

MAY NEWSLETTER

Be Our Friend on Facebook Contest

With the growing popularity of social networking we have joined the throngs of people on Facebook. Now all we need is our biggest fans, YOU!, to join our practice's Facebook Page. To Celebrate our new Facebook Page we are running a fun and interactive contest for all current patients (May 2009 - May 2010). Here are the rules:

- 1.) The contest will run from Monday, May 3rd - Friday, May 21st, 2010
- 2.) Three winners will be selected at random in a drawing.
 - 1st drawn will receive an iPod Shuffle,
 - 2nd drawn will receive a gift card of their choice from our selection
 - 3rd drawn will receive 2 passes to the AMC Theaters

TO ENTER:

- 3.) Visit our Facebook Page at: www.facebook.com/HighlandsRanchOrthodontist
- 4.) Next to our name, at the top of the page, click on the **LIKE** button. Clicking this will make you a fan of our Facebook page.
- 5.) Comment on our page.
- 6.) Your comment must be about Dr. Elliott or his Office. Something that stands out to you, a special moment, etc.
- 7.) Once your comment is posted your name will be entered into the drawing for the prizes listed above.
- 8.) The drawing will take place on Monday, May 24th, 2010.

Have fun with this and invite all your friends and family to join our page!! See you on Facebook!



CELEBRATE YOUR MOM!

Celebrate the wonderful women in your life! Tell us why your Mom or Grandma deserves a gift certificate for some pampering time at Avalon Salon and Spa in Aspen Grove. We will collect entries through May 21st and the winner will be announced on May 30th. To enter please fill out a form in our office or email us at newsiles@smilesfromtheheart.com.

- 1st Place -- Spa Treatment
- 2nd Place -- Gift Certificate for nail service
- 3rd Place -- Gift Certificate for nail Service



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Ben Kooiman at one of many of his ski races



*"TODAY, GIVE A STRANGER
ONE OF YOUR SMILES. IT
MIGHT BE THE ONLY
SUNSHINE HE SEES ALL DAY."
H. JACKSON BROWN, JR.*

Patient of the Month - Ben Kooiman

Starting May 2010 we are highlighting a patient of the month. The patient chosen will receive a gift card of their choice from our collection. If you are interested in submitting a patient please email us at newsmls@smilesfromtheheart.com!

Now for our May patient of the month!!!

BEN KOOIMAN

Ben is 11 years old and, he has been skiing since he was 3 years old and has been racing for the Winter Park Alpine race team for 3 years now. They train every Saturday and Sunday during the winter season, and this year Ben is planning on attending a summer camp at Mt. Hood in WA for a week. This year he came in 3rd at the Nature Valley's Nastar National Ski Race in Winter Park, CO during spring break from school. He attends Cherry Hills Christian School in Highlands Ranch, but lives in Castle Pines Village in Castle Rock, CO. He's entering Middle School next year and can't wait!!! He is aspiring to continue skiing for as long as he can! Whether he becomes a World Cup Skier or not, Ben's passion for skiing continues to grow as the years go on, he trains hard and loves every moment of it!

CONGRATULATIONS BEN!



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TMJ Syndrome

The initials TMJ stand for Temporomandibular Joints, which are the two joints that connect your jaw to your skull. TMJ Dysfunction, sometimes called TMD or TMJ Syndrome, is the group of symptoms that result when the jaws, teeth, and muscles fail to work together in harmony because the jaw joints are out of place.

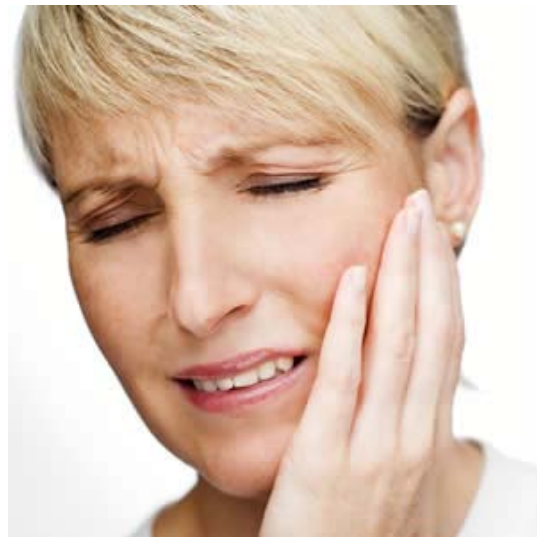
The temporomandibular joints are arguably the most important joints in your body because they can affect so many other parts of your body. Your lower jaw is attached to your head and neck by numerous muscles, so dysfunction of the TMJ can affect the balance of your head, neck, and shoulders, which can lead to pain or problems in all areas of your body. Though your body has the ability to compensate for TMJ stress, eventually this ability deteriorates and symptoms develop. A TMJ that's not working properly can cause many different symptoms and an overall problem in general health. If you are experiencing any of these symptoms...

- headaches
- unexplained loose teeth
- worn, chipped or cracked teeth or dental restorations
- pain or soreness in or around the jaw joints, neck, shoulders, back or face
- pain in teeth that seems to move around
- clicking or grating sounds in the jaw joints
- limited movement or locking jaw
- numbness in fingers and arms
- congestion or stuffiness of the ears

...the culprit might be a misaligned temporomandibular joint.

There are as many reasons for problems with the TMJ as there are symptoms. Frequently, trauma, such as a blow to the face in a car accident, is the initial cause of TMJ Dysfunction. Crooked teeth, a deep overbite or loss of teeth may also strain the muscles of the jaw, as can stress or poorly fitted dental appliances. Even poor posture can trigger TMJ problems.

Since there are many causes of TMJ Dysfunction, a careful study must be carried out to determine the cause of discomfort. The treatment for TMJ Dysfunction must be tailored to the particular needs of the patient and may involve physical therapy, crowns, orthodontics, re-shaping of the teeth and in extreme cases, surgery. The goal is to bring the TM joint and the muscles of the jaw into a comfortable and healthful balance.



To Learn More about TMJ and Treatment Options
please visit www.smilesfromtheheart.com.

