

SIX MONTH SMILES

Straight, even teeth. It's not too late. And it doesn't take long.

By Dr. Stephen W. Durham

We've been providing patients with a modern treatment for tooth alignment — to create a smooth, even smile in much less time than traditional orthodontic therapy. It makes so much sense and produces such fine results that we, and often our patients, want to share the news about it.

Using clear braces and low-force adjustments, it takes an average of just six months, rather than the typical two years, to complete treatment. Six months to a smile that literally changes lives and faces. And while it's going on, the treatment is barely noticeable to people around you.

It's so unexpected to get this kind of result without years of wearing traditional metal braces that it's

worthwhile to review how we got here and why it's possible.

Millions of cases, lifetimes of experience

Our neighbors here in the Lowcountry grew up with many different views of orthodontic treatment. Baby boomers remember when only a handful of classmates "wore braces."

As time went on, the advantages of straight teeth — not only to appearance but also to personal outlook and overall health — became so widely known that it seemed like every middle school and junior high was populated by young folks who had braces in common. One good thing about this period was that braces became more accepted among young folks, sometimes even a bit of a status symbol.



Dr. Stephen Durham

Another good result of this time was that so much experience helped dentists understand the many variables of condition and treatment that affect the experience and outcomes of orthodontia.

Miles of smiles

With that much experience, refinements eventually took shape. "Clear" braces now make it much harder for others to see that your treatment is in progress. Focusing on the visible teeth helps hasten completion. Special custom treatment "trays" help make appointments quick and comfortable. And

the whole course of treatment typically costs less than traditional braces, aligner therapy or veneers.

So, thanks to this treatment option, we have brought a smile to many faces here in the Lowcountry. A new smile.

A recipient of the 2012 Mastership Award from the Academy of General Dentistry, Dr. Stephen Durham, DMD, MAGD, is a graduate of Clemson University and the Medical University of South Carolina College of Dental Medicine. He is a past recipient of the LVI Fellowship Award for Neuromuscular and Cosmetic Dentistry. Dr. Durham practices at Durham Dental at Town Center in Beaufort. For more information, visit his website at www.DrStephenDurham.com or call 843-379-5400.

Coastal Carolina Hospital has ceremony for breaking ground for new Women's Pavilion

Coastal Carolina Hospital in Hardeeville held a groundbreaking ceremony for its new Women's Pavilion on Feb. 20. The Women's Pavilion, featuring a birthing center and other services for women, is scheduled to open late spring of this year. It will be the first time in eight years that babies are delivered at the hospital. Pictured, from left: Kathryn Mowery, Director, Women's Services at Coastal Carolina Hospital; Ashley VonNida, Chief Nursing Officer at Coastal Carolina Hospital; Amanda Dyle, Chief Financial Officer at Coastal Carolina Hospital; Mike Sweeney, Mayor Pro Tem, City of Hardeeville; Hardeeville Mayor Bronco Bostick; Hardeeville Interim City Manager Thomas Johnson; Rev. Thomas McClary, Chairman, Coastal Carolina Hospital Governing Board; Bradley S. Talbert, CEO of Coastal Carolina Hospital; Mark O'Neil, President/CEO, Hilton Head Regional Healthcare; Dr. Lance Lowe, Palmetto Pediatrics; Dr. Randy Royal and Dr. Meredith Mitchell, Riverside Women's Care.



Local food business to collaborate with Beaufort Memorial Hospital

Beaufort's only source for all local and naturally produced foods is collaborating with Beaufort Memorial Hospital to provide hospital employees, volunteers and LifeFit members with convenient online access to local foods.

In operation since 2011, Sea Islands Local Outlet (SILO) is a local food hub with a unique business model that utilizes a web-based market platform, or "web-market," to connect its customers with over 40 growers and producers — directly. Sharing similarities with a farmers market, vendors post weekly offerings and set their own prices.

Consumers simply place orders each week during web-market hours. Growers and producers receive each week's orders via email invoice, then immediately harvest or produce what is needed to fill each respective order. Producers deliver to SILO, which in turn hand packs each customer's individual order and then transports it to one of several pick up locations around Beaufort County.

The Beaufort Memorial Hospital campus will host SILO's two newest pick up locations, making it more convenient for hospital staff and LifeFit members to



The SILO shopfront at Habersham.

grab their locally produced foods.

"It just seemed to make sense," said Patrick Kelly, one of SILO's owners. "Historically, hospitals have been synonymous with healing, but today, they are evolving into symbols of wellness. Eating healthy, locally produced food is a critical piece of overall wellness. Beaufort Memorial is making a statement both by being a model for healthier eating habits and supporting our local food system. This in turn grows a healthier local population and a healthier local economy," added Kelly.

The hospital is not only serving as a host site for SILO's distribution, they are

financially incentivizing their employees, volunteers and LifeFit members to purchase local foods by subsidizing membership fees for SILO's services.

Incorporating not only the farmers market model but also aspects of a community co-op grocer, SILO's primary revenue is through a modest annual membership fee that makes direct farmer-to-customer purchase possible, without the typical retail mark-up. The food hub and the hospital came to an agreement, and were able to secure grant money that would enable the two campus pick up locations without needing to charge membership fees for the hospital and LifeFit customers.

Mark Senn is the Senior Director of LifeFit Wellness Services and has been championing SILO from the beginning.

"As a wellness center," says Senn, "we help to educate our surrounding community on healthy living and preventative lifestyles. Consuming healthy foods is a critical part of overall health and wellness. We want to make access for our own employees, members and the community as simple as possible."

SILO hopes to help with customer education as well by conducting classes and

workshops through LifeFit that will center around the myriad benefits of a diet based on local foods. The first of these will be on Thursday, March 20 at 5:30 p.m. and will feature a free workshop on fermentation with a food preservation project that is traveling around the country.

SILO began delivering orders to Beaufort Memorial in February but hopes the workshop will serve to better inform potential customers about this unique opportunity available right in their work place and community.

The two BMH pick up options are: Tuesdays from 4 to 6 p.m. at the Beaufort Medical Plaza; and Wednesdays from 11 a.m. to 12:15 p.m. at the new LifeFit Building. Any SILO member throughout the county can use the BMH pick up locations by simply selecting their market preference on the website before shopping.

To learn more about SILO or to sign up for online ordering, visit their webpage at www.silo-beaufort.com or stop by their shopfront in Habersham at 7A Market, Beaufort, SC 29906.

The SILO Team can be reached at manager@silo-beaufort.com or by calling 843-321-8990.