

SEPTEMBER
2018

shoreline
orthodontics

smiles
delivered.

YOUR DOCTORS



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MANAGEMENT OF DELAYED AND CROWDED SECOND MOLARS

It seems the whole world is concerned about crowded front teeth now more than ever before, but what about posterior crowding? Often this presents in the area of the erupting second molars. As orthodontists we extract fewer premolars than ever before. But we have to manage the eruption of second molars when there is posterior crowding, particularly in the lower arch. The lower second molars can be partially erupted with a distal inclination and sometimes with mesial inclination. In both instances we manage this with the extraction of the third molars. In the case of the mesially inclined lower second molars we have the surgeon elevate the second molar to the distal. This allows us to bracket the molar and align it ideally. In the case of the distal inclination we have the surgeon remove any bone and tissue covering the distal of the second molar so that we can bracket it to position it ideally. This approach allows more non-extraction orthodontic treatment and a better occlusal outcome with well aligned second molars.

MESIALY INCLINED LOWER SECOND MOLARS



Before



Before



After

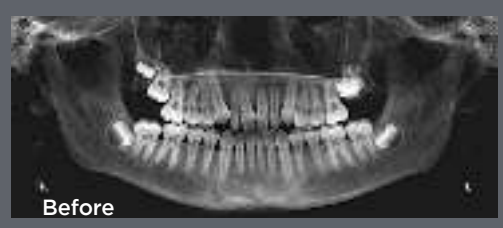


After

DISTALLY INCLINED LOWER SECOND MOLARS



Before



Before



After



After

WE'RE CELEBRATING OUR FIRST YEAR IN LANGFORD!

Just a year ago Shoreline Orthodontics opened in Langford. Our Shoreline team keeps growing and every day we have made new friends in the community. At Shoreline it is important that our team supports and gives back to the communities we live and work in. Dr. Helpard and the Shoreline team are well known across the North Island for volunteering and supporting worthy children's charities, local teams and events. This year in Victoria we supported recreation and sports, including West

Shore Basketball, Juan de Fuca Minor Hockey and the Royal Bay Ravens Lacrosse Academy. Dr. McFadden and her new puppy, Moe, are also currently in training in hopes of taking part in volunteer visits within the community. After all, these activities and events are what make our communities such vibrant and amazing places to live.

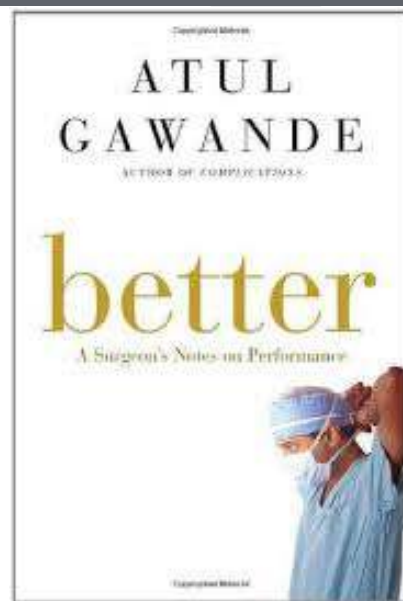
BETTER - ATUL GAWANDE

Do you ever wonder how you can be a better dentist? In the book *Better*, orthopedic surgeon Dr. Atul Gawande, writes about what it takes to be excellent in endeavors requiring uncertainty, risk and responsibility.

The book is a collection of essays that demonstrates how being better at what you do is possible. What does he think it takes to be better? It takes diligence, doing right, ingenuity and most importantly a willingness to try.

Dr. Gawande summarizes the book by listing his 5 suggestions for becoming a positive deviant - how can we apply these to dentistry?

1. Ask an unscripted question: find something out about your patient that doesn't involve their teeth.
2. Don't complain: instead try discussing an interesting problem you've recently encountered.
3. Count something: keeping track of something you find interesting might reveal new information.
4. Write something: even if it's just a tweet of 140 characters, find an audience and contribute something meaningful.
5. Change: it's okay to identify inadequacies in what you're doing; this allows the opportunity to find solutions.



GET IN TOUCH

Did you know? Every photo used in our material is an actual Shoreline patient.

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