



Parent Guide: Your Child's Dental Health

Help your child make this school year the best ever! Great advice, tips and special offers to maintain your family's dental health.

Start-the-School-
Year-Right
Checkup

\$60.⁰⁰

Offer Includes: EXAM, CLEANING,
NEEDED BITEWING X-RAY &
FLOURIDE TREATMENT,
TOOTHBRUSH,
FLOSS AND CHILDREN'S
TOOTHPASTE.

Offer is good for each child in
your family, Up to age 14.

Redwood Dental Health Center

Just-to-Make-Sure-
We're-Still-All-Good
Check Up

\$60.⁰⁰

Offer Includes: EXAM, CLEANING,
NEEDED BITEWING X-RAY &
FLOURIDE TREATMENT,
TOOTHBRUSH,
FLOSS AND CHILDREN'S
TOOTHPASTE.

Offer is good for each child in
your family, Up to age 14.

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FREE

Orthodontic Consultation
with Dr. Dennis B. Knoles,
Orthodontic Specialist



\$400.⁰⁰ off

full orthodontic
treatment plan

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The School Year is About to Start

Believe it or not, over 51 million school hours are lost each year due to dental-related illness!

For many of you, the school year is about to start, which means that your family will be fully engaged, juggling everything from soccer practice to making sure that homework gets done. The last thing your family needs is one more project, so if the tooth doesn't hurt, why fix it?

When Benjamin Franklin said an ounce of prevention is worth a pound of cure, he could have been thinking about dental hygiene.

Dental decay is the most common chronic disease of childhood. Approximately 60 percent of children under the age of five years old experience decay in their primary teeth. Undiagnosed and untreated dental disease can lead to pain, weight loss, missed days of school as well as exacerbate existing upper respiratory diseases like asthma. Your child's mouth is the portal to the airway and the digestive tract. Dental disease can also have a negative impact on a child by contributing to stomachaches, poor digestion and malnutrition.

Believe it or not, over 51 million school hours are lost each year due to dental-related illness! Tooth decay is five times more common than asthma and seven times more common than



hay fever, yet tooth decay is preventable with good dental hygiene habits.

Regular dental checkups (every six months) will make sure your child's smile is healthy. While it may seem like an unnecessary expense, regular checkups actually save money in the long run! Our dentists will not only clean your child's teeth but also check for any problems. Dental concerns when caught early can be quickly fixed, with little or no pain, and prevent a big bill. Another plus: prevention will keep your child from missing school due to dental-related illness! If your kids are not in school, they're not learning.

Remember: a healthy mouth = a healthy body, a healthy body = healthy teeth, all of which equals a child who is alert and ready to learn! 🌸

Early Good Nutrition Habits Make for Better Dental Health!

Encouraging good nutrition habits in children in addition to regular brushing and flossing can play a large role in good dental health for life.



A balanced diet, characterized by moderation and variety, helps boost children's immune systems, so they will be less vulnerable to oral disease. A healthy diet also provides the nutrients a body needs to maintain strong teeth and healthy gums.

Frequency

Recent research has found that dental health isn't just affected by what you eat. It's also affected by how often you eat. Every time starchy foods are eaten, like crackers, bread, cookies, or candy, the bacteria in the mouth feast on it. In turn, they produce acids that attack your teeth for 20 minutes or more. And the more frequently you eat, the more your teeth are exposed to these acids, which can eventually dissolve your tooth enamel. Also, foods that stick to the teeth, like potato chips and dried fruit, as well as foods that are slow to dissolve in your mouth, like hard candies and granola bars, give acids more time to work on destroying your tooth enamel.

Specific foods

Another way diet can affect dental health is the way foods are combined. Sticky or starchy foods create less acid in the mouth when they are eaten as part of a meal. Why? Because saliva production increases at mealtime, and saliva not only rinses away food particles, but it also neutralizes harmful acids and helps to remineralize teeth, making them more resistant to acid attacks. Also, eating foods like nuts or cheese has been shown to actually slow down the growth of decay-causing bacteria.

Soda

One of the main offenders when it comes to tooth decay is soda, dubbed "liquid candy" by many nutritionists. The American Journal of Clinical Nutrition has identified soda as the number-one source of refined sugar in the American diet. In fact, a 12-ounce can of soda contains a quarter cup of sugar: about 12 teaspoons! Soda also contains phosphoric acid, which can erode the protective enamel layer of the teeth.

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American teenagers have doubled, or even tripled, their consumption of soft drinks over the past decade. This is bad news for their teeth, because soft drinks literally bathe teeth in sugar and phosphoric acid for an extended period of time. And soda usually replaces a healthy, nutrient-rich alternative like milk.

Improving nutrition for oral health

To maximize children's nutrition and oral health:

- Limit their intake of sweets and refined starches like crackers or white bread to once or twice a day.
- Encourage them to brush, rinse, or chew sugarless gum immediately after eating.
- Eliminate soda from their diet or limit it to special occasions.
- Make sure they get plenty of calcium and vitamins B, C and D, which help to keep your bones, teeth, and gums strong and healthy.
- Don't give them breath mints, gum, and cough drops that contain sugar.

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- Read food labels to check for hidden sugar and remember that “natural” sugars are also harmful to your teeth.

Good nutrition habits in children can mean better dental well-being and a lifetime of healthy, beautiful teeth and gums! 🌱



Sports and Missing Teeth

OUCH!

Incredibly, basketball is actually one of the leading sports that can cause injury to the face and teeth.



Football, hockey, Lacrosse, wrestling and even soccer – but basketball? Incredibly, basketball is actually one of the leading sports that can cause injury to the face and teeth. In fact, basketball players are twice as likely to suffer this type of injury as football players.

As we cart our junior athletes from practices to games – dragging bags and bags of gear along – remember the mouth guard. In fact, you shouldn't leave home without one. Here's why:

- The total rehabilitation costs for a single avulsed tooth are more than 20 times the cost of a quality professional mouth guard – lifetime dental rehabilitation costs can exceed \$15,000 per avulsed tooth.
- Each year more than five million teeth are knocked out, resulting in nearly \$500 million spent in the same year on dental care to replace these teeth.
- Mouth guards prevent 200,000 injuries in high school and college sport.
- An athlete is 70 times more likely to sustain damage to teeth when not wearing a mouth guard.

- Almost one-third of all dental injuries are due to sports-related accidents.
- During a single athletic season, athletes have a one-in-ten chance of suffering a facial or dental injury.
- The most commonly injured tooth is the maxillary central incisor (code for your front teeth), which receives 80 percent of all dental trauma.
- A mouth guard can also prevent concussions, cerebral hemorrhages, incidents of unconsciousness, jaw fractures and neck injuries.

Mouth guards are one of the most effective protective pieces of equipment we have to help prevent injury to the teeth, lips, cheeks and tongue and to cushion the blows so as to decrease the chances of jaw fractures, TMJ injuries and concussions.

If you or another family member is heavily into sports, talk to us about getting fitted for a mouth guard. 🌸

What to do in a dental emergency:

You broke your tooth:

Clean the area by rinsing with warm water. Use a cold compress on your face to bring down the swelling. Get to a dentist as quickly as you can. If it is after hours or on a weekend, call the emergency number.

You bit your lip or tongue:

Use a cloth to gently clean the area, and a cold compress to help bring down the swelling. What you need to watch here is the amount of bleeding. If it doesn't stop bleeding, or if it seems as though there is just too much blood, either go see your dentist or go to the emergency room at the hospital.

You have a toothache:

Some people think that placing aspirin on the gum will help relieve toothache pain, but since aspirin contains acid, you might end up burning the gum instead. The best way to use aspirin, if that is what you want to do, is by swallowing it. You can also clean your mouth by rinsing with warm water, and maybe flossing just in case the toothache is being caused by food lodged between your teeth. If none of that works, then see your dentist as soon as you can.

Something is stuck between your teeth:

Try to remove whatever it is, gently, with dental floss. If that doesn't work, then go to your dentist. You do not want to use anything sharp to dislodge it, because you could very well end up doing much more harm than good.

You knocked out a tooth

If the tooth is dirty, then hold the tooth by its crown and lightly rinse off the root under water. Do not scrub it, and do not get rid of any gum tissue that might be attached to it. If you can, then put the tooth back in its socket and gently hold it there. If that doesn't work, put the tooth into a cup of milk or (no kidding) in saliva and take it with you to see the dentist. There are also some fluids that you can buy commercially that will do the same thing, but what are the chances you will have some of that just sitting in a cupboard? The important thing to know is that if you can replant the tooth soon, within 15 minutes to an hour, the success rate is likely to be more than 90 percent; however, your chances of success go down if the implantation doesn't take place within the first 20 to 40 minutes, so you will need to act quickly.

You think you broke your jaw:

Put a cold compress on it to bring down the swelling, and get to a dentist or an emergency room where it can be evaluated by a professional.



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A tip for flu season:

With school starting up soon, the flu season is also - unfortunately - just around the corner. Many children refuse to take any medicine which is unpleasant in taste, which many parents combat by giving their child flavored or sweet syrups after the medicine. If this is a habit at your house, please give your child a few sips of water, after giving any sweet syrup. If sugar is left in the mouth it can eat away the enamel of the teeth and damage them.