



Welcomes



Dr. Rachel Bellan!

Dr. Bellan grew up in Atlanta, Georgia. She is a graduate of the University of Texas and attended the University of Louisville School of Dentistry where she received her Doctor of Dental Medicine. Dr. Bellan finished at the University of Medicine and Dentistry of New Jersey with an Orthodontic Specialty Certificate and Masters of Science in Dentistry.

She has been married to her college sweetheart for three years. She enjoys watching college football, water and snow skiing, traveling, and playing with her French bulldog "Henry".

Dr. Bellan shares Dr. Roth's mission to serve our patients in a courteous, professional, and kind manner. It is important that we keep you well informed of any changes and to let you know that you are the heart of our practice. This has always been our goal since we opened in 2005 and Dr. Bellan will be a key asset in continuing to offer optimum treatment in a fun and caring atmosphere.

We invite any questions that you may have. Dr. Bellan will be joining our team on June 6, 2011. Dr. Roth and Dr. Bellan will work side by side to ensure that every patient continues to receive superior treatment. We are certain that you are going to love Dr. Bellan as much as we do!

Thank you,

Dr. Roth and Staff

We are now open at The Legends!

We are so excited to be open at The Legends. We invite you to come by and visit anytime. You will see all the same familiar faces in a new state of the art orthodontic office. We are located on the north side of Parallel Parkway (next to Danny's Bar & Grill). Thanks to all our great patients that helped to make our first few weeks open a success.

Please call if you have any questions.

(913) 948-8688

10940 Parallel Parkway, Suite O

Summer Fun Fact

~ In 1905, an 11-year-old boy named Frank Epperson invented the first **Popsicle**. He created it completely by accident. Frank accidentally left a mixture of powdered soda and water, with a stirring stick, on his porch. He awoke the next morning and found a frozen pop! He first named his frozen pop an "Epsicle", but when he got older his kids asked for "Pop's" sicle and the new name was born. Popsicles are more popular than ever today, with Cherry being the number one favorite flavor.

Remember....Sugar free popsicles are the best when you are in treatment!

Choosing the Best Toothpaste



Thanks to better care and technological advances, more people than ever before are keeping their teeth throughout their lives. The most important thing you can do to make sure you're one of those who keep their natural teeth is to brush and floss regularly.

Most dental decay is caused by plaque, a sticky, colorless bacteria that is constantly forming on your teeth. Saliva, food (especially sugar) and fluids combine to produce plaque, which collects on teeth and where teeth and gums meet. Plaque that is not removed by regular brushing and flossing can

harden into tartar, a crusty deposit that can only be removed by a dentist. Plaque also leads to gum disease, a potentially serious infection that can erode bone and destroy the tissues surrounding teeth. Flossing removes plaque between teeth, and brushing removes plaque from the large surfaces of the teeth and, if done correctly, from just under the gums.

With brushing being such an important factor in your oral health, you can see why your choice of a toothpaste is important, but with so many brands and types - plaque control, tartar control, whitening, gum care, sensitive teeth, polish, smoker's - from which to choose, picking the right toothpaste can be a daunting task. Your dentist or dental hygienist can help narrow the field by discussing what your special brushing needs are.

If you tend to build up plaque or tartar quickly, you'll want a plaque or tartar-control toothpaste. Anti-plaque/tartar toothpastes will have ingredients such as fluoride and/or antibacterial agents to limit plaque and tartar formation. (Check with your dentist before choosing fluoride toothpaste for your young children. Excessive fluoride ingestion by pre-school age children can lead to discoloration of the permanent teeth. If your child uses fluoride toothpaste, make sure s/he does not swallow toothpaste while brushing.)

If you smoke or drink tea or coffee, a whitening toothpaste may help with stains. However, whitening toothpastes only remove adherent stain. The ingredients necessary to actually bleach your teeth are not chemically stable enough to be included in toothpaste. Use caution with those toothpastes made to remove heavy stains, frequently referred to as "smoker's toothpaste" or "tooth polish". These toothpastes may be excessively abrasive and may cause progressive wearing away of the tooth and supporting tissues. (Also, if you smoke, be sure to see your dentist regularly, as smokers are at increased risk of gum disease, early tooth loss and also soft tissue conditions including oral cancer.)

Temperature sensitive teeth will benefit from a toothpaste made to desensitize your teeth. Your needs may change as you age, so don't be surprised if your hygienist recommends a type of toothpaste you haven't used before.

Once you've determined which type of toothpaste is best, choose the one that tastes and feels best and doesn't cause irritation or sensitivity problems. If you like the flavor and texture of your toothpaste, you'll brush more and longer. And brushing well and regularly means you'll be smiling with your natural teeth well into your mature years.