



# WAZ UP DOC?

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## Orthodontics and Extraction of Teeth

Since its inception, the specialty of orthodontics has been entrenched in many controversies. Among them, the issue of extraction of the teeth is still being hotly debated. Dr. Edward H. Angle (1855-1930) the founder of orthodontics as a specialty was vehemently against removal of teeth. After his death, a few of Dr. Angle's students argued in favor of extracting teeth for severely crowded dentitions. They also established guidelines to facilitate the decision making for or against extraction of teeth in any given patient.

In the late 1900, the pendulum swung to an extreme in favor of extraction and reached a point in which more than 60% of patients had at least four teeth removed prior to getting their braces. In the 1980s the pendulum started to swing back towards the non-extraction approach. This shift was partly due to the availability of the long-term records that showed some flattening of profile in the patients who had their teeth removed and partly due to the public's negative perception for all surgical procedures.

Even today, a large number of orthodontists recommend extraction of teeth for the majority of their patients. A 1989 survey of orthodontists found that among US orthodontists the prevalence of extraction ranged from a high of 84% to a low of 25%. Such large variations in orthodontists' preference are interesting and points out to either an absence of standardization in the diagnosis and treatment planning or a huge diversity of opinion among orthodontists about optimal treatment.

A recent analysis of the 200 consecutively treated patients in our practice showed only three had extractions; a mere 1.5% of our patients' population. Clearly, our practice appears to be among the nation's most conservative offices when it comes to removal of teeth. Some of the reasons for our hesitance in extraction of teeth are as follows:

1. Respecting our patient's opinion in avoiding removal of teeth as much as possible.
2. Recognition of some of the adverse effects of extraction.
3. A shift in starting the orthodontic treatment at a younger age when tissues are more flexible and potential for jaw growth is greater.
4. Technological advances such as the advent of high-tech braces such as the Damon system (see the link to [damonbraces.com](http://damonbraces.com) on our website).

Today, when deciding whether or not to remove teeth, we think extraction should be considered as the last resort. For patients who face controversial issues, seeking a second opinion is the most appropriate step. Optimal treatment is only achievable when patient and doctor are in complete agreement about their plan of treatment.

## Staff News



### **Emelia Seryani**

Our Financial Coordinator celebrating Christmas with her parents. Emelia has been working with us for 6 years. She is not only loved by everyone at the office, but also by all of our patients.



**Dr. Kouvaris** and his 18 months old daughter Sophia at the Pacific Coast Society of Orthodontists meeting in Honolulu.



**Nayeli Garcia**, our highly skillful orthodontic assistant with her husband Mark at the Honolulu convention. Nayeli is expecting and will be the mother of a little girl in March 2011

## Kids Korner

**Poetry contest** - For this issue of "Waz Up Doc" we have chosen three poems from different time periods and parts of the world. All three poems, however, have a common theme. What is the quality that all three poets are describing?

You can be one of three lucky winners in our drawing for a \$25 cash prize! You must be 17 years or younger to qualify. Please e-mail your answer to [info@drmashouf.com](mailto:info@drmashouf.com) or drop it off at our reception desk by Monday, February 28<sup>th</sup>, 2011.

### *Happy Birthday to you!*

"If we didn't have birthdays,  
you wouldn't be you.  
If you'd never been born,  
well then what would you do?  
If you'd never been born,  
well then what would you be?  
You might be a fish!  
Or a toad in a tree!  
You might be a doorknob!  
Or three baked potatoes!  
You might be a bag full of  
hard green tomatoes."

"Or worse than all that... Why,  
you might be a WASN'T!  
A Wasn't has no fun at all.  
No, he doesn't.  
A Wasn't just isn't..  
He just isn't present.  
But you... You ARE YOU!  
And, now isn't that pleasant!"

"Today you are you!  
That is truer than true!  
There is no one alive..."



Dr. Seuss (Theo Geisel) 20th Century American poet and cartoonist

...who is you-er than you!  
Shout loud, "I am lucky  
to be what I am!  
Thank goodness I'm not  
just a clam or a ham  
Or a dusty old jar of  
sour gooseberry jam!  
I am what I am! That's a  
great thing to be!  
If I say so myself,  
HAPPY BIRTHDAY TO ME

### *HAS ANYONE SEEN THE BOY?*

Has anyone seen the boy who used to come here?  
Round-faced trouble-maker, quick to find a joke,  
slow to be serious, red shirt,  
perfect coordination, sly, strong muscled,  
with things always in his pocket: reed flute,  
worn pick, polished and ready for his Talent  
you know that one.

Have you heard stories about him?  
Pharaoh and the whole Egyptian world  
collapsed for such a Joseph.  
I'd gladly spend years getting word  
of him, even third or fourth hand.

Rumi-18<sup>th</sup> century Persian poet  
translation by Coleman Barks

## *My Daughter*

“Special” is a word  
that is used to describe  
something one-of-a-kind  
like a hug  
or a sunset  
or a person who spreads love  
with a smile or kind gesture.  
“Special” describes people  
who act from the heart  
and keep in mind the hearts  
of others.

“Special” applies to something  
that is admired and precious  
and which can never be replaced.  
“Special” is the word that best  
describes you.

Teri Fernandez  
Contemporary American poet

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### **Congratulations to our September 2010 contest winners!!!**

Griffin Soule  
Arman Farsai  
Hazel Stange

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### **Quality control survey**

The only way to improve our practice is to find out about our weaknesses. We asked you for feedback and we received them. It is truly appreciated. Most of the responses were complementary and made us feel good. The not-so-positive ones are the ones that we take very seriously. Some of the criticisms relate to the technical, some point to the behavioral and yet few others to communicational aspects of our practice. Regardless of their nature, these not-so-complementary comments represent the true feelings and concerns of our patients. Of course, as humans we will never be perfect but we can always do better and we will try our best to overcome our deficiencies. Thank you very much for helping us to get better.

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**To our patients:** We thank all of you for referring so many of your family members and friends to us. Your vote of confidence is sincerely appreciated. It allows us to grow more and give more.

**To our dental colleagues:** It has been a privilege to be trusted by you. Please keep us on track by expecting the highest standards of professionalism.

Please email your comments to [cameron@drmashouf.com](mailto:cameron@drmashouf.com)

To unsubscribe email “unsubscribe” to [info@drmashouf.com](mailto:info@drmashouf.com)