with over 10 million views. His #1 New York Times bestseller *Make Your Bed* was recently released, and I purchased a few copies for my girls and friends. The book is an easy read, with the first lesson being the simple act of making your bed in the morning can help change the world.

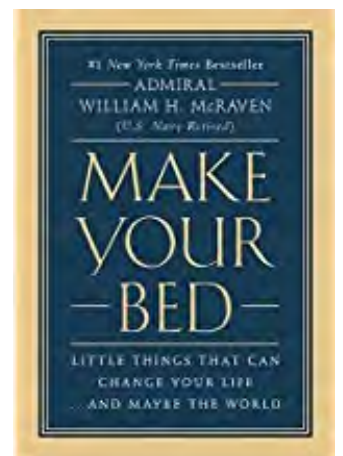


Some of the highlights:

Start off your day with a task completed. If you want to be successful in life, start every day by making your bed. Admiral McRaven talks about how he was expected to make his bed every morning to exact standards during his six grueling months of SEAL training and how this habit sustained him throughout his Navy career. By making your bed every morning, you will have accomplished the first task of the day. This will give you a small sense of pride and encouragement to do another task, and another, and another. Before the end of the day, that one small task completed will turn into many tasks completed. It reinforces the fact that little things matter.

You can't go it alone. Every leadership book out there includes this advice, but McRaven has some of the best anecdotes supporting it. He talks about SEAL training again, focusing on how small teams of wanna-be SEALs were required to work together and haul a heavy rubber boat with them wherever they went. But years after training, when McRaven was a high-ranking commander and was badly injured in a parachuting accident, he learned what this really meant, crediting all the people who forced him to believe in himself, to recover, and to save his own career — including his wife, and his friends who visited him and the senior admiral who helped him navigate the Naval Bureaucracy. "You cannot paddle alone. Find someone to share your life with. Make as many friends as possible, and never forget that your success depends on others".

My favorite - If you want to change the world, get over being a sugar cookie. Navy SEAL training was brutal, and the instructors were always trying to get you to quit, trying to weed out the weak of mind and heart. One particularly inventive complication to your training day, (there were many days like this), was that they would claim you had "committed a violation of the SEAL training rules." Your punishment was to jump into the surf zone, roll around in the sand until you were completely covered, and make yourself a "sugar cookie." You spent your entire day like this, cold and uncomfortable and covered with sand. There was no rhyme or reason, regardless of your best effort and intentions. You became a sugar cookie at the whim of the instructor. It just wasn't going to go your way. The lesson in all of this is that life isn't fair and the sooner you learned that the better off you would be. Keep moving forward toward your goals. Get over being a sugar cookie.



Graduations are formal marks of ends and starts of true beginnings. I wish all of you a happy and joyful summer, maybe not so many sugar cookie days, but just enough to make you appreciate the ones that aren't full of sand. I'm looking forward to some hiking and a few beach days with my family. I'm excited to hear about all of your adventures!

With Warmest Aloha,

Dr. Hesby



# 85 MUSEUMS & CULTURAL EVENTS 10 FRIDAYS. 100% FREE FREE FUN FRIDAYS!



## JUNE 23

Lyric Stage Company of Boston  
Mary Baker Eddy Library  
The Sports Museum  
Clark Art Institute  
The Mount: Edith Wharton's Home  
Worcester Art Museum  
Peabody Essex Museum  
The Discovery Museums

## JUNE 30

Boston Children's Museum  
MIT Museum  
Norman Rockwell Museum  
Springfield Museums  
EcoTarium  
Maritime Gloucester  
New Bedford Whaling Museum  
The Gardens at Elm Bank (Mass Hort)

## JULY 7

Isabella Stewart Gardner Museum  
New England Historic Genealogical Society  
Ventfort Hall Mansion and Gilded Age Museum  
Mahaiwe Performing Arts Center  
Amelia Park Children's Museum  
Falmouth Museums on the Green  
Pilgrim Hall Museum  
Children's Museum in Easton  
The Hall at Patriot Place

## JULY 14

Edward M. Kennedy Institute  
The Metropolitan Waterworks Museum  
Harvard Museums of Science & Culture  
Larz Anderson Auto Museum  
Provincetown Art Association and Museum  
Edward Gorey House  
Museum of Russian Icons  
Cape Ann Museum

## JULY 21

Museum of Fine Arts, Boston  
Tanglewood  
Boston Athenæum  
The Museum of the NCAA  
Fruitlands Museum, The Trustees  
Spellman Museum of Stamps & Postal History  
Lynn Museum  
Hancock Shaker Village  
Sandwich Glass Museum

## JULY 28

JFK Presidential Library and Museum  
Commonwealth Museum  
Arnold Arboretum  
The Eric Carle Museum  
Berkshire Theatre Group  
Historic Deerfield  
Cape Cod Museum of Art  
Wenham Museum  
Tower Hill Botanic Garden

## AUGUST 4

Commonwealth Shakespeare Company  
Old State House  
The Greenway Carousel  
Fort Devens Museum  
Children's Museum at Holyoke  
International Volleyball Hall of Fame  
The Old Manse, The Trustees  
JFK Hyannis Museum

## AUGUST 11

Franklin Park Zoo  
Fuller Craft Museum  
Cape Cod Maritime Museum  
Worcester Historical Museum  
Griffin Museum of Photography  
Fitchburg Art Museum  
Jacob's Pillow Dance  
Smith College Museum of Art  
Naumkeag, The Trustees


## AUGUST 18

The Institute of Contemporary Art/Boston  
Old Sturbridge Village  
Freedom Trail® Foundation  
Buttonwood Park Zoo  
Cape Cod Children's Museum  
Concord Museum  
Berkshire Museum  
Emily Dickinson Museum

## AUGUST 25

Boston Harbor Islands National and State Park  
USS Constitution Museum  
Plymouth Plantation  
MASS MoCA  
Nantucket Whaling Museum  
The Children's Museum of Greater Fall River  
Museum of African American History  
Cape Cod Museum of Natural History  
Heritage Museums & Gardens

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#FreeFunFridays

 @highlandstreetfoundation

The Boston Globe

WCVB 



Please visit [HighlandStreet.org](http://HighlandStreet.org) or call 617.969.8900 for more information.



## Ask Dr. Hesby

Dear Dr. Hesby,

I just found out my kid is missing a permanent tooth! It is never going to come in, because it just isn't there. From his x-ray, he does not have a lateral incisor on one side. This problem had to have come my husband's side of the family. How do you handle this?

Dear Surprised Mom,

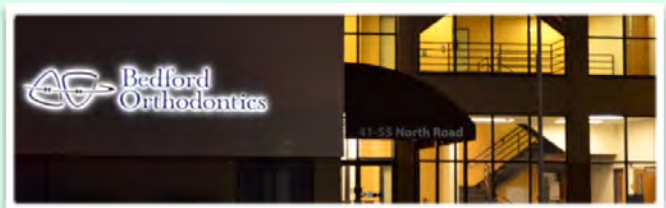
This problem is a little more complicated than your run of the mill crowding. Congenitally missing permanent teeth is a problem that affects between 2-10% of the population. The most common teeth to be affected are the upper lateral incisors (right next to your two front teeth), the second premolars and third molars (wisdom teeth). A panoramic x-ray will determine if the tooth is in fact missing or just trapped under the roots of adjacent teeth where the tooth cannot erupt on its own. With early detection, we can plan ahead to determine if either closing the space orthodontically or maintaining the space for future tooth replacement is the best approach. This may involve placing an orthodontic appliance or simply keeping the baby tooth in place to provide bone and gingival tissues for a future tooth replacement (implant). The earlier we diagnose this, the more options for treatment. As for problems from your husband's side of the family, I'm sorry, but I'm 100% sure this is the only one I can help you with.



Dr. Hesby paid a visit to his Babe Ruth Baseball team, the Cardinals, and had fun watching them play while taking a few pictures. They were all heart and hustle! The team celebrated a fun season with Dr. Hesby treating everyone to an ice cream cone from our local favorite Bedford Farms. Thanks for another great season!



Sonia Presti receives the Medical Arts Scholarship at the Citizens Scholarship Fund Reception held at the Bedford DoubleTree hotel.



Like our new sign?



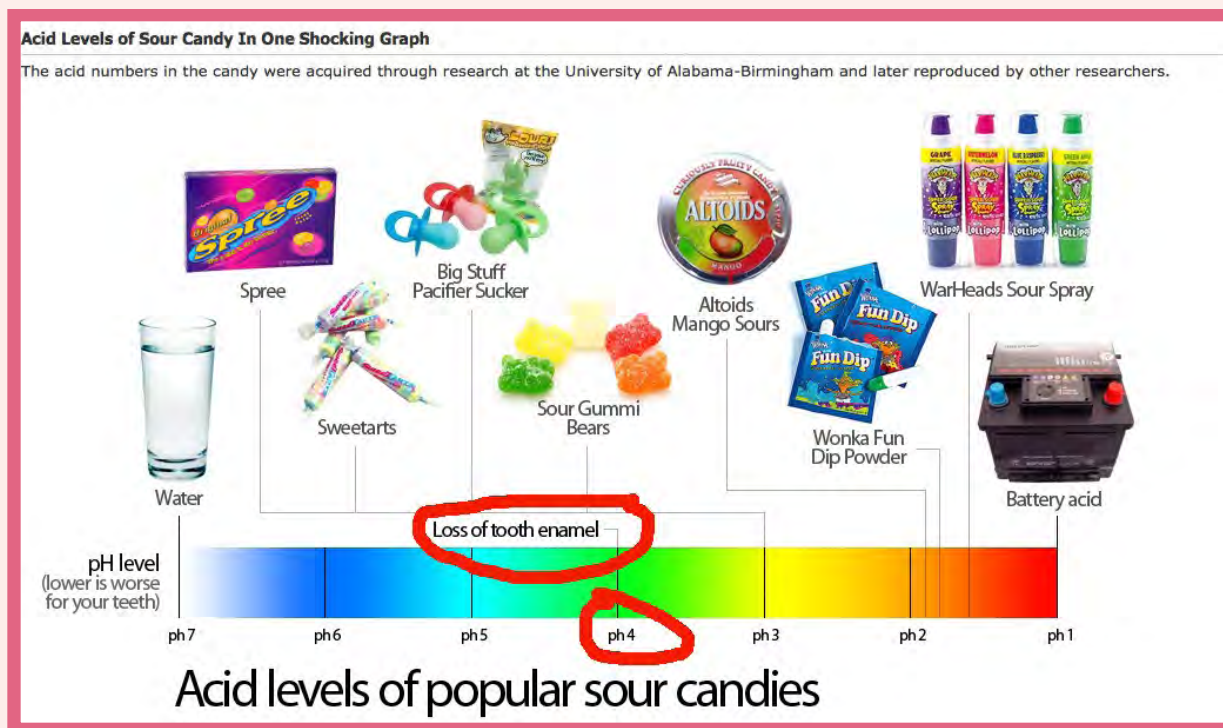
## Spear Study Club - Destination: Scottsdale, AZ

This May, I flew out to Scottsdale, AZ with members of my Spear Study Club for a two day seminar. A little background about my study group - the group consists of nine dentists and specialists that meet about once a month to discuss topics in dentistry, share cases, and discuss how we might approach treating the case using our collective knowledge of the different areas of dental specialties. It was established under Spear Education, which provides dental educational content about all aspects of dentistry. This year, we traveled to the flagship Spear Education campus in Scottsdale, AZ, to attend a seminar about “Interdisciplinary Management of Esthetic Dilemmas in Dentistry”, which covered topics on creating excellent esthetic results with a multidisciplinary approach. Many cases I see have some esthetic challenges that need the expertise of an orthodontist in addition to a restorative dentist and a surgeon. It was an outstanding two days of lectures followed by a day of hiking Boynton Canyon in Sedona. I must say that hiking between the stark red rocks of Boynton Canyon was quite a religious experience and I look forward to exploring more of that area in future continuing educational trips to Scottsdale, AZ.



*Spear Study Group L to R:  
Dr. Kharin, Dr. Sarkis,  
Dr. Shaibani, group spearheaded  
by Dr. Tsamtsouris, Dr. Olsen-  
Smith, Dr. DeRegis and  
Dr. Hesby*

## Sour Candy Erodes Enamel



My own teeth started to hurt after I saw this infographic of how acidic sour candy is and the effect it has on tooth enamel. With information from clinical research conducted by the University of Alabama College of Dentistry, this shows how close the acidity level of sour candy is to battery acid! The damage done by erosion is difficult to restore and costly to treat, so prevention is the easiest way to avoid this complicated problem. The sour taste comes from citric acid. Citric acid is just that, an acid, which irreversibly erodes tooth surfaces. So parents, when given the choice, sour candy is the absolute worst for its effect on healthy teeth. So, choose other treats and get those sour candies out of the Halloween bag and out of the house! For more information and more scary pictures, see the original research here [www.powerofsour.com](http://www.powerofsour.com)

## Kids Con! Comic book convention



Kids Con NE is the only comic convention just for kids in New England. If your young artist is interested in illustration, art, meeting artists, and asking how to make money doing art, this is the place. Although it was in Nashua, NH this past weekend, it was so much fun, we had to tell you about it so you can make a trip next year. Its goal is to promote art education and literacy through comics. It's a kid friendly event designed to inspire a future generation of illustrators. There were lots of fun activities, people in costumes (cosplay), workshops, games, children's book illustrators, and artists selling their original art and taking commissions. There was something for any young artist or anyone interested in fun playful art! Join their mailing list at [kidsconne.com](http://kidsconne.com) to make sure you can go to the next one!



*Submarine Zombies - now available in our reception area*



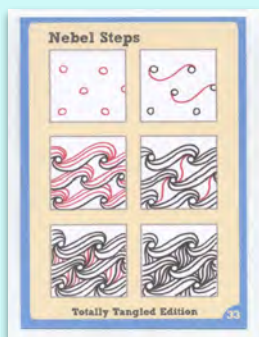
*Character Pins on card for sale*



*Science Comics  
Montshire  
Museum of Science VT*



*It's fun to meet the artist Nicky Soh, and ask questions*



*Yoga for the Brain Zentangle drawing decks available at [www.bumblebat.com](http://www.bumblebat.com)*



*My daughter Nola has been inspired by children's book illustrations and comics. She designs our envelopes and birthday cards.*



## UNCLE RICHIE'S SURF REPORT callin' it since 1978



**KONA COAST FOR WEDNESDAY:** Minimal SSW-South swell mainly under waist high or flat. Select summer magnets may see inconsistent waist high waves during the better tides.

## AWESOME SMILES WANTED!

We are currently upgrading the website with pictures of all my exceptionally good looking and extremely bright patients who have had their braces off recently or for a few years. If you would like to share your senior portrait or a great smiling shot of yourself, please email your photo to [info@bedfordorthodontics.com](mailto:info@bedfordorthodontics.com)





# Mouthguard Seminar

At Tufts University School of Dental Medicine, the clinical staff took some time to hear Dr. Douglas Lambert, a sports team dentist from Minnesota lecture on "Bad Bounces and Broken Teeth" and "Play Ball - Hands On Fabrication of Custom Athletic Mouthguards". It was an informative session about sports oral injuries and prevention. The session ended with everyone making their own mouthguards and some good information on keeping those teeth safely in your mouth.



*Dr. Hesby and former basketball standout turned WNBA team dentist Dr. Doug Lambert*



*Lisa, Jana and Katie show off their demos*

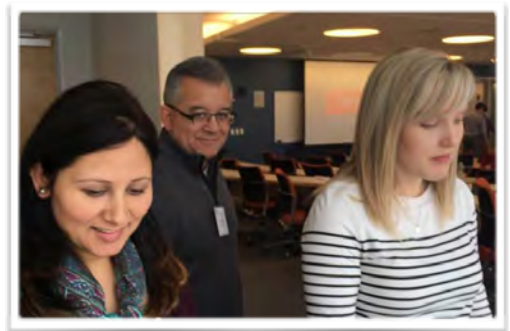


*The positive pressure machine makes the closest fit*

Sports Parents! We have pink Dental Emergency Treatment cards available at the office if anyone is interested in how to handle sports dental emergencies. Just ask!



*Katie putting the finishing touches on her mouthguard*



*"Told you this would be an awesome seminar!"*

## Brian Lomax Visits Bedford Orthodontics for the Win!!

Sports Psychology Consultant Brian Lomax came and spoke to a full waiting room of competitive athletes and parents to learn how to take their game to the next level. One (free) tip was to use the Breathe2Relax app on your phone that can help calm you down quickly. Brian had a fun filled multi media presentation and works extensively with Bryant College tennis and other local universities. Check out his website, and give us feedback. Should we rebook him for next year? [www.performancextra.com/brian-lomax](http://www.performancextra.com/brian-lomax)



*These ladies are so competitive, they got here early to get the best seats! Cheryl and Jane lift weights and challenge each other to do their best. Jane (center) has over 20 weight lifting world records for her age group!*



## CUSTOM SPORTS MOUTHGUARDS

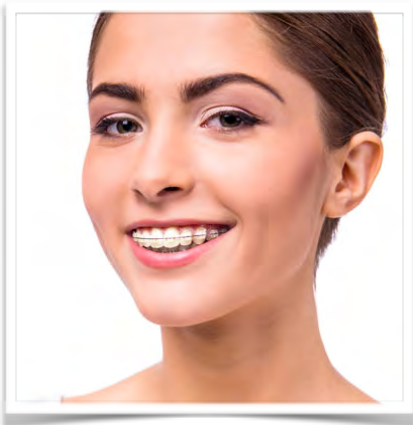
Boston Celtic's guard Isaiah Thomas had a tooth knocked out in a game during the NBA playoffs. It flew out of his mouth and on to the floor where he picked it up and gave it to the team dentist. The next day he was fitted with a custom mouthguard. In a sport of flying elbows and close contact, basketball remains as the sport with the highest number of dental injuries. Basketball sees 10.6% dental injury rate, while football sees just 2%.



Aiden locks them in with the pink camouflage Kung Fu Barbie mouthguard. Hi-ya!

## We Offer:

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The highest commitment to excellence.

Does your kid have a side hustle? A way to make extra money this summer? Lawn mowing, pet sitting, babysitting, mothers helpers, tutoring, cleaning services, magic shows, car washing, commissioned art? We want to support all the hardworking kids! Please feel free to place a flyer of your services on our bulletin board and a business card in our book in the reception area. Hire them and support our local kids!

*Newsletters written and designed by Aloha Marketing*



mouthguard cases



**you are beautiful**

If you have any feedback about the newsletter, ideas or submissions for our next issue—please let us know! Contact [nancy@bedfordorthodontics.com](mailto:nancy@bedfordorthodontics.com)