

Welcome to our Spring 2009 Newsletter

It's all about you!

Each edition of the Pavlo Orthodontics newsletter will focus on our patients and their achievements, our contests, upcoming events and new stories.

Help us by visiting the new Pavlo Orthodontics Facebook page: submit your information on the discussions tab, share your special stories with us, "brag a little" and you could see your name in our upcoming edition.



How to join our Facebook group:

Go to: www.facebook.com. If you already have a Facebook account, sign in or simply search for "Pavlo Orthodontics." If you don't have a Facebook account, fill in a few details and away you go...



You can also fill out a "Brag a Little" form which is located at the reception in each of our two convenient office locations. We are grateful to all of the thousands of patients and to the many referral sources who have helped us grow and thrive as a practice over the past decade!

While many things have changed over the years, one thing has remained constant: we will continue to strive to deliver the finest possible orthodontic treatment in an environment that is caring and fun!

Thank you so much for your support over the years!

Contest Winners



Name The Monkey - Our monkey mascot has a new name thanks to **Anastasia Perreault**. She named our mascot **Maimou** (which is Greek for monkey!). Congratulations Ana for winning a Nintendo Wii Game System and thanks for naming our mascot!

The winners of our Winter **"Guess The Number of Cotton Balls"** used to make our Snow Man were: Nicole T. - Peabody Office and William O. - Newburyport Office. Congratulations on your excellent guesses and on your prize - the Sony PSP game system.

Our Newburyport Office Is Moving



The entire team outside our new office while under construction at One Harris St, Newburyport.

We are happy to finally announce that our current location at One Merrimac Street in Newburyport will be moving to One Harris Street in July 2009. The new office is located near the public library next to the municipal parking lot on the corner of State Street and Harris Street. We will keep you updated as our construction progresses.

Team News



Full of smiles while getting their hands dirty at the new construction site!

Our team brings over **120 years** of combined dental and orthodontic experience to you our orthodontic family!

Wanda joins us as a highly experienced orthodontic chair side assistant. Originally from Puerto Rico and then Texas, Wanda now resides in Salem MA.

Jeanne is celebrating her 8th year in our orthodontic practice. She has been going winter camping with her family and is looking forward to spring!

Lisa is celebrating her 7th year with our practice and has been cooking up a storm this winter. She has a few weddings to look forward to this summer and can't wait for the warmer weather.

Megan has reached her fourth year mark here at Pavlo Orthodontics. Anxiously awaiting the warm

weather, she has planned lots of summer mini-vacations.

Karen has enjoyed her last sixteen years in the orthodontic field. She owes that to all the great patients she has worked with in the past and looks forward to those she will work with in the future. She is anxiously awaiting the opening of our new Harris Street location.

Lynn has been with our team for 4 years, with previous experience in general dentistry. She loves working in orthodontics and is looking forward to springtime!

Jaelyn our newest Team Member - chairside assistant from Salisbury MA. Please introduce yourselves and make her feel welcome!

Continuing Education

Dr. Pavlo and his team work hard to keep up to date and to bring new techniques and technologies into our practices.

- Dr. Pavlo and his team traveled to The Providence Rhode Island Convention Center this past fall to attend the Annual Session of the Northeastern Society of Orthodontists. They attended informative lectures about state of the art treatments and technologies

in orthodontics. Dr. Pavlo serves on the Board of Directors of the Massachusetts Association of Orthodontists (MAO), and thus participated in the business meetings while in Providence.

- Earlier this year, Dr. Pavlo traveled to the Damon Forum in Phoenix, AZ to learn about and discuss the very latest in clinical techniques.
- Dr. Pavlo, Vice President of the New England

Damon Study Club, hosted the fall meeting recently in Boston. This experienced group of Damon System practitioners gather twice a year to hear nationally known speakers and to share "pearls" of treatment mechanics.

- Dr. Pavlo also attended the annual Yankee Dental Meeting in Boston where he served as the room chairman for the Orthodontic Symposium.

Appointments / Self Check In

Self Check-In

At the Peabody office location it is now possible for each patient to check in using a simple finger print scan. The check-in computer is located 10 steps from the front entrance.

Simply follow these instructions:

- 1) Place index finger on the scanner
- 2) Press Confirm

If you do not wish to use the automated check-in, any of our front desk team members will be more than happy to check you in manually.

Televox House Call Appointment Reminder

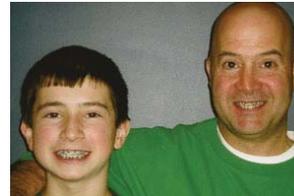
We have been using the Televox House Call System for appointment reminders since 2002! This enables you to be reminded of appointments by telephone. NEW to this system is the ability to remind our patients of their appointments by e-mail or text-message.

Please provide us with your email address at your next visit so that we can better serve you in the future.

Patient of the Month

The prestigious **Patient of the Month** award is given to patients who show outstanding efforts in treatment, cooperation, appointments, brushing and attitude. Congratulations and well done to our most recent patients of the month:

Connor and Bill Bombaci



Sports Update – Mouthguards

Do you play Football, Basketball, Soccer or Hockey? If so, it is important that you wear a mouthguard during the sporting season. A mouthguard is an inexpensive and effective way to prevent a multitude of injuries and ultimately “save your smile”. The American Association of Orthodontists recommends that anyone who participates in a sport that carries a significant risk of injury should wear a mouth protector. A mouth guard can prevent serious injuries such as broken teeth, jaw fractures, lacerations, and more. A mouth guard also provides a barrier between the braces and your cheeks and lips. This limits the risk of serious injury to the delicate soft tissues.

At Pavlo Orthodontics, we have a specially designed orthodontic mouthguard for our patients with braces. The mouthguard comes in a range of colors and sizes. For patients who do not have braces, please ask one of the clinical team members for advice on the best option for you. We often recommend a mouth guard called the “Shock Doctor”. It can be purchased at most sporting goods stores for about \$15.00. Once treatment is completed, we are happy to make a custom mouth guard to protect your new perfect smile. The cost of a lab fabricated custom mouth guard is approximately \$150.00.

Our Reward Program “Pavlo Points” is growing!

We set up our Pavlo Points Program to reward great patients like you. The success of your orthodontic treatment depends on your partnership with Dr. Pavlo and his orthodontic team. To finish on time with the most perfect smile, we BOTH need to work together as a team. Pavlo Points can be received at regularly scheduled appointments. To reward you for doing your part, we have great prizes that can be redeemed at any time during your treatment with Pavlo Points. Each prize is worth a specific amount of Pavlo Points. The more Pavlo Points you accumulate, the bigger the prize can be. The prize list can be viewed at both our Peabody and Newburyport offices. This is our way of saying “Thanks for being such a great patient!” Treat your Pavlo Points like real money--once you spend them or if you lose them, they're gone. Ask how you can earn additional points just by having your teeth cleaned at your dentist's office!

W I R E T O O T H P A S T E M B
 E S N A E L C R Y L M E Y E A R
 H T M I L K G O O A O A Y F A A
 C E T I B T U P S Q L L R L B C
 G M S D H E M E M U A A B U R E
 K L O O T I S R I E R N A O U S
 D O N L E D U D L E Y T N R S S
 F M G D E C A Y E A E S A I H O
 J A W S T S I T N E D L N D M L
 M O U T H G U A R D C A A E N F

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|---------------|------------|----------------|------------|
| 1. Mouthguard | 8. Song | 15. Bite | 22. Chew |
| 2. Report | 9. Smile | 16. Decay | 23. Molar |
| 3. Dentist | 10. Teeth | 17. Gums | 24. Jaws |
| 4. Sealants | 11. Dudley | 18. Toothpaste | 25. Braces |
| 5. Plaque | 12. Milk | 19. Diet | |
| 6. Fluoride | 13. Brush | 20. Clean | |
| 7. Banana | 14. Floss | 21. Food | |



Recipe of the Month!

Lisa's Brace-safe Penne Bake

Ingredients:

- Lg bottle of V8
- 1lb Penne Pasta, cooked as directed on package
- 10 oz Extra Sharp Cheddar, cubed
- 4 Tbsp Butter, sliced

In Large ovenproof casserole dish, layer Penne, cheese & butter, ending with cheese & butter on top. Pour V8 over pasta mixture until it almost covers the pasta & bake at 425 degrees, uncovered for 1 ½ hours. Enjoy!

* Even better made a day ahead & reheated in the oven!

We look forward to seeing you at one of our locations:

Peabody Office
 215 Newbury Street
 Suite 101
 Peabody, MA 01960
 Phone: (978) 535-5353

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 One Merrimac Street
 Suite 20
 Newburyport, MA 01950
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