

# The Smile File

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The Team at Angle House would like to wish all of our patients and families a very Merry Christmas and Happy Holidays.

The practice will be closed from  
**Wednesday 23rd December 2015**  
and will reopen on  
**Monday 11th January 2016**

Have a safe and enjoyable break!



Angle House is now on Instagram.  
Follow us  
@anglehouseorthodontics for  
your chance to win movie tickets  
and other great prizes.

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## Christmas Giving

Angle House is supporting the Smith Family Toy and Book appeal again this year. Please support this worthy cause with donations of new books or toys for children to be left at the practice until early December. Alternatively purchase a raffle ticket to go into the draw to win an Angle House Gingerbread house with all proceeds going to the Smith Family. Tickets available at our reception.



## Wisdom Teeth :-

Can wisdom teeth make your other teeth *crooked*?



There's a common misconception that wisdom teeth push other teeth out of their way as they erupt, causing them to move and overlap. However, this is not the case, and research at the University of Iowa has shown that wisdom teeth do not exert enough pressure on other teeth to create dental crowding. As part of this study, sensors were used to measure the pressures on teeth, with and without wisdom teeth present, ultimately showing that there was

no difference between the two. So if you're experiencing dental crowding, your wisdom teeth are most likely not to blame, and other factors could be responsible. If you're concerned about crooked teeth, the best thing to do is seek advice from a specialist orthodontist – like us. If it's your wisdom teeth that are causing you trouble, your first port of call should be your general dentist.

## Braces Recipe :-

Those first few days after braces are fitted or adjusted can be quite uncomfortable and eating is sometimes a bit tricky. Try out this recipe for a healthy, easy to eat meal:

### Vegetable Frittata

#### INGREDIENTS:

1Tbsp Olive Oil  
Half a Leek (chopped )  
3 Eggs, beaten.  
1 tbsp. chopped chives.  
1/2 Cup Cream or natural yoghurt  
1 cup mixed cooked vegies : eg potato, pumpkin, mushroom, zucchini, sweet potato etc  
Salt & Pepper  
  
1/2 to 1 cup of grated cheese (tasty or Parmesan)



#### METHOD:

Preheat oven to 180 ° C  
Heat oil in frypan and gently soften leek. Set aside to cool.  
Mix all ingredients in a large bowl, then pour into a greased pie dish  
Sprinkle grated cheese over the top.  
Bake in oven for 30—40 minutes until golden

## Patient Profile:- Ivan Sulfaro

Ivan Sulfaro is an 18 year old sportsman who spends his time travelling Australia and the rest of the world playing table tennis. When he's not playing the table tennis circuit, Ivan pops in to Angle House Orthodontics for his Invisalign treatment.

"I wanted to have Invisalign because I felt too old to have braces. In the end my little sister even chose Invisalign because people really don't notice them and the aligners are more comfortable than braces" Ivan explained.

Ivan attended Xavier College, where he discovered his passion for table tennis. To date he has represented Australia at more than 20 International tournaments around the world. He is currently ranked the number 1 junior player in Oceania and his Australian senior ranking is number 4.

In October Ivan won the 2015 Australian Open 18's Singles Table Tennis Championships which were held in South Australia. This photo of Ivan is with his Gold medals won at the championships; one for the State of Victoria and one for Australian Open Singles, along with his Championship Trophy.

Ivan sustained a major injury at training 18 months ago resulting in him having to undergo two hip operations. His sheer determination and courage to get back to that number 1 ranking got him through the months of rehabilitation and frustration of being off the court for so many months. "He was extremely disciplined during that time" says mum Amelia "and the results have paid off. "

Ivan has been selected to represent Australia at the ITTF World Junior Championships to be held in France in December. He is currently training in Europe and playing for a Polish League team for 10 weeks preparing for Australian Olympic Qualification to be held in Australia in February.

Join us in congratulating Ivan on his incredible achievements and we wish him every ongoing success in his sporting endeavours.

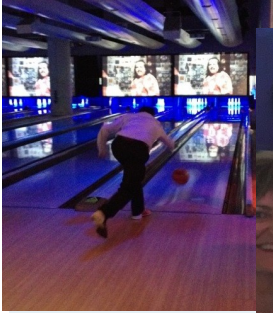


*"It takes seventeen muscles to smile and forty three to frown" - Author unknown*



## Team News :-

The Angle House staff were treated to an afternoon of fun in October when Dr Kataria took everyone out for lunch and tenpin bowling. The competition was fierce with Joanne coming out as eventual victor. A great time was had by all!



For gum problems, implants and other periodontal therapy, see Dr Nupur at Melbourne Periocare, now consulting at Angle House. To book a consultation with Dr Nupur, phone 9817 1860 or visit [www.melbourneperiocare.com.au](http://www.melbourneperiocare.com.au)

If you don't floss, you miss cleaning 35% of your tooth surfaces.



FUN FACTS

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