

Bedford Orthodontics

Insider's Guide & Surf Report

Winter Issue 2017

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Bedford Orthodontics

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. You are in the right place to get the best and highest level of treatment. We want you looking and performing at your best! Here you will find like minded people who want the best out of life. We strive to bring you helpful information that enriches your life and style! We are always happy to hear comments and concerns. Let us know what we can do to help!

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Aloha
From
Dr. Hesby



Featured Testimonial

"This year we switched to Bedford Orthodontics for the care of our daughter from a practice in Concord, because of a strong recommendation from a friend. After several visits we couldn't have been happier about the care that we have received from Dr. Hesby and his staff. Dr. Hesby is very knowledgeable, personable, and is great at explaining what our child's care will entail. His staff is friendly, professional, helpful, knowledgeable, and very efficient at getting our child in and out in a timely manner. We are so satisfied and confident with the care we are receiving at Bedford Orthodontics that we have also sent our son there for his orthodontic care.
Sincerely, Richard
Carlisle, MA

Lifelong

Learning and Success

Aloha! My oldest daughter is just about to finish her first semester freshman year in college, and we've had many conversations about what to study, how to use her talents and skills, and what combination of skills and knowledge will get her the types of jobs that she will enjoy and succeed. This all takes me back to my college experiences and how I ended up as an orthodontist. If you told me back then that I would end up as an orthodontic specialist I never would have believed you! I was a chemistry major at the University of Michigan (Go Blue!). This brought with it a lifetime membership to a great sports fan club!! I have a few Michigan shirts and when I wear them when I am out and about in Boston, I always find another alum from the area

continued page 2

and I've made a new friend. (By the way, I wear a large if you happen to stumble across a cool Michigan t-shirt.) After graduating Michigan with a Bachelors in Chemistry and through the Navy ROTC program I was commissioned as a naval officer and was selected into the Navy's Nuclear Power Program. After five years of supervising the operation of a nuclear reactor and driving a nuclear submarine, I was looking for a better match for my interests outside of the military. At the age of twenty two, the idea of doing dentistry seemed boring. At the age of twenty seven, working with my hands and having my own practice had a little more appeal. So, after taking a job in Augusta, Georgia, I knocked out my prerequisites for dental school and applied. It was a tough decision, but I chose to go to the University of Iowa. My seemingly directionless chemistry background turned out to be very helpful for dental school.

The first two years of dental school were mostly didactic courses in anatomy, pathology, biochemistry, and dental labs followed by clinical rotations in the dental specialties for the remaining two years. This is where keeping an open mind made a difference. I stayed open to what the professors taught, their levels of excitement about their specialty, and I also followed up with dentists and specialists who were in clinical practice. From dental school, I went back into the Navy and did a one year General Practice Residency at Bethesda Naval Hospital, where I spent most of my time in the Oral Surgery Department. It was the orthodontist in that department, who was working up all of the surgical orthodontic cases, that sold me on the specialty of orthodontics. It is such a positive experience with the patient's transformation and there are no life or death emergencies!!

Looking back, activities that seemed without purpose sometimes held the clues that helped me find my way to a field that I would enjoy pursuing as a career. I've always had an interest in science. My father was a dental specialist in prosthodontics, and a dental professor, so I was aware of what a dental career entailed. As a dental professional, I've made a commitment to a lifetime of learning, expanding my knowledge and becoming a more competent expert in my specialty. I have taken the extra effort to become board certified and I am excited to make my practice a better experience for my patients. It's fun!

I belong to a dental study club called the Spear Study Group. We are a mix of interdisciplinary dental professionals who meet once a month to discuss complicated dental cases. Every specialty has it's own considerations for preferred treatment, and an open discussion of cases helps us all understand more about best practices for the patient, which leads to better patient outcomes. I also belong to an orthodontic study club, in which a group of orthodontists get together to discuss difficult orthodontic cases, practice management issues, best practices, latest technologies and other ways to provide excellent patient experiences. I also attend annual meetings for the professional society, take multiple continuing education courses and read the professional journals (or at least listen to them :)) There is always more to learn, which makes my job a pleasure!

In my practice, we are committed to helping our patients and their families get more out of life. At our next "Success Seminar", we are hosting Brian Lomax, a sports psychologist. He will give a talk about mental toughness, and how to up your game. We hope this will help the student athletes out there develop better habits and self discipline, which should translate to improving their athletic performance! It is also a positive for kids to meet other adults that can help them with their interests as they form their future plans. See the section of the newsletter for more details. We have also rebooked Jen Rosier, of the Tutor Doctor, to again present tips for planning high school courses, SAT/ACT prep and tips on getting into college. She will be here in the spring...stay tuned.

As I tell my daughters...work hard now so you can have the most opportunities available to you in the future. Keep an open mind and run out all those leads that may take you to your goals. Be kind to others, laugh a lot, don't sweat the small stuff, and smile early and often. You'll be amazed where it can take you!

With warmest aloha, and to your success!

Dr. Hesby



*My dental school
clinic coat also
known as "the bag"*



Spear Study Group Boston 2016

Unique to Hawaii

Star Gazing on Mauna Kea

Mauna Kea “White Mountain”, a dormant volcano on the Big Island, rises 32,000 feet from the ocean floor to an altitude of 13,796 feet above sea level. As far south as Orlando, Florida, it’s high altitude creates a cold environment that sometimes includes snow. At this height, the air is clear and thin, far far away from the city lights. With little air turbulence and little precipitation, it is the perfect location for world’s finest telescopes.

The atmosphere is dry and cloud free, which is important in measuring infrared and submillimeter radiation and observing star creation in distant galaxies.

There are currently 13 working telescopes owned by astronomers from eleven countries. Nine of them are for optical and infrared astronomy, three are for sub millimeter wavelength astronomy and one is for radio astronomy, which allows scientists to look through the clouds and sky to watch stars being born. Some telescopes can look at stars over 12 billion light years away, seeing objects that were born before the earth and the sun were born!

Can you tour? Not all telescopes are open to the public. Do your research, some require reservations a week in advance. There are stargazing tours which meet you at a shopping mall parking lot, and drive you up the mountain road, where you stop at an old sheep shearing station, give you a meal and time to get acclimated to the altitude. They pass around the parkas and the mittens, and you travel up to the top. You watch the sunset and take in the awe inspiring view. (No tours inside the telescopes). The magic becomes apparent on the way down. You stop at the visitors center, and the guide stops at the Visitor’s Center for stargazing with their awesome professional high powered telescopes. The knowledgeable guides point out the vastness of the sky and the constellations with lasers, making the star alignments easy to see and the stories come alive. Although you pass up a day at the beach if you chose this adventure, it is absolutely unforgettable, a lesson in the stars, the planets, and the sacred land atop Mauna Kea.



The Controversy

Hawaii’s Supreme Court rescinded the construction permit for the Thirty Meter Telescope (TMT), an estimated \$1.4-billion observatory planned for Mauna Kea, the dormant volcano whose red dusted slopes rise 4,205 meters above the Pacific Ocean on the island of Hawaii. The court’s decision is the most recent battle wound in a years-long contest between astronomers and native Hawaiians as well as environmentalists who oppose the construction because of the sanctity of the mountain. The controversy is nothing new: Mauna Kea is the latest in a long line of mountaintops that have become combat zones between scientists and activists. These previous skirmishes share some illuminating similarities with the latest situation, revealing just how fraught astronomy can be when it clashes with local communities. The very qualities that make many sites valuable to science—remote locations far from city lights, summits soaring above a good chunk of the atmosphere and clear views that sweep from horizon to horizon—often also draw native worshippers who value mountains as spiritual homes of the gods as well as environmentalists aiming to protect the vulnerable ecosystems of pristine regions.— Scientific American Dec 11, 2015

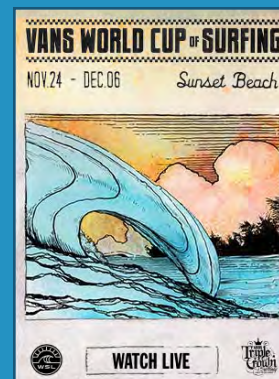
UNCLE RICHIE’S SURF REPORT

CALLIN’ IT SINCE 1978



Forecast Outlook:

TODAY: Modest NW swell holds through the day with surf mainly in the waist-head high zone across the North Shore. Select spots see occasional slightly overhead waves/peaks.



Success Seminar

Brian Lomax Sports Psychologist

Save the date! Wednesday March 8th at 7 pm! Come hear Brian Lomax, certified Sports Psychologist, give his best tips and advice on how to get an edge in your sport with mental toughness. This seminar is free for our patients and their friends. Get a edge over the competition, and learn skills to last a lifetime on how to compete at the highest level. Mr. Lomax founded his company, PerformanceXtra with a mission to help athletes tap into the power of their own mind and give them a framework for success. A tennis player himself, he has achieved very high levels of personal athletic success, and helps others achieve the same. He earned his Masters Degree in Counseling Psychology with specialization in Positive Coaching and a certification in Mental Toughness Training. Get more out of your athletic training with the mental toughness edge!

This event is free to the public, we just ask that you rsvp to nancy@bedfordorthodontics.com to reserve a seat. This seminar could be your ultimate game changer!

Dr. Hesby and Bedford Orthodontics is proud to present their "Success Seminars" bringing you speakers on a range of subjects to help you get more out of life! We welcome your comments and suggestions!



For more about Brian, check out his website www.performancextra.com

Wednesday March 8
7 pm
Open to All RSVP
nancy@bedfordorthodontics.com

SMILE OF A CHAMPION

Custom Mouth Guard Gift Certificates Available! Great gifts for those hard to shop for teens! ...Up your game and get a better performance with a custom mouth guard! Ask to have an impression made when you are in the office, pick out your favorite style, and it should be ready in a week! Can be made to fit over braces.

Mouth Guards are required for winter sports of ice hockey, wrestling and are highly recommended for basketball. Over sixty percent of oral facial injuries occur while participating in athletics.

The lifetime cost of having a tooth replaced can be from \$15,000 to \$28,000. Get the best protection available and start looking good up there on the podium!



Cool mouth guard and retainer cases available!



Fun Things to Do with Kids

Family Movie Night

Movie Nights are a fun, relaxing way to spend time as a family. Sometimes it's hard to pick the movie! Here is list of some that might become favorites this year! Some may spark memories of your own. Our teenage daughters love to pick a pile of movies to watch with friends when they visit. Although Netflix is easy, the kids love having the physical movies to bring with them and pop in any time! They get them at yard sales, flea markets, dollar bins and they are great gifts!



Rated G

Finding Nemo 2003
The New Peanuts Movie 2015
Willy Wonka and the Chocolate Factory 1971
Ratatouille 2007
The Sound of Music 1965
Toy Story 1995
The Wizard of Oz 1939

Rated PG

Big 1988
Mrs. Doubtfire 1993
Beethoven 1992
Soul Surfer 2011
ET 1982
Goonies 1985
Paddington 2014
Shrek 2001
Spirited Away 2001

Honey I Shrunk the Kids 1989
The Princess Bride 1987
The Fantastic Mr. Fox 2009
Apollo 13 1995
Freaky Friday 1976
Holes 2003
Labyrinth 1986
Turner and Hooch 1989
Pee Wee's Big Adventure 1986
Jurassic Park 1993

The actual stacks of movies our older teenage daughters have "ready to go" when friends come over or when they are guests at their friend's house. Good times!



Refer Your Friends! New Infographic

We are updating our website! Check out our easy link to an infographic that explains why a child should see an orthodontist early. Some early intervention can make future treatment easier with more desirable results. Pass along this link to your friends with younger children for a quick look. Remember we reward our referrers!!



PLAN AHEAD



Planning for college is overwhelming. With one daughter in college, and other a senior in high school, these financial

aid resources were helpful for us. This information was available at www.nhheaf.org website, which had many brochures available and they can be sent directly to you. Their information includes early college planning, information for student athletes, as well as guides for prospective graduate students. Also check out <http://www.mass.edu/osfa/home/home.asp>.

FAFSA Filing Tips

Asset Information

This chart outlines which assets are included on the FAFSA form, and who needs to claim ownership for each type of asset (parent or student).

| | Parent | Student |
|--------------|---|--|
| NOT Included | <ul style="list-style-type: none"> Primary residence Retirement funds (401k, 403b, IRAs including Roth) Annuities and insurance policies Value of family-owned businesses (if less than 100 employees) | <ul style="list-style-type: none"> Student-owned retirement funds IRAs including Roth |
| Income | 22%-47% of Available Income <ul style="list-style-type: none"> Wages Rental income Interest & ordinary dividends Cashed in pensions, annuities & IRAs Child support received for all children in the house | 50% of Adjusted Gross Income over \$6,420 <ul style="list-style-type: none"> Wages Interest & ordinary dividends |
| Assets | 0%-5.64% of Assets <ul style="list-style-type: none"> Cash, checking and savings CDs, stocks, bonds, money markets, mutual funds Equity of any property other than primary residence Coverdells 529s for all children | 20% of Assets <ul style="list-style-type: none"> Cash, checking and savings UTMA & UGMA accounts Savings bonds (in their name) |

How do they figure it out? Mystery solved for this year. Information from "The Financial Insider 2016-2017 Edition" www.nhheaf.org

Health Savings Account Reminder



There may be some ways to offset the investment in orthodontics through Health Savings Accounts. Money set aside in these accounts are allowed to be used for orthodontic treatment, and are not taxed, which can lead to savings. Flexible Spending Accounts, which are usually available through employer provided insurance, have a "use it or lose it" clause, and the money in that account must be applied before year's end. Please check with us to make sure you get the most out of your medical benefits, and we can even help you budget for the next year.

Yummy Treats Express Pizza

Ten percent off pizza and a free cupcake? Winning! We like to work with local businesses, and who doesn't like good food? Bedford Cupcakes owner Laura M. has combined her cupcake business with a local pizza business and she is working hard with her sisters to to upgrade this local staple. Come say hello as you try her delicious food. Tell them Bedford Orthodontics sent you! Take out and delivery with very limited seating. Yum! 781.275.3858

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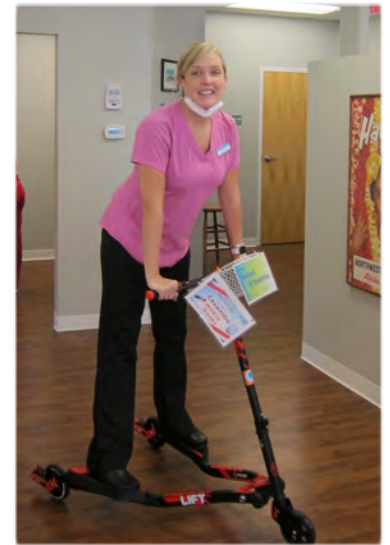
Bedford Orthodontics

Say Hello To Katie!



Aloha everyone! My name is Katie and I am an Orthodontic Assistant here at Bedford Orthodontics. You will also see me at the front desk, as I do both administrative work and assisting. I joined Bedford Orthodontics after completing my dental assisting program at Middlesex Community College, and earning my certification by the Dental Assisting National Board. Having had braces when I was younger, I was always intrigued by the process and knew I would love to be a part of someone else's journey to a new smile. I grew up in Lexington, moved to Bedford about four years ago, and have recently moved into a

new house just over the line in North Billerica. As you can tell, I like the area! Outside of the office I enjoy reading, seeing new movies, and traveling. I've been to Hawaii a few times. My Nana had a condo in Honolulu! I also enjoy spending time with my boyfriend, and our cat Ava, who is a domestic short hair muted calico.



Katie doing a test run on the Fliki scooter that was donated to support Carlisle Public Schools Class of 2019 Spaghetti Supper fundraiser

Ask Dr. Hesby



What's the best way to brush your teeth with braces? My kid needs a refresher. Oh, and flossing, too please. I don't want his current nickname, "Sweaters" to stick. —Fuzzy Sweaters Mom

Dear Mrs. Sweaters, Tooth brushing hygiene, or in your son's case, low-giene, has been on the minds of dentists and orthodontists since the first bristle was attached to the first twig. Not an hour goes by when I haven't had a friendly discussion with an adolescent patient about it. Kids today have busy schedules and they find it hard to put in some quality time brushing and flossing around those brackets like they should.

I recommend brushing three times a day. After breakfast, after coming home from school, and before bedtime. To brush properly, it is important to brush every area. Poor brushers usually miss the same spots. Below is a video link (family movie night!) that shows an effective method. Flossing is easier with a threaded flosser, which is easier to guide under the braces and then floss the traditional way. Platypus flossers work, as well as the Gumflossers (that look like little Christmas trees). Brushing and flossing reduce inflammation around the gums, reduces plaque and removes the residue that creates cavities. I also recommend Phos flur over the counter fluoride rinse, which helps strengthen the enamel and helps reduce white spots (those nasty precarious lesions that develop around the brackets if you don't brush. If your kid is still not convinced, time to have a "scary movie night" and have them watch the video of what happens.....creature double feature! Check out our Youtube video channel for all the fun. <https://www.youtube.com/BedfordOrthodontics>



Two gorgeous ladies with beautiful smiles. Thank you for the flowers Erica! You are beautiful!



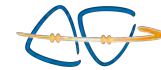
Thank you for referring your friends and family! We now offer an awesome deluxe car wash for everyone who refers a patient to us. Please check in at the front desk to make sure your car is kept clean! We appreciate your business. Thank you!

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