

GIGGLES

Have Some Fun While You Wait!

VOLUME 5, SPRING 2010

WORD FIND

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

**Find these
AMERICAN IDOL
Winners/Judges:**

Carrie Underwood
 Jordin Sparks
 Kris Allen
 David Cook
 Ruben Studdard
 Taylor Hicks
 Fantasia Barrino
 Kelly Clarkson
 Simon
 Randy
 Ellen

**SPORTS SAFETY
 PLAY IT SAFE!**

Emmitt Smith, the American Association of Orthodontists and the National Alliance of Youth Sports have teamed up to help raise awareness and increase the use of facial protection in youth sports through their new "Play It Safe" campaign.

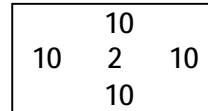
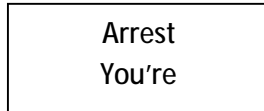
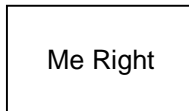
In a recent survey, the AAO discovered that 70 percent of parents said their biggest fear is that their child will get hurt while playing organized sports, yet 67 percent admitted that their child does NOT wear a mouth guard during organized sports.

BRAIN TEASERS!



We give you the correct answers on the back (no peaking).

1) A Rebus Puzzle is a picture representative of a name, word or phrase. Can you guess these?



2) Can you Sudoku?

4			1			6		
	3		9			5		
9				6	3	8		
	7			2	9			3
2		9	3					8
5			4	7			9	
		2	6	3				5
		4			7		8	
		5			8			1

3) How can you use the letters in "New Door" to make one word?

4) Can you guess these silly rhymes?

- What do you call a grizzly with no fur?
- What do you call a female deer's rival?
- What do you call a muddy sparrow?
- What flower lays down in the flower bed?
- What do you call a rabbit who tells jokes?

5) A man is asked what his daughters look like. He answers, "They are all blondes, but two, all brunettes, but two, and all redheads, but two." How many daughters did he have?

6) If you have only one match and you walked into a room where there was an oil burner, a kerosene lamp, and a wood burning stove, which one would you light first?

The damage caused by a ball, puck or elbow to the face can be devastating for a child – often resulting in serious injury and a lifetime of oral health issues. In fact, sports-related injuries are the leading cause of emergency room visits in 12- to 17-year-olds according to the Centers for Disease Control.

"Unfortunately, many parents, kids and coaches don't realize the damage a ball or on-field collision can do until it's too late," said Robert J. Bray, DDS, MS, president, AAO. "As experts in helping patients achieve a healthy, beautiful smile, the last thing my colleagues and I want to see is a smile ruined by a preventable injury."

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FACTS ON SPORTS SAFETY – As published on www.braces.org

- Injuries can happen at any age or skill level – more than half of the seven million sports and recreation-related injuries that occur each year are sustained by youth between ages 5 and 24.
- Collision and contact sports have higher injury rates. Baseball, soccer, basketball and football account for about 80% of all sports-related emergency room visits for children between 5 and 14 years of age.
- Mouth guard use is very low – 67% of parents say their child does not wear a mouth guard – yet, 70% say their biggest fear when their child plays is that they will get hurt.
- One out of every four (27%) parents says their child has sustained an injury during an organized sport resulting in a trip to the emergency room.
- Most coaches and leagues are not advising the use of mouth guards – of the parents whose children do not wear a mouth guard, 84% say it's because the league or coach does not require it
- Hard hits occur no matter what the sport – the average high school baseball pitcher can throw a fast ball between 75-85 miles per hour. This compares to being hit in the mouth by a speeding car.
- Cheerleading is one of the most dangerous sports, accounting for 65% of all injuries in high school girls' athletics.
- Children with braces need to wear mouth guards – one out of every three (31%) parents say their child has orthodontic treatment or braces while playing an organized sport.
- Lacerations can occur if an orthodontic patient's mouth is not properly protected.

PROTECT YOUR FACE AND SMILE WHILE PLAYING SPORTS Tips from the American Association of Orthodontists (AAO)

To help parents and coaches, the AAO has four quick tips for keeping kids safe during sport activities. Kids and athletes can “Play It Safe” by remembering to:

- **Wear a mouth guard.** Mouth guards are one of the least expensive forms of protective wear and they can help prevent jaw, mouth and teeth injuries caused by a collision or fall. Patients playing sports, be sure to ask us the best type of mouth guard for your sport.
- **Wear a helmet.** Helmets absorb the energy of an impact, and should be worn for activities like biking, skateboarding and in-line skating. Visit the Insurance Institute for Highway Safety website to learn helmet laws in our state.
- **Wear protective eyewear.** Eyes are extremely vulnerable to injury during sports like soccer, baseball and hockey.
- **Wear a face shield to avoid scratched or bruised skin.** Hockey pucks, basketballs and racquetballs can do severe damage.

Also, keep in mind the following:

- **Stretch before and after a game or practice.** This can reduce the risk of pulling or straining a muscle.
- **Be observant even as a spectator.** Stay alert while watching a game to avoid foul baseballs and flying hockey pucks coming your way.
- **Use good judgment.** If an activity carries risk of dental or facial injury, gear up. Without it, a pick-up game of basketball or flag football could result in a trip to the emergency room.

We encourage you to visit www.braces.org for more details on the Play It Safe campaign. You can even watch a YouTube video of a recent speech that spokesperson Emmitt Smith made on the subject at a school in South Florida.
Please PLAY IT SAFE!

BRAIN TEASER ANSWERS:

- 1) All Mixed Up
Right Beside Me
You're Under Arrest
Too Intense
- 2) Sudoku Puzzle Answer:

4	2	7	1	8	5	6	3	9
6	3	8	9	4	2	5	1	7
9	5	1	7	6	3	8	2	4
1	7	6	8	2	9	4	5	3
2	4	9	3	5	1	7	6	8
5	8	3	4	7	6	1	9	2
8	1	2	6	3	4	9	7	5
3	9	4	5	1	7	2	8	6
7	6	5	2	9	8	3	4	1

- 3) “One Word”
- 4) Bare Bear
Doe Foe
Dirty Bird
Lazy Daisy
Funny Bunny
- 5) Three: 1 blonde, 1 brunette,
1 redhead
- 6) The Match Silly!

For more fun Brain Teasers & Games for children go to www.kids.niehs.nih.gov.

PATIENT CONTEST FUN: Don't forget to check for our current patient contest whenever you come in for your orthodontic appointment. We want all patients to play and have a chance to win our great prizes!