



BLACK HILLS

pediatric
DENTISTRY

Tooth Talk

Where Bright Smiles Begin

SUMMER HOURS

8-3 MONDAY-FRIDAY

Summer
2012

Doctors' Corner

Pediatric Dentists

Dr. Donhiser, DDS

Dr. Bradley, DDS

Dr. Jobman, DDS

Adolescent Dentists

Dr. Cooksley, DDS

Dr. Godber, DDS

For Appointments please Call:

605.341-3068

Just for your information...

Dr. Charles Mayo of the Mayo Clinic once said, "If a person can take care of their teeth and gums they can extend their life by at least 10 years." Most parents or prospective parents can probably agree that they would do anything humanly possible to add an additional ten years to their child's life. What if you could work towards the goal of adding ten years to your child's life before they were even born?

To that end, by age two years you will most likely have gotten your child a series of as many as 24 vaccines to keep him or her healthy. You know that the best gift you can give your child is a long, healthy life. But do you realize that taking care of their mouth can help do that? Do you realize that dental disease is the single most prevalent disease in our country? It is five times more common than asthma and four times more common than

childhood obesity!

To begin with, there are a couple of things you can do before your child is born, or conceived for that matter, to safeguard your child's dental health—establish good eating and nutritional habits for yourself and your spouse and get your own dental house in order. Getting proper vitamins and minerals during pregnancy is essential for both the mother's and the baby's overall health. How? Poor nutrition in pregnancy can affect bone and tooth formation. The greatest gift you can give your child dentally is to take care of yourself first with proper nutrition and oral hygiene. Folic acid, calcium, and other vitamins and minerals have been proven to aid in developing fetus. A mother should have her own dental health in order before and during pregnancy. When a child is born they do not have the bacteria present that cause cavities, but contact with the

'evil' bacteria can come all too quickly. "Bad" bacteria in a child's mouth comes in innocent ways, such as mom sharing a spoon or a straw with the child or by blowing on the child's food to cool it—which is actually transferring the bacteria to the child's mouth. This may be part of the myth of why if mom has dental decay the child is assumed to be going to have bad teeth. So ultimately...taking care of yourself is taking care of your child!



Just a thought...

Quitting

is a permanent solution to a temporary problem.

Toothpastes...

When a child is very young, a toothbrush with water is fine. For toddlers, an infant tooth and gum cleanser is best. For children over the age of 30 months, any of the toothpaste with American Dental Association Seal of Acceptance is fine, just be careful to supervise and not let them swallow the toothpaste.



"Whether you think you can or think you can't... you are right."
-Henry Ford



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**DID YOU KNOW... REGULAR
DENTAL CLEANINGS CAN HELP
PREVENT HEART ATTACKS!**

Where Bright Smiles Begin

WE ARE ON THE WEB!
www.bhpediatricdentist.com

Rushmore Ambulatory Surgery Center

Can you believe this? The Doctors at Black Hills

Pediatric Dentistry have a facility (right across the street from their dental office) where they can offer your child the ability to have all their dental work done pain free and in just one appointment. The

Rushmore Ambulatory Surgery Center exists to provide dental surgery for healthy children over the age of two years. General anesthesia (putting to sleep) services are provided by Certified Registered Nurse Anesthetists (CRNA) who are nurse specialists in anesthesia/pain control. Your child must first be seen for a comprehensive examination by one of our dental providers at Black Hills Pediatric Dentistry BEFORE making an appointment at the surgery center.



Protect your teeth this summer !!!

With the summer months approaching and the warm weather around the corner, our children's consumption of liquids increase. As parents we need to be aware of what they are drinking and what those effects may be on their teeth. With the popularity of energy drinks increasing, we must pay attention to the sugar content in these drinks. Many of the popular energy drinks are filled with LARGE amounts of sugar!! Many people think that these drinks are better than soda pop, but this completely incorrect. Some of these energy drinks contain 2.5 more sugar than soda pop! If your child or teenager is consuming energy drinks, you must be ready to face some of the risks that comes with this. A very high decay rate with large consumptions of these energy drinks! A word to the wise...find out about what your children are drinking!



LET'S COMPARE:

Rockstar Energy Drink	102 grams/sugar
Jolt Cola	94
Orange Crush	83
Mountain Dew Game Fuel	77
No Fear Energy Drink	66
Mountain Dew Soda	47
Coke	42
Pepsi	42
7-UP	37
Diet Soda	0



mmm...did you know???

1. The average person produces 25,000 quarts of spit in a life-time... that is enough to fill two swimming pools!!
2. Teeth are the hardest substance in the human body..
3. Adults have 32 teeth and children have 20.

If you would like to be taken off our e-mail list please
e-mail us at: administrative@bhpediatricdentistry.com