

# GIGGLES

ACCULINE ORTHODONTICS  
DR. MARTIN WEINSTEIN

WINTER 2011  
VOLUME 10

## Have Some Fun While You Wait!

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

Find these  
Dental Related  
Words:

- Toothbrush
- Floss
- Hygienist
- Fluoride
- Mouthwash
- Waterpik
- Dental Cleaning
- Dentist
- Fillings
- Cavities

### NATIONAL CHILDREN'S DENTAL HEALTH MONTH

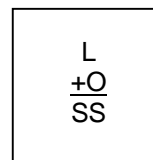
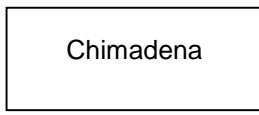
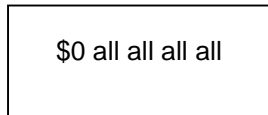
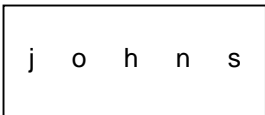
National Children's Dental Health Month is celebrated in February each year. It's a good time to help children brush up on good oral hygiene. The American Dental Association recommends the following for good oral health and beautiful smile that will last a lifetime:

- Brush your teeth twice a day with fluoride toothpaste.
- Clean between teeth daily with floss or an inter-dental cleaner. Decay-causing bacteria still linger between teeth where toothbrush bristles can't reach.
- Eat a balanced diet and limit between meal snacks to healthy items like fruits, raw vegetables or cheese.
- Visit your dentist regularly for cleanings and oral exams.
- Use a soft-bristled toothbrush that fits the size of your mouth.
- Thoroughly rinse toothbrushes with tap water after brushing. Store the brush in an upright position if possible allowing the toothbrush to air-dry.
- Do not share toothbrushes!
- Replace your toothbrush every 3 or 4 months or sooner if the bristles become frayed.
- Talk to your dentist about what types of oral care products will be most effective for you. The ADA Seal on a product is your assurance that it has met ADA standards.



### THE ANSWERS TO OUR BRAIN TEASERS ARE ON PAGE 2, BUT NO PEEKING!

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



2) Can you Sudoku?

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

3) Which 3 American states have been merged together: TEMUINNNTENSESASOEHTAE

4) Here's a quick test of intelligence. There are no tricks to the test, and it looks pretty simple. But let's see how YOU do! Read this:

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS.

Now count aloud the F's in that sentence. Count them ONLY ONCE. Do not go back and count them again. What is your answer?

5) There are fourteen punctuation marks in English grammar. How many can you name?

**SUGGESTION BOX:** If you have a suggestion or comment to help us improve our services, please share it. We promise to review your ideas and try to implement them into our practice if at all possible!

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Signature is OPTIONAL: \_\_\_\_\_

**BRAIN TEASER ANSWERS:**

- 1) Long Johns  
Free for All  
Made in China  
Total Loss

2) Sudoku Puzzle Answer:

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

3) Tennessee, Utah, Minnesota

4) There are six F's! Many people forget the F in "of" and that word appears 3 times in the sentence. The human brain sees them as V's! If you answered 4,5 or 6, you are above average.

5) Period, Comma, Colon, Semicolon, Dash, Hyphen, Apostrophe, Question Mark, Exclamation Point, Quotation Marks, Brackets, Parenthesis, Braces & Ellipses.



With March Madness upon us, we thought it might be fun for you to have a few basketball jokes in your back pocket:

**Q:** What do basketball players and babies have in common?  
**A:** They both dribble!

**Q:** What's harder to catch the faster you run?  
**A:** Your breath!

**Q:** Why do basketball players love cookies?  
**A:** Because they can dunk them!

**Q:** Why should you not play sports in the jungle?  
**A:** There are too many cheetahs!

**Q:** Why was Cinderella such a bad player?  
**A:** Her coach was a pumpkin.

**PETS NEED DENTAL CARE TOO!**

National Pet Dental Health Month is also in February. Your pet needs regular professional dental care from your Veterinarian, as well as care at home from you! Here are 3 steps to success for a pet's dental health:



1. Take your pet to the Veterinarian for a dental exam if you suspect a problem. Some signs to look for are bad breath, brown or yellow teeth, excessive drooling, bleeding from the mouth, or a change in eating and drinking habits.
2. Begin a dental care regimen at home. Your Veterinarian can suggest steps that may include brushing your pet's teeth or a special dental care diet.
3. Schedule regular veterinary checkups. These are essential in helping your Veterinarian monitor the progress of your pet's dental health routine – just like you visiting your dentist!

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!

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