



Filling You In

March 2009

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THUMBS DOWN TO THUMBSUCKING!

Thumbsucking is a completely natural activity enjoyed by babies and young children. For many little ones it offers a sense of security. Many parents are concerned that thumbsucking will affect their child's oral health.

Most dentists agree that thumbsucking does not pose a serious problem for children until after age 5 when the permanent front teeth are ready to come in.

Children who suck their thumbs calmly and occasionally are less likely to experience problems than those who suck their thumbs vigorously or for prolonged periods of time. Constant pressure caused by sucking a thumb, pacifier or finger may force the teeth out of position and affect the shape of the jaw.

Although most children stop sucking habits on their own between 2 and 4, some may need the help of their parents and dentist. Thumbsucking can be a very hard habit to break...virtually impossible, in fact, until the child is ready and willing to cooperate.

Dr. Diamond continually checks for changes caused by thumbsucking during your child's periodic dental exams. He has many suggestions and ideas to wean him/her off this habit without the child noticing too much. While it will most likely happen with time, you may be happier once you give this habit the "thumbs down"!

Truth keeps the hand cleaner than soap. African Proverb

"DINNER'S ON US!"

JUST VISIT OUR WEBSITE

WWW.MYDIAMONDDENTAL.COM

CLICK ON THE "MORE INFO" FOLDER

**COMPLETE THE PATIENT SURVEY BY
APRIL 29, 2009**

**(BE SURE TO INCLUDE YOUR NAME &
CLICK SUBMIT)**

**YOUR NAME WILL BE ENTERED INTO A
DRAWING FOR A FAMILY DINNER AT
THE FISH COMPANY
(A \$200 VALUE)**

ONE SURVEY PER FAMILY, PLEASE

GROWING UP CAVITY-FREE

As parents, we can do our part to ensure that our children grow up Cavity-Free by following a few important guidelines.

- ✓ Help your child to brush their teeth/gums slowly until they're about 7-8 years old, then supervise them.
- ✓ Floss children's teeth two or more times per week from 2-3 until they can do it themselves, usually at about 7-8 years of age.
- ✓ Take children to the dentist every 6 months for professional cleanings and dental examinations.
- ✓ Ask Dr. Diamond to apply sealants when appropriate.
- ✓ Assure proper fluoride through drinking water, fluoride products or fluoride supplements. Ask Dr. Diamond for guidance.

Working together as a team (parent, child and dentist) we can ensure happy, healthy smiles for years to come.

A PERSONAL NOTE FROM DR. DIAMOND:

I would like to thank our patients and parents for their support and confidence in our dental practice.

It is a pleasure for me and my staff to work with all of you. If you know of any friends or families that are looking for a high quality "dental home", please give them our card or website information. Your referrals are always appreciated.

We look forward to seeing you soon.

Larry J. Diamond, D.D.S.

EARWAX IS GOOD

Earwax is a lubricant that the ears need to help protect them against certain types of infection. Sometimes wax builds up and causes problems - even temporary hearing loss. Then it must be treated by the doctor.

Normal bathing and shampooing usually keep earwax from building up. You can help by **gently** cleaning your child's ears once or twice a week. For infants and toddlers, run a damp washcloth lightly over the ears, including around the entrance to the ear canals. For ages 2 and up, wipe the outer ear and entrance to the canal with a moist cotton swab. ***Never put the swab inside the ear canal.*** You could scratch the canal or push the wax further in.

NO CAVITY CLUB

Congratulations to the following lucky winners:

December 2008

Samantha Fernandez and Ella Brandenberger

Prizes awarded were:

**Gift Cards for Blockbuster
& Coldstone Creamery**

Winners were eligible for the **No Cavity Club** drawing because they take good care of their teeth and gums and were deemed cavity free by Dr.

Diamond at their 6 month checkup.

For more information on how to join, call our office or inquire during your next visit.

Q & A

Q: *How long are you contagious when you have a cold?*

A: As a general rule, adults with a cold will be able to infect others one day before symptoms appear, and up to five days or so after becoming sick. Infants and children are able to transmit these viral infections for seven days or longer.

Cold viruses, are mainly transmitted via hands. To avoid spreading or catching a cold, the most important precaution is to wash your hands often and well. Hand sanitizers are a good option when you're not near a sink.

Coughing and sneezing can also spread germs, of course. If you don't have a tissue, instead of sneezing or coughing into your hand, do it into your arm or shoulder, thus avoiding contaminating your hand.

If you think you're getting sick, limit your contacts. If you're around someone who is sick, stay at least three feet away. Airborne cold viruses can't travel much farther than that. Don't share drinking glasses, utensils, phones, or towels.

Flu viruses may not travel in exactly the same way as cold viruses, but your best bet is to take these same precautions to avoid transmitting or catching the flu.

TINY SURVIVAL KIT

Never throw away an Altoids tin. It makes the perfect on-the-go survival kit - toss in safety pins, dental floss, wet naps, bandages and more. With one in your purse, diaper bag, suitcase, or car, you'll be ready to handle any little emergency.

HISTORIAN'S CORNER

Perhaps you are unaware of these individuals who were dentists since their fame occurred mostly outside the realm of dentistry:

- 1) Paul Revere - patriot, printer, silversmith
- 2) Zane Grey - western author
- 3) Doc Holliday - western celebrity
- 4) Dr. Welch of grape juice fame
- 5) Les Horvath - dentistry's only Heisman Trophy winner.

Reference: Journal of the History of Dentistry