

The new Rock Hill office is here!



Our Mission

Excellence in orthodontics is our goal. Our aim is to create beautiful smiles, well-balanced faces and long-lasting, healthy teeth.

We believe in a lifetime learning approach, continually improving our treatment techniques and technology in order to provide the best orthodontic care possible. Our staff will be highly trained, enthusiastic and courteous. We will make communication with patients, parents and referring doctors a priority. We are privileged to serve our community and will give back as much as we have received.

After years of preparation and 7 months of construction, we are finally pleased to announce the opening of our new office in Rock Hill! The new facility has surpassed all of our expectations, and we truly believe it will allow us to deliver orthodontic care at the highest level. We believe with this office we are able to provide the finest quality of care with cutting edge orthodontic technology, while

at the same time, provide a comfortable, relaxing atmosphere for our patients and parents.

In designing this office, we tried to bring the comforts of home to your orthodontic visit. Our new office was designed to meet the needs of multi-tasking parents, busy professionals and fun-loving kids. For adults, we have a private treatment area and waiting room, coffee bar with on-

demand custom brews and internet cafe with Wi-Fi access. For younger patients, we have a touch-screen lobby gaming station and our "on deck" room is equipped with a Sony Playstation 3 and Microsoft Xbox 360.

The positive experience continues during your appointment as our unique dental chairs have memory cushions to help you relax in utmost comfort. We've

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Welcome Dr. Dixon and family!

Dr. Spence Dixon joined Miller Orthodontics in July of 2009. Dr. Dixon grew up in Orangeburg, SC and is a graduate of Wofford College in Spartanburg, SC. He then attended the MUSC College of Dental Medicine, where he graduated as valedictorian of his class. From Charleston, he and

his wife moved to Richmond, Virginia where he completed his residency in Orthodontics and Dentofacial Orthopedics at the Medical College of Virginia. His wife is a general dentist practicing in Fort Mill, and they have one child, a 9-month old boy named Spencer.



An office to grow into ...

added these new features for your convenience while keeping the same wonderful, friendly staff that have served our community for years.

The office also employs the latest in computer technology and is now completely "paperless," with

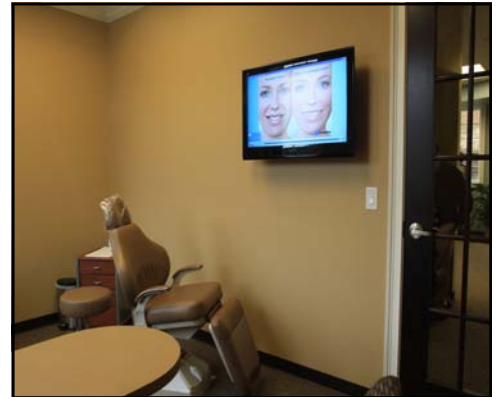
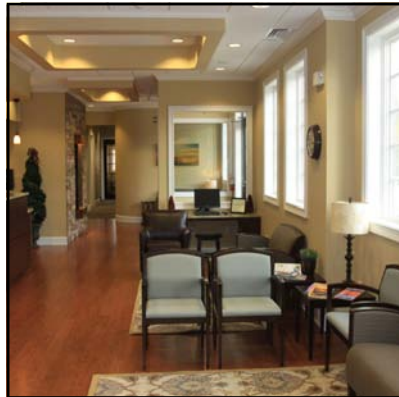
each patients chart digitally filed. The Dolphin Aquarium patient education software allows us to demonstrate each patient's specific problems during their first exam so they can better understand each treatment option.

The technology of the of-

fice now matches the technology of our clinical materials. We utilize the most advanced bracket system on the market, heat-sensitive wires, virtual models of teeth, and orthodontic mini-implants. All of these advancements add up to shorter treatment times, less

discomfort, and an overall superior result.

We look forward to growing into our new office, and we hope that it will enhance the orthodontic experience for each patient. Please come visit us any time in our new location!



Patients in the news ...

Twin sisters Kimberly and Valerie Buchholz appeared in the Herald in December because they recently celebrated a birthday by having all of the guests to their party bring toys for local charities instead of presents for them. A portion of the 110 toys went to the Epiphany Lutheran Church's Family Promise gift campaign, and the rest went to the United Way of York County's toy distribution program. We are very proud of the girls for showing such generosity and unselfishness. Our office was definitely inspired by their efforts, and we hope you are too!



The "Built-in Second Opinion"

"Each patient will have the advantage of having two highly trained orthodontists studying their case in detail."

Unlike many multi-doctor orthodontic practices, Dr. Miller and Dr. Dixon have chosen to see each patient together as a team. This means that during the course of their treatment, every patient will be seen by both doctors. Dr. Miller and Dr. Dixon share similar practice and treatment philosophies, each bringing special

interests and unique skills to the practice. In orthodontics, there are many different approaches to correcting a certain bite problem, but usually only a certain few work best in the shortest amount of time. Dr. Miller and Dr. Dixon will independently determine a treatment plan for each patient and then meet to discuss the

best treatment approach. This means that each patient has a "built-in" second opinion, which greatly benefits our patients. Rest assured when you choose our practice, you will receive this comprehensive approach to individualized care.

Staff Spotlight

Carolyn has been with Miller Orthodontics as the Treatment Coordinator since 2006. She came to Rock Hill from Greensboro, NC in 2001, leaving a job as a Treatment Coordinator in another orthodontic office due to her husband's company transfer. She brings great experience, energy, and intellect to our orthodontic team, and she has a great understanding of all of the latest orthodontic products and treatments. We are very proud to have her!

When she isn't welcoming new patients into the practice with her "cheery" disposition, you can find her out and about with her Newfoundland dogs, Jax and Templeton, or attending Carolina Panthers football games. She also enjoys running, dancing, riding horses, fishing, and gardening. She and her husband absolutely love traveling to tropical places. As a former TopCat cheerleader for the Carolina Panthers, she brings her enthusiasm and enjoys being able to inform our patients about their treatment and developing a rapport with them.



From The Doctor's Desk - Adult Orthodontics

Today, orthodontic treatment is a viable option for almost any adult. It is well recognized that when left untreated, many orthodontic problems may become worse. When you have a malocclusion ("bad bite"), your teeth may be crowded, excessively spaced or may not fit together correctly. Such conditions may lead to dental health problems. Crowded teeth are hard to clean and, given time, may contribute to tooth decay, gum disease and even tooth loss. Bad bites can also result in abnormal wearing of tooth surfaces, difficulty chewing and damage to supporting bone and gum tissue.

One in five orthodontic patients is an adult. The American Association of Orthodontists (AAO) estimates that more than 1,000,000 adults in the

United States and Canada are receiving treatment from orthodontists who are members of the AAO.

Healthy teeth can be moved at any age. Many orthodontic problems can be corrected as easily for adults as for children. Orthodontic forces move the teeth in the same way for both adults and children. Adults are not growing and may have experienced some breakdown or loss of their teeth and the bone that supports the teeth. Orthodontic treatment may then be only a part of the patient's overall treatment plan. Close coordination may be required among the orthodontist, oral surgeon, periodontist, endodontist and family dentist to assure that the treatment plan is managed well.

We also have other options than



metal braces. We offer Radiance Clear Sapphire braces which are virtually invisible once placed on the teeth, and we are a Preferred Provider of Invisalign. Please visit our website to learn more!

Contest Winners

Each month, we feature a new contest for the patients to participate in. After each appointment, they have a chance to enter the contests, and at the end of the month, a winner is chosen. Here are some of our winners ...



September 2009 - Delanie Gaskill was the winner of our "America The Beautiful" contest. The most beautiful place she has visited...The Florida Keys. Delanie won a flip video camera.



October 2009 - Will Simon was the winner of our "Get Your Game On" contest. Will won a \$50 gift card from GameStop.



November 2009 - Mallory Baldwin was the winner of our "Scavenger Hunt" contest. She won a \$100 gift certificate to Best Buy! Congratulations Mallory!

Importance of CLEAN teeth during orthodontic treatment

The single most important thing you can do as a patient to help us give you a good smile is to keep your teeth clean. Plaque is the reason that you need to be vigilant about dental hygiene during orthodontic treatment. If plaque is left on teeth and around braces, you may develop swollen gums, bad breath, scarred and discolored teeth, and even cavities. When plaque is removed regularly during treatment, you are rewarded with the best possible results in the shortest time possible.

Once you have the proper tools, you can fight plaque by following these guidelines. To begin, you should clean your teeth at least three times a day (after each

meal and before bed) with a soft, rounded-bristle manual or power toothbrush in good condition and a fluoride toothpaste.

Brushing alone, however, will not remove all of the plaque. Floss should be used at least once every day between teeth, around brackets and at the gumline. Reusable floss threaders help you maneuver dental floss between archwires and



With excellent oral hygiene, your teeth can look like this when you're done with braces!

teeth. Pre-cut floss with ready-made threader tips can be helpful as well.

You also need professional cleanings at the dentist's office at least every six months to keep teeth and gums in top condition during orthodontic treatment. Even with diligent attention to daily dental hygiene, professional cleanings are key in removing plaque build-up.

Oral Hygiene

Tips to Remember

- Brush your teeth 3-4 times a day for at least 2 minutes with a soft bristled toothbrush.
- Use your prescribed high fluoride toothpaste at night before you go to sleep, and do not eat or drink anything after brushing.
- Clean between teeth daily with floss or an interdental cleaner.
- Eat a well balanced diet and limit snacks between meals to healthy foods.
- Visit your dentist regularly (at least every 6 months) for a professional cleaning and exam.
- Replace your toothbrush every 3 to 4 months.
- Use an antibacterial oral rinse (Listerine) daily to keep your gums healthy.