

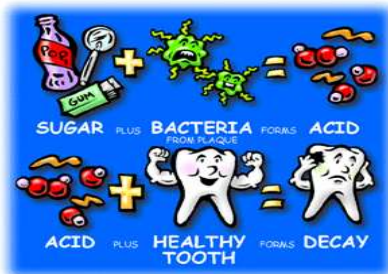
# Tisdale Dental Healthcare Clinic Newsletter



## A Usual Day at Tisdale's Dental Clinic:

Our senior student hygienists will pick up and drop off the children in their classes. Once they have arrived in our clinic, they will receive a series of exams, which include, but are not limited to:

- ✓ A thorough examination of the teeth and gums.
- ✓ Radiographs (X-rays) if needed, these will be evaluated by a dentist.
- ✓ Fluoride Treatment-rem mineralizes and helps keep teeth strong.
- ✓ Sealants- Helps prevent cavities by placing a protective seal on pits & fissures of the teeth.
- ✓ DIAGNOdent Testing- A laser that identifies teeth that have cavities.
- ✓ Education to improve nutritional choices and oral health.
- ✓ Establishing a positive relationship between kids and their dental care.



### How Do Sport and Energy Drink Affect Your Child's Body?

Sport and energy drinks may contain high levels of substances such as sugar, caffeine, other chemicals and ingredients that can have a harmful effect on your child's growing body. Caffeine and other ingredients increase heart rate and blood pressure making the heart work harder. People who drink 3+ sugary drinks daily have 62% more dental decay, fillings and tooth loss!

[www.thehealthyeatingguide.com](http://www.thehealthyeatingguide.com)  
[www.healthyeatingstatistics.html](http://www.healthyeatingstatistics.html)  
[www.everyday-wisdom.com/soft-drinkconsumption.html](http://www.everyday-wisdom.com/soft-drinkconsumption.html)



## A Special Thank you To all the Teachers at Tisdale!

The services that we provide in the clinic would not be possible without the flexibility of the teachers and for that we are truly thankful!

**Students-** A great way to show your appreciation is to make sure you get any missed assignments when you get back to class!

### Tisdale Dental Clinic:

It is important to pick up and hand in the **Medical history** in order to be seen!  
Open Monday, Tuesday, Thursday from 8:30 am – 3 pm  
(Sept-Nov & Mid Jan-April)  
Clinic is near the Nurse's office

### AFFORDABLE PREVENTIVE ORAL CARE IS AVAILABLE FOR YOUR ENTIRE FAMILY

AT:



- M T TH: 8:30a.m. - 11:30a.m. & 12:30p.m. - 3:30p.m.
- TH: 5:00p.m. - 7:30p.m.
- Wed & Fri: 8:30a.m.-11:00a.m. & 1:00pm-4:00pm
  - ✓ \$30 General adult
  - ✓ \$10 Senior Citizens
  - ✓ Call for more info. (203) 576-4137

### Important Notice:

If you receive a message from the Dental Hygiene Clinic, **please return our phone call** with the



Information requested **as soon as possible** so that we may provide your child with timely care.

We really appreciate your involvement in your child's dental health.

## October was National Dental Hygiene Month

<http://www.adha.org/adha/>

### The ADHA recommends:

- ✓ **Brush:** 2x a day for 2 Minutes.
- ✓ **Floss:** Under the gum line and between your teeth 1x daily
- ✓ **Rinse:** Mouth after eating, helps to remove food; mouthwash helps to kill plaque
- ✓ **Chew:** sugar-free gum after eating to neutralize the plaque acid



## DON'T WAIT to teach your child the importance of proper daily oral care!

<http://www.webmd.com/oral-health/guide/diet-oral-health>

Brushing, flossing and taking care of their teeth are important skills for children to learn. It can, however, be challenging to get children to brush their teeth. Good dental habits will be easier to learn if you start teaching them early. Songs can help even the youngest preschooler learn to brush properly. Through positive reinforcement, hands-on activities and fascinating experiments, children can learn the importance of taking care of their teeth. Explaining to your kids the importance of brushing is essential, but it is also helpful for kids to understand what happens to their teeth if they don't brush properly.

Bacteria in the mouth (plaque) converts sugar from food and drinks into acid, it's the acid that begins to attack the enamel starting the decay process. By following the recommendations from the ADHA above; Brush, Floss, Rinse, Chew; cavities can be avoided!



## You Don't Always Have to Say NO to Treats!

[http://dentistry.about.com/od/childrensdentistry/a/halloween\\_candy.htm](http://dentistry.about.com/od/childrensdentistry/a/halloween_candy.htm)

By practicing good oral hygiene and teaching your kids to eat sweets in moderation, your children can indulge from time to time! By following these instructions, treats can still be enjoyed:

- ✓ Moderation – Don't let your children eat sweets throughout the day, plaque excretes acid onto the teeth for 20 min. after sugar is ingested
- ✓ Avoid or limit sticky/tacky candy such as caramels, starburst, jelly beans, fruit roll-ups, and taffy. They stick to the pits and fissures of teeth feeding the plaque longer
- ✓ Monitor your child, make sure he/she is brushing his/her teeth at least **2x** times per day
- ✓ Give your kids sugar free gum to chew. Not only does sugar-free gum help **prevent cavities**; it also helps neutralize the effects of acid from plaque after sweets which reduces cavities!

### What is pH and how does it affect your body?

The pH scale measures how acidic or basic a substance is; the scale ranges from 0-14, with 7 being neutral (water has a pH of 7). The lower the pH, the more acidic and damaging and erosive a substance is to our teeth. Additionally, lower pH levels cause our blood cells to die and make us experience a loss of energy. Making good choices makes you feel better and helps you to avoid decay!

Strong Acids	Mild Acids	Mild Alkaline	Strong Alkaline
Sugary Sodas & Coffee	Cheese	Apples & Oranges	Dark leafy greens like kale or spinach
Beef	Fish	Broccoli & Carrots	Watermelon
Fried foods	All alcohol	Avocados	Genesee Tully's Acai Berry Juice
Sugar	Dairy	Almonds	Kelp Alkaline Water

[http://www.balance-ph-diet.com/ph\\_scale.html](http://www.balance-ph-diet.com/ph_scale.html)

### ✓ The Cavity Caper:

Take two apples and poke a hole in one apple. Explain that the hole is like a cavity in your tooth. Leave the apples to sit out and have your child observe the changes that occur over the course of a week. Compare the two apples. Explain that just like how the apple with the hole is softening and turning brown, your teeth are affected by cavities the same way.

[Articles to Help Children Understand the Importance of Brushing Teeth | netdoc.com | http://www.elpow.com/india\\_8150072\\_articles-understand-importance-brushing-teeth.html#sthash=17018840](#)