



"The Ruff Reader"



CHARLES J. RUFF DMD - PA

specialist in orthodontics
certified, american board of orthodontics

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www.smiles4ME.com

Ortho Tips

If your bracket or band is still attached to the wire, you should leave it in place and put wax on it. If the band or brace comes out entirely, wrap the bracket with a tissue and bring it with you to your appointment.

A referral from a dentist is not necessary to see a patient. If you or your child would like to be seen, or you would like to refer someone, it would be our pleasure to answer any questions or concerns.

Ask us for details about Incognito braces: the hidden way to straighten your teeth!



Welcome New Staff Member Amy Faloon

Please help us welcome Amy Faloon to our team. Amy has been a manager at Fashion Bug for 21 years and due to their closing she was ready for a career change.

Amy started full time with us this month. We know that Amy will make each and every one of you feel welcome when you come into the office.

Amy and her husband, Greg, have one child named Lauren, who is 12 years old. They have a family cat named Pumpkin. Amy likes to go to the beach, taking walks outside, and spends a lot of time traveling to sporting events that Lauren participates in.



You can win a Kindle Fire!

Our current contest consists of patients submitting photos on our Facebook page for an entry into the weekly drawing to become a finalist for the Kindle



Emma Larsen,
1st Kindle Fire Winner

Fire. At the end of the month we will pick from the four finalists and they will win! Contest runs from now until Feb. 25th so get your photos submitted! You can check out our contest guidelines on our website or email darlene@smiles4Me.com and she will send them to you. If you do not have a Facebook, you may email your photo to the same email address. On Feb. 28th we will be having a final drawing for the last Kindle Fire. Everyone that had sent a photo will get their name in that drawing as many times as they participated in the contest. If they sent us a photo for 8 weeks then their name will go in drawing 8 times!! So keep posting those photos!



Facebook Places

Who. What. When. And now where.

"Check In" while at your appointment!

Like Us On
facebook 



Dawson Turcotte
Congratulations and ENJOY!



Our patients speak out.....

You cannot get any better than Dr. Ruff's!

Getting braces with Dr. Ruff's office is actually so FUN that my younger child could not wait until it was his turn! My older son is nearly finished with treatment and his teeth are gorgeous. This is NOT the orthodontics I experienced in the "bad old days." Dr. Ruff's skill and experience, his entire staff of warm, friendly, upbeat professionals, and the extensive use of technology and communications was beyond my expectations by a long shot. Do not go anywhere else if you can possibly go to Dr. Ruff!

By Kelly Desrosiers

Love to Smile

Dr. Ruff has been working on my smile for years now. I am missing 4 of my permanent teeth and we are lining things up so that I can eventually get implants. I used to hide my teeth when I smiled but now, even though there is still work to be done, I smile big. Thanks Dr. Ruff and staff for helping me look my very best! I know that when we are done, my teeth will finally be perfect!

By Leah D.

A Great Experience

We had a wonderful experience with Dr. Ruff and his staff over the past several years. Everyone is dedicated to providing a comfortable, friendly, and professional experience for patients and parents. I can't imagine recommending any other orthodontist than Dr. Ruff. My son's teeth look great! Thank you all!

Lorri Cahill and Connor Shapiro

By Connor S.

Flex Spending

Flexible Spending, Health Reimbursement and Health Savings Accounts have become a popular way for patients to manager their healthcare expenses including orthodontics.

Let US help you utilize these programs and maximize your benefits. We would be more than happy to accept your Flex Spending, Health Reimbursement or Health Savings Account as a form of payment for your orthodontic services.

Winners of the Referral Program 2012



Tracy Cunningham and boys

The greatest compliment Dr. Ruff & his team can receive is the referral of a friend or family member. To show our appreciation, in December of each year we draw 2 winners for a **Visa debit card** with a value of **\$250** on each. Tracy Cunningham and Samantha Viles were our 2012 Referral Program winners!

To ensure your name is entered into the drawing, please ask your friends or family members to mention your name at the time of the initial phone call or at their **first visit** to our office. There is no limit to how many times your name is placed in the drawing.

Thank you for placing your trust in us!



Samantha Viles and kids



THEME WEEK - February 18th-21st Show us the LOVE of your FAVORITE SPORTS TEAM



Come into the office during *February vacation* supporting your favorite sport! **You could be wearing a jersey, hat, or dressed in the whole uniform!** You will receive an extra Ruff Buck for participating and your name will be entered into a drawing for **2 Portland Pirate Tickets!** We

will be picking 5 winners! Check out Dr. Charlie's team in their favorite sports attire....they will be decked out for sure!



Brenda moving

As you may have heard already we had to say goodbye to Brenda Barnes. Brenda's husband is in the military and was transferred to Tennessee. She left a few days before Christmas to get there in time to celebrate as a family. Her husband had been gone for 6 months and Brenda stayed to sell their house. She is very excited to be out of the cold once again since she is native to Texas! We will miss her stories and laughter. We hope Brenda and her family succeed in Tennessee!

Invisalign is evolving

On Friday, February 15th Dr. Charlie, Darlene Michaud, and Sarah Ruff will be attending an Invisalign meeting in Waltham, MA. They will be listening to world renowned dentists/orthodontists teaching ways of treating patients with Invisalign in the most efficient way. Invisalign is also coming out with a new type of Invisalign material called SmartTrack, that will place a more constant force to improve control of tooth movements while being more comfortable for patients to insert and remove.



Dental Assistant by day....Roller Derby "Star" by night

Twice a week, after work, Darlene Michaud drives to Bangor to meet up with 25 other women and then gets hit, falls down, and hits others, all while skating an oval track. On the track she is known as STARLUNA TIC! Being a competitive skater as a teen she was intrigued by the fact that Maine has 4 Roller Derby leagues. After enduring a 3 month training she is no longer "fresh meat" as they call newbie's, but is now a Veteran. You can check out **Bangor Derby** on Facebook. Their next bout is scheduled February 16th at Great Skates in Portland where they will be playing one of Portland's teams, the Calamity Janes!



Team Anniversaries



Congratulations to Vicky Dubay, who celebrated her *5th* year with our team on 11-27-12 and Sarah Ruff, who has celebrated her *4th* year with our team on 1-1-13.



Flu?

We had our flu shots to keep ourselves at our best for when we see you! Due to the recent reports regarding the fast growing flu, we are encouraging patients to reschedule their appointments if they have flu-like symptoms, especially a fever. For your safety, we will also stay home if we are exhibiting flu-like symptoms.

Does Your Child or Teen Snore?

Does your child or teenager snore on a regular basis? This means three or more times per week.

Last summer, the American Academy of Pediatrics published guidelines that recommended that children with a history of regular snoring be evaluated by their family doctors or pediatricians for obstructive sleep apnea syndrome. Snoring is frequently associated with sleep apnea in both children and adults. Obstructive sleep apnea can contribute to cardiovascular problems, diabetes, and other systemic problems.

Snoring is relatively common but obstructive sleep apnea is much less common. The number of children who have obstructive sleep apnea will be far fewer than the number who snore but snoring is a very good screening test to trigger a more detailed evaluation that might demonstrate obstructive sleep apnea.

The Academy goes on to say that if regular snoring is associated with labored breathing during sleep, bedwetting, morning headaches, daytime sleepiness, problems in school or ADHD, other learning problems, underweight or overweight, large tonsils and adenoids, a small or recessive lower jaw (among others), failure to thrive, or high blood pressure, a more in depth evaluation is definitely indicated.

The treatment for snoring in a child or teen is either removal of the tonsils and adenoids or palatal expansion (orthodontic expander) or a combination of both. Palatal expansion is a routine procedure in an orthodontic office and easily done from age 4 and up. If your child snores or has had a diagnosis of sleep apnea but has not yet seen an orthodontist, we would be happy to evaluate him or her for palatal expansion. You can just call and make an appointment without a referral from your dentist or physician.

Interestingly, as I was writing this article, a mother of a current patient asked me about her son and his snoring. He has always snored every night and his teachers have complained about him falling asleep in class. That is just the kind of scenario that I am talking about: snoring plus one other factor which in this case was daytime sleepiness.



Our focus is extraordinary service, where everyone is treated like family.