



PATIENT EDUCATION

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Growing Little Smiles for the Future

Adequate personal health is a key factor to ensuring a long lifespan. If at an early age we can receive dental care, then later on down the road there is less chance of contracting a serious dental health problem.

February is National Children's Dental Health month. The American Dental Association (ADA) has been raising awareness about oral health since they first started a

Information adapted from: American Dental Association (ADA) at <http://www.ada.org> & Academy of General Dentistry

campaign in 1949.

According to the Academy of General Dentistry (AGD) the recommended action is that a child's first trip to a dentist occur six months after his or her first tooth breaks through.

Proper brushing and flossing for younger children is developed at a young age.

Insisting on maintaining healthy teeth and gums can help children grow from little smiles to grand smiles as they age.



This February help protect your child's little smile for life!



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Oral Safety and Sports

It is common for many young children and teens to play physical contact sports. It is also common for youngsters and teens to get hurt while playing a sport.

Most youngsters and teens do not always consider using a mouth guard to protect their

pretty whites.

According to the American Dentistry Association (ADA) they state "new findings in sports dentistry show that even in non-contact sports such as gymnastics, rollerblading and field hockey, mouth guards help protect teeth."

By protecting and taking care of our teeth, we can help our smiles stay strong even during many physical activities.

Information adapted from: American Dental Association (ADA) <http://www.ada.org>

Preparing for the Unexpected Dental Emergency

Have you ever had a broken tooth? Or have you ever experienced food residue in the crevices of your teeth? Each of these questions can be linked under the category of unexpected dental emergencies. If you break a tooth, it is recommended by the American Dental Association (ADA) to rinse your mouth with warm water to disinfect the area. Then use a cold compress on the outside cheek to help reduce any swelling.

If the problem persists you should consult a dentist. Getting an object stuck between your teeth is not always easy to maneuver out. It can be irritating and cumbersome.

First, try removing the object with dental floss. Never use a sharp tool and take out the object that is stuck between the teeth. If the object still will not budge, contact a dentist.

Each of these unexpected dental emergencies can cause pain and lack of an appetite. Try using the methods suggested in this article the next time you face a dental emergency.

Information adapted from: American Dental Association (ADA) at <http://www.ada.org>

Preventing Tooth Decay in Children

Tooth decay is not the tooth fairy's friend. Tooth decay is caused by eating foods that contain high levels of sugars and starches. The particles from these foods can get left inside the mouth if you do not brush and floss frequently.

The mouth builds up acids because of the leftover food particles and destroys tooth enamel. After tooth enamel is gone, tooth decay occurs.



Start early by helping your child keep his or her teeth free of tooth decay.

Children who drink too much soda and do not eat enough nutritional foods are prone to tooth decay. Helping your child prevent tooth decay can be accomplished by brushing teeth after meals, completing regular flossing, and seeing the dentist for cleanings and oral examinations.

Sippy Cups, Baby Bottles: Children's Oral Health

Keeping your child healthy and happy is important. Sippy cups and baby bottles are part of the early childhood development process. However, there are some risks associated with sippy cups and baby bottles related to your child's oral health.



Also, tooth decay can be caused when a baby is put to bed with a bottle. It is recommended by the American Dental Association (ADA) to encourage your infant or young toddler to finish their bottle before going to bed. Finger sucking is common among younger children. This habit in children can potentially cause buck teeth.

By helping your child ease away from these small comfort habits, you can assist your child in creating a healthier smile.

Information adapted from: American Dental Association (ADA) at <http://www.ada.org>