

MARCH
2019

shoreline orthodontics

smiles
delivered.

YOUR DOCTORS



Dr. Paul Helpard,
drhelpard@shorelineorthodontics.com
250-898-7275



Dr. Michelle Kosmowski,
drkosmowski@shorelineorthodontics.com
905-220-5653

SPACE ANALYSIS

The American and Canadian Association's of Orthodontics advise that children as young as age seven are observed by an orthodontist. One of the reasons for this is to monitor the patient for growth and development, which is a key determinant in timing treatment. Another reason is to observe and guide eruption of permanent dentition.

At Shoreline, the orthodontists evaluate permanent crowding at each visit with your patients. When significant crowding is observed in a young child we conduct what we term a "Space Analysis". This is performed at age 10 for most children, when you can expect to see eruption of all eight incisors, six-year molars, and at least half the root formation of the permanent premolars. By the time these teeth are in position, arch length is not expected to change. It can be manipulated by changing the arch circumference either by proclining anterior teeth, or expanding posteriorly.

Using measurements of arch length to tooth-size discrepancies, along with analyses of the patient's growing face in profile, and treatment simulations, we are able to determine at this age if serial extractions are necessary to alleviate crowding and facilitate eruption of canines into healthy gingiva, or if it is appropriate to maintain a full-permanent dentition. Sometimes, if serial extractions are not indicated, it is necessary to perform early orthodontic treatment, or a "Phase I" to ensure permanent teeth can erupt without risk of impaction, resorption on adjacent tooth roots, or erupt into zones of minimal attached gingiva.

Completing eruption guidance at this stage allows the patient to then be treated with a shorter duration of braces when braces are later indicated.

SPACE ANALYSIS RECORDS

(outcome resulted in four premolar extraction)



SHORELINE TEAM CONNECT

Shoreline kicked off this month with our first annual Team Connect Event on March 11th at the Nanaimo Conference Centre. The event brought all Shoreline Doctors and Team members together from all our clinics across Vancouver Island to celebrate our successes and plan for the future. Featured speaker, Stephanie Staples, played us some tunes and urged us to care, nurture and inspire ourselves and each other in our day to day lives. We also got the critical opportunity to connect with our shared goals of giving back to the community and high-quality patient care. A productive and fun day for everyone!



DARE TO LEAD: BRAVE WORK. TOUGH CONVERSATIONS. WHOLE HEARTS.

By: Brene Brown

This book identifies qualities of daring leaders. It establishes the cornerstones to leading a strong team and focuses on self-improvement in the process. Vulnerability, identifying key values, developing trusting relationships and parting with our perfectionist tendencies are essential to become a fearless leader.

The author points out that vulnerability is essential to committing to acts of courage and initiating creativity and innovation. Another important characteristic of a good leader is the ability of an individual to give and take honest feedback. Leaders can solicit feedback from their team by truly listening to their concerns.

Awareness of your own personal core values is the foundation of a good leader. Individuals with this quality are more likely to take risks since they know that their key values will help to guide them without compromising their integrity.

Trust is critical in establishing healthy relationships. The acronym BRAVING can be helpful for improving trust with your team:

B - Boundaries. This element of trust involves respecting others' boundaries.

R - Reliability. Doing what we say we will.

A - Accountability. We must take ownership of our mistakes.

V - Vault. We should think of ourselves as a vault of information that others have shared with us.

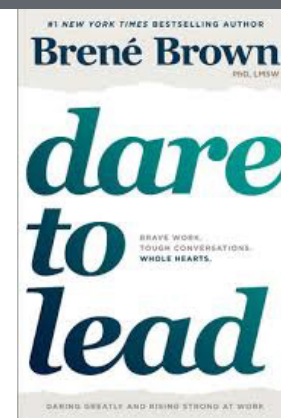
I - Integrity. Doing what is right over what is easy or fun.

N - Non-judgement. Others will be more open and honest with us if we do not judge them.

G - Generosity. People are more likely to trust one another if we always see the best in others.

Implementation of these behaviours is essential to becoming a successful and trustworthy leader.

To become daring leaders, we must part with perfectionism. Perfectionism is attempting to win approval. Individuals with a healthy drive for success rather than perfection are more self-focussed and ask themselves how they can improve.



GET IN TOUCH

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

Courtenay Office
1530 Cliffe Ave, Suite 100
Courtenay, BC, V9N 2K4
Phone: 250-334-4434
Fax: 250-334-4437
info@shorelineorthodontics.com

shoreline
orthodontics

Campbell River Office
520 2nd Ave, Suite 200
Campbell River, BC, V9W 6G2
Phone: 250-286-3901
Fax: 250-286-3913
info@shorelineorthodontics.com