

# GIGGLES

ACCULINE ORTHODONTICS, DR. MARTIN WEINSTEIN

## Have Some Fun While You Wait!

WINTER 2012, VOLUME 14

### WORD FIND

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

Find these  
New Year  
Words:

- Resolution
- Countdown
- Fireworks
- Parade
- Times Square
- Midnight
- Calendar
- Baby
- Noise Maker
- Confetti
- Kiss

### TO VACCINATE OR NOT?

Seasonal flu is caused by influenza viruses. Symptoms of seasonal flu include fever (often high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Every year in the United States, on average 5% to 20% of the population gets the flu! The flu season begins in most areas during December and can last into March or April.

The Center for Disease Control & Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine annually. That includes children from tiny to teen. Getting a flu vaccine is especially important for those with chronic health conditions, like asthma and diabetes.

There are two kinds of flu vaccines available: the regular flu shot and a nasal spray flu vaccine (not everyone is a candidate for this).

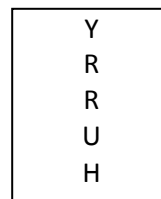
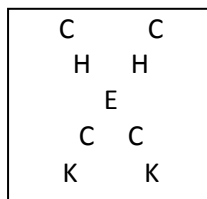
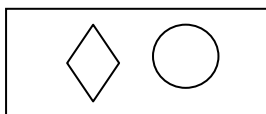
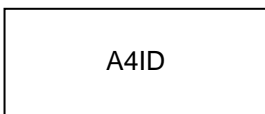
Contrary to a popular myth, the CDC says that flu vaccines cannot give you the flu because they are made from killed or weakened influenza viruses. Flu vaccines have an excellent safety record. There are possible side effects of the vaccine (occasional sore throat, runny nose and rarely fever), but they are mild, and resolve quickly when compared to a bad case of the flu.

For more information about the flu, speak with your doctor, visit <http://www.cdc.gov/flu> or call CDC at 1-800-CDC-INFO.



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?

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

3) One winter day, there was a man standing in the middle of our yard. He stayed there for several weeks, but we didn't mind. Eventually the man left. Who was the man?

4) What do the numbers 11, 69 and 88 have in common?

5) Ted likes to eat healthful meals. He always eats one of his favorite vegetables: broccoli, string beans, or carrots. He always has either rice or mashed potatoes. And he always has either chicken, beef, or lamb. How many possible combinations of his favorite veggies, starches and meats are there?



## BRAIN TEASER ANSWERS:

- 1) Foreign Aid  
Diamond Ring  
Cross Check  
Hurry Up
- 2) Sudoku Puzzle Answer:

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

- 3) A Snowman
- 4) They all read the same upside down.
- 5) There are 18 possible combinations: 3 veggies x 2 starches x 3 meats = 18.

**HAPPY  
NEW  
YEAR**

## TIPS TO PROTECT YOUR FAMILY AGAINST FLU AND COLDS

- Wash your hands often with warm water and soap or use an alcohol-based hand sanitizer.
- Don't touch your eyes, nose or mouth. That's how the germs get in!
- Avoid close contact with people who are sick, and stay home if you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean things that are touched often at your home, like the computer keyboard, the refrigerator door, and the television remote control.

*If you are sick and feel that you may be contagious, please call our office so we can reschedule your orthodontic appointment . . . Thanks!*

**2012**

## PATIENT'S NEW YEAR'S PLEDGE

We wish all our patients and their families a healthy and happy New Year! And, we ask that all our patients take this New Year's Pledge to make 2012 a braces friendly year!

- I pledge to come to all my appointments to assure that my braces come off on time.
- I pledge to do my best to be on time for all my appointments to help the practice's schedule run smoothly.
- I pledge to have good hygiene at every appointment.
- I pledge to eat the appropriate foods to keep from breaking my brackets and appliances.
- I pledge to see my general dentist and hygienist for my regular cleanings.
- I pledge to wear my rubber bands as instructed.
- I pledge to keep my retainers in their case (when they are not in my mouth) and wear them as instructed.
- I pledge to wear a proper mouth guard when playing sports to protect my teeth and my braces.
- I pledge to smile more often!

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)