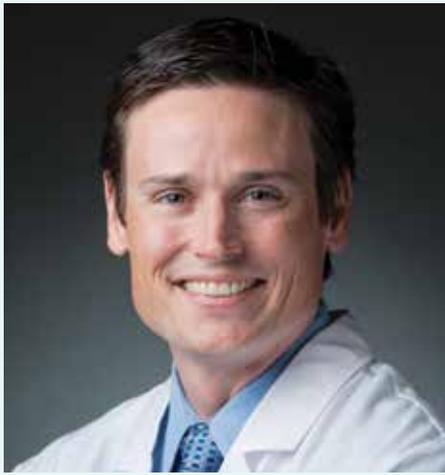


# THE SMILING TIMES

for Patients of TS Orthodontics and Dental Specialists / Spring 2020



## ASK DR. SCANLAN

### Why is Vaping so dangerous?

Vaping is a troubling habit that has been in the headlines a lot recently. Add the public health crisis of the coronavirus to this equation and the combination of the two has the potential to become even worse. While some believe that vaping is less harmful than cigarette smoking, they are terribly misinformed. Vaping is not only harmful, but it can also compromise the respiratory system.

The ingredients in vaping liquids can affect cell function in the airways and suppress the lungs' ability to fight infection. This increases the chances of having a respiratory infection. While the coronavirus affects the respiratory system as well, someone who vapes may face additional complications with the virus.

Source: [www.health.clevelandclinic.org](http://www.health.clevelandclinic.org)



## KEEPING YOURSELF HEALTHY AMIDST THE PANDEMIC

“With the evolving impact of coronavirus (COVID-19) in communities across the country, many Americans are facing new challenges keeping them from getting to the office, school, grocery store or gym. The American Heart Association, the leading voluntary health organization focused on heart and brain health for all, has resources to help maintain a healthy lifestyle while at home.

“Prevention is key in limiting the spread of coronavirus, and with more people working remotely or limiting their exposure to crowds, it’s important to maintain healthy habits at home,” said Eduardo Sanchez, M.D., M.P.H., FAAFP, American Heart Association’s chief medical officer for prevention. “Wash your hands often and stay home when you feel sick, but don’t disregard your physical activity and healthy eating habits. These are the foundation to maintaining and improving your health.”

Here are some ideas to use at home for whole-body health:

1. Create an at home circuit workout. Select three or four exercises you can do at home like jumping jacks, lunges or jogging in place. Do each exercise in short bursts and repeat the circuit two to three times.
2. Use shelf stable ingredients to cook heart-healthy meals. Canned, frozen and dried fruits and vegetables, frozen meat and dried grains are great shelf-stable options to have on hand for recipes.
3. Fight stress. An unexpected change in circumstance is stressful. Use the additional time at home as an opportunity to take action against stress. Take a few minutes each day to meditate, improve your sleep hygiene for more restful sleep and call friends and family to stay socially connected.

While the overall risk of getting this virus is currently low in the United States, the American Heart Association is advising caution and preparation for people who have heart disease or who have survived a stroke, because they are among those facing a higher risk of complications from the coronavirus.

Remember the basics in your everyday activities: wash your hands often with soap and water for at least 20 seconds, cover your cough or sneeze with a tissue and then throw the tissue away, stay home from work if you are sick, avoid touching surfaces in public, try not to touch your face, and avoid people who seem visibly sick.”

Source: [www.heart.org](http://www.heart.org)



# TSO OUT & ABOUT

## TIPS TO BEAT BOREDOM

Given the current circumstances, it can be a little hard to be “out and about.” Therefore, we want to share some fun ideas that you and your family can do at home this spring! We asked some of our team members for their suggestions. Here are our ideas! Gardening can be lots of fun for your family. You can even garden without having to leave your home. Order seeds online and have them delivered right to your home! Once you have your seeds planted, check



out Pinterest. Pinterest has lots of fun crafts for all ages and you can utilize items lying around the house. Once your crafts are completed, you may want a “sweet treat!” Learn to make your own ice-cream! We have included a recipe. Finally, as the weather gets warmer, you can make your own slip-and-slide. Find a tarp, add dishwashing soap and soak it with water. Then you can slip on in to fun! Finally, create a bucket list of all the fun activities that you can do at home!

To stay up-to-date on our team’s upcoming events and activities check out Facebook and Instagram. Do not forget to tag us on social media when you wear your TSO shirt! We love to see our patients and what you are doing! Stay safe and stay well!

 @tsorthodontics

 @ts\_orthodontics

# Spring

## WORD SEARCH

q	w	n	m	s	t	j	g	d	o	b	i
h	v	e	l	d	d	u	p	c	e	l	r
m	e	l	t	i	n	g	z	n	r	o	a
x	j	m	s	u	s	x	i	j	a	s	i
u	u	t	h	v	l	h	g	i	i	s	n
s	p	m	b	o	s	i	d	r	n	o	d
g	f	o	b	n	o	e	p	e	b	m	r
r	w	w	u	r	c	o	e	s	o	j	o
e	k	s	r	d	e	r	z	d	w	w	p
e	w	b	b	g	n	l	t	o	s	c	s
n	g	r	o	w	t	h	l	a	q	c	o
t	c	l	i	d	o	f	f	a	d	m	f

blossom	daffodil	green	growth
melting	puddle	rainbow	raindrops
seeds	sunshine	tulips	umbrella

# POPULAR QUESTIONS FROM PATIENTS

**Q:** What is TS Orthodontics and Dental Specialists role in the community during the outbreak of COVID19?

**Answer:** Great question, David! Dr. Scanlan and the TS Orthodontics team have continuously served the community in many ways. Now with the Covid-19 outbreak, it is more important to help where needed. Currently, we have gathered our surplus of personal protective equipment (aka, PPE), such as gloves, masks, etc., and are waiting on standby. These items will be donated to healthcare workers who are on the frontlines treating the people of our community.

**Q:** I am an Invisalign patient and I am due to receive my next set of aligners. Can I pick those up?

**Answer:** Great question, Maria! Dr. Scanlan and the TSO team are continuing to distribute aligners. To pick up your next set, please call the office for specific instructions.

**Q:** Since emergency visits are the only visits permitted at this time, are Dr. Scanlan and the team able to see patients through teledentistry?

**Answer:** Thanks for asking, Harrison! Dr. Scanlan and his team have developed a teledentistry platform for your convenience. Please access this through our website, mytsosmile.com, and look for the “virtual consultations” link.

## PATIENT REWARDS

Start earning points and prizes in the comfort of your home! Earn points for: Taking surveys, leaving a review, referring a friend, participating in monthly games through the Patients Reward Hub website, liking our Facebook page and so much more! Get started now!

Go to [www.mytsosmile.com](http://www.mytsosmile.com), and click on the Patient Rewards Hub link. Prizes include gift cards such as Starbucks, Target, Best Buy, Old Navy and more!



## PATIENTS OF THE MONTH

# SPECTACULAR SMILES - AMAZING PATIENTS



MARION- OLIVIA

Hip hip hooray! Olivia loves coming to TS Orthodontics and Dental Specialists because it feels more like a family than a doctor's office. She loves when the weather warms and she enjoys playing at the creek with her younger brother. Olivia has played basketball for 6 years and she also enjoys singing.



RUTHERFORDON-STILES

Way-to-go Stiles! Stiles likes catching up with the friendly team at his appointments. Stiles loves to drive just about anywhere! He has had his license for 10 months, and has already driven to Canada. Stiles also loves baseball. It is a sport he has been playing since the 4th grade.



ASHEVILLE- LANDON

Congratulations Landon! Landon loves coming to his appointments, especially when it includes ice cream! He is looking forward to the spring because it is golf season. Landon also enjoys playing his guitar and spending time with friends and family.

## BRACES-FRIENDLY RECIPES

### STRAWBERRY ICE CREAM



#### Ingredients:

- 2 cups whole milk
- 2 cups heavy cream
- 1 cup white sugar
- ¼ teaspoon salt
- 2 teaspoons vanilla extract
- 2 cups mashed fresh strawberries
- 2 drops red food coloring (optional)

#### Directions:

In a large bowl, combine the milk, cream, sugar, salt, vanilla, strawberries, and food coloring. Pour the mixture into the freezer bowl of an ice cream maker and freeze according to manufacturer's directions

## COMMUNITY MEMBER SPOTLIGHT

### DR. ADAM GRAHAM

Asheville Pulmonary and Critical Care Associates (APCCA) has cared for adults with asthma, lung cancer, COPD, sleep apnea and many other conditions in Western North Carolina, since 1979. Dr. Graham, a pulmonologist at APCCA, is a physician who specializes in treating the respiratory track and lungs.

Dr. Adam Graham completed his undergraduate at the prestigious Air Force Academy. Following his undergraduate studies, he attended the Medical University of South Carolina, in Charleston, where he obtained his medical degree. Then he entered the United States Air Force and completed his internal medicine residency, at Travis Air Force Base. After his residency, Dr. Graham decided to pursue a pulmonary critical care and sleep medicine fellowship, in which he completed at Lackland Air Force Base. After completing his training, Dr. Graham remained in the Air Force for an additional 15 years on active duty. He ended his military career after 5 more years in Charlotte, in the National Guard. After his service for his country, Dr. Graham relocated to Asheville and joined the Asheville Pulmonary and Critical Care Associates practice.

As we have learned, the coronavirus affects the respiratory track and lungs, especially.

Therefore, we are so grateful that we have Dr. Adam Graham and his fellow team members. Dr. Graham stated that there are 18 additional physicians and 4 ICU advanced practitioners who are also highly trained and standing by and ready to care for those that may be infected with the coronavirus. In addition to caring for patients, they are working closely with the Mission Hospital leadership team to ensure that the patients receive the most compassionate, evidence-based care available as we fight this battle together.

Dr. Graham highly recommends that everyone continue to follow local, state and national guidance on social distancing and hand washing to help reduce the spread of this disease!

Dr. Scanlan and the TSO team will continue to pray for Dr. Graham, his associates and all of the healthcare workers that are making sacrifices to keep us safe and well! We hope that Dr. Graham will soon be able to enjoy hiking, running, skiing and traveling, soon! Dr. Graham, thank you for all that you are doing!





## INSIDE THIS ISSUE

### PAGE 1

Keeping Yourself Healthy Amidst the Pandemic

Ask Dr. Scanlan

### PAGE 2

TSO Out & About

Popular Questions from Patients

Patient Rewards

Spring Word Hunt

### PAGE 3

Braces-Friendly Recipes

Community Member Spotlight

Patients of the Month

## OUR FAVORITE RESOURCES

With schools across the country closing due to the Coronavirus pandemic, for the first time, many families are finding themselves homeschooling. Since this may be a challenge, there are many great resources available for you and your family as you navigate through this season. If you already homeschool your children, you may find these resources helpful as well. For some unit studies, available for all ages, that are fun and interesting, check out Gather 'Round Homeschools website. Tired of staring at a computer all day? Try a creative, hands-on approach to teaching! Through Kiwico.com, you will find age-appropriate projects delivered straight to your door. All of their projects are designed by experts and kid-tested! These projects will be sure to get your kids thinking! Finally, try to utilize your community. Communicate with parents that homeschool and seek their help! They would love to share tips and tricks that have worked for them! During this time, let us come together to be creative and innovative for the children and navigate this as a community.



## TRANSFORMATION OF THE MONTH

CHECK OUT THIS AMAZING SMILE TRANSFORMATION, COURTESY OF TS ORTHODONTICS & DENTAL SPECIALISTS TEAM!



A BEAUTIFUL SMILE FROM AN ACTUAL PATIENT OF TS ORTHODONTICS & DENTAL SPECIALISTS!

TO SCHEDULE YOUR COMPLIMENTARY CONSULTATION FOR BRACES OR INVISALIGN CALL US AT 828-254-4602  
OR CONTACT US AT MYTSOSMILE.COM