



## Office Closures

### AS A REMINDER TO ALL OUR WONDERFUL PATIENTS:

OUR OFFICE WILL BE CLOSED  
THE FOLLOWING DAYS:

- FRIDAY, DECEMBER 11, 2015
- WEDNESDAY, DECEMBER 23, 2015–  
SUNDAY, DECEMBER 27, 2015  
IN OBSERVANCE OF CHRISTMAS  
\*WE WILL REOPEN ON MONDAY, DECEMBER  
28, 2015 AT REGULAR TIME.\*
- FRIDAY, JANUARY 1, 2016  
IN OBSERVANCE OF NEW YEAR'S DAY.
- FRIDAY, JANUARY 22, 2016
- MONDAY, FEBRUARY 15, 2016  
IN OBSERVANCE OF PRESIDENT'S DAY

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**WINTER** COLD  
BRRR  
BOOTS MITTENS HAT SCARF  
SNOWMEN  
BRISK BUNDLED UP LAYERS  
SKATING SLEDDING  
SNUGGLE COZY BLANKETS  
HOT CHOCOLATE  
SLIPPERY SLUSHICY  
\*\*\* SNOWFLAKES  
SNOW FORTS SOUPS  
STORMS  
DECEMBER, JANUARY, FEBRUARY  
HOLIDAYS  
LET IT SNOW, LET IT SNOW, LET IT SNOW



Dental  
Health  
Month

*February is the perfect time to help children  
brush up on good oral health habits!*



## February is Children's Dental Health Month



tooth decay is the  
**most common**  
childhood disease



**3 out of every 5** children are  
affected by tooth decay



**16 million**  
lack access to  
basic dental care

**5x**

more common  
than asthma



**51 million**

school hours missed  
due to oral disease



tooth decay is  
**almost entirely**  
preventable!

**Every \$1 spent**  
on prevention  
in oral care  
**can save you \$8-\$50**  
on restorative and  
emergency procedures



**2 is  
too late!**

Take your child  
to see a dentist  
**before age 1**



**\$1 million**

Amount Tom's of Maine has provided to  
dental clinics to increase access to oral care

Brush your  
teeth at least  
**twice a day**  
for **two**  
minutes



Tooth decay is the most common childhood disease, affecting nearly 60 percent of children. SOURCE: [http://www.pewtrusts.org/our\\_work\\_detail.aspx?id=574](http://www.pewtrusts.org/our_work_detail.aspx?id=574) Tooth decay is the most common disease of childhood—five times more common than asthma. SOURCE: [http://www.cdc.gov/oralhealth/publications/factsheets/dental\\_caries.htm](http://www.cdc.gov/oralhealth/publications/factsheets/dental_caries.htm) Oral disease causes kids to miss 51 million school hours and their parents to lose 25 million work hours annually. SOURCE: <http://www.healthymouthshealthylives.org/> More than 16 million children still lack access to basic dental care. SOURCE: Pew Center on the States, 2011, 50-state report card, [http://www.pewstates.org/uploadedFiles/PCS\\_Assets/2011/The\\_State\\_of\\_Childrens\\_Dental\\_health.pdf](http://www.pewstates.org/uploadedFiles/PCS_Assets/2011/The_State_of_Childrens_Dental_health.pdf) Every \$1 spent on prevention in oral care can save you \$8-\$50 on restorative and emergency procedures. SOURCE: American Dental Education Association- Health Care Reform Advocacy Report 2008



# February

National Children's Dental Health Month



More than one-fourth of preschool children have tooth decay.

**Parents can prevent children's tooth decay:**

**B**rush teeth after meals and at bedtime

**V**isit the dentist once a year

**A**void passing cavity causing germs to children

**G**ive children their own fork and spoon

**C**lean pacifier or bottle nipple using water instead of spit

**S**tart cup drinking at 6 months; wean from the bottle by 1 year

**N**ever put child to sleep with a bottle or sippy cup

**S**erve water or milk between meals

Ask your child's teacher for the following tips:  
Tooth Decay, Baby Teeth, Dental Home, Fluoride, Healthy Teeth







# 5 Things You Did Not Know About Cavities

Here are five things you never knew about cavities. Some of these might surprise you.

## 1. A cavity is a bacterial infection

Basically, a cavity is just a hole in your tooth. But for that hole to form, a whole lot needs to happen in your mouth. Here's a brief rundown.



Dental caries, the technical term for a cavity, is caused by *streptococcus mutans*, a bacteria that we've all got in our mouths. As sugars enter our mouth, it's broken down by *s. mutans*, and secretes acid as a byproduct. This acid then starts to dissolve and soften our enamel. (The enamel, by the way, is the outer layer of the tooth, and is actually the strongest substance that our bodies make!) These soft spots provide easy routes for bacteria to enter our teeth and take up residence.

Once this happens, it becomes harder to clean off the bacteria just from brushing, flossing, and rinsing. And as long as the bacteria is there, it can continue the process of dissolving the tooth, which will eventually lead to a cavity.

## 2. Cavities are all about timing

Obviously we can't completely eliminate all sugar from our diet. Even healthy foods, like whole grains, fruits, etc., can be broken down into simple sugars that *s. mutans* feeds on. However, there are things we can do that lessen the effect of these sugars have on our teeth.

When food enters our mouth, it starts immediately being broken down into simple sugars. These sugars are then used by the bacteria as an energy source. As the sugars are broken down by the bacteria, acids are secreted as byproducts. This whole process lasts about 30 minutes -- not from the time you start eating, but from your last sugar intake.

So let's say you want to eat some Skittles. It would be better for you to down the entire bag at once rather than prolonging the snacking over an extended period of time. (And remember, if you're eating sugary foods, it's always best to do it during your meals. That way, you're making more saliva to buffer the acid and wash away the sugars.)

## 3. Sugar is not always the enemy

Did you know some sugars can actually be used to prevent cavities. And you thought sugar was the enemy!

Let's be clear here: certain sugars -- like those found in dietary carbohydrates -- are what the bacteria need to start the cavity process. (See #2.) However, there are some natural sugars that can stunt and even stop the cavity process. Xylitol, found in many mints and gums, is a sugar that, when ingested by bacteria, actually prevents them from breaking down sugars into acids. At therapeutic levels -- two pieces, three times a day, for at least five minutes -- it can even kill these cavity-causing bacteria.

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#### 4. Sometimes we can treat your cavities without even turning the drill on

Sure, we can drill 'em and fill 'em, but there are other methods we've got to deal with some cavities, as long as we catch them early enough.

If a cavity remains in the enamel only -- what we call an incipient lesion -- then we might be able to reverse that. In that case, we'll have you use fluoride, which is found in most toothpastes, mouthwashes, and even your tap water. Fluoride is a natural and safe way to strengthen the enamel, making it harder for the bacteria to dissolve. Fun fact: the Center for Disease Control (CDC) rated fluoride as one of the ten greatest public health achievements of the twentieth century.

Some dentists are even experimenting with "no-drill fillings," if and when they catch the cavity early enough. Here's how: The cavity process starts when the enamel is dissolved, leaving a porous texture to that area of the tooth. This treatment uses a mild acid to completely cleanse that affected tooth structure, allowing a resin material to fill in the voids and strengthen the tooth. (NPR has a nice summary you can read about "drill-less fillings." Just be sure to know that the jury is still out as to whether or not such treatments are effective.)

Upshot? Make sure you come in to see us regularly because the sooner we catch a cavity forming, the more treatment options we'll have.

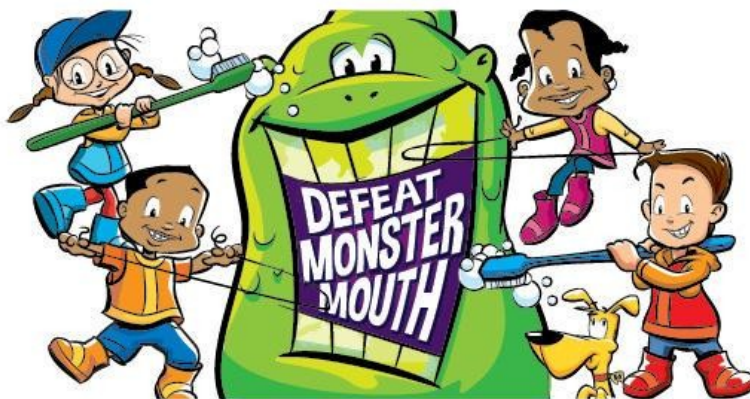
#### 5. Having cavities is the most prevalent chronic disease of childhood

Although cavities are largely preventable, they remain the "most common chronic disease of children aged 6 to 11 years and adolescents aged 12 to 19 years," according to the CDC. In fact, kids miss over 50 million hours of school each year due to dental problems and related illnesses.

About 20 percent of children aged five to 11, and 13 percent of adolescents aged 12 to 19 have had at least one untreated decayed tooth, according to a study cited by the CDC. In a different study, the CDC predicted that by the age of 15, about 60 percent of all adolescents will have experienced dental caries. And the numbers look even grimmer for children and adolescents from low-income families.

All of that dental care really adds up! In 2009, for instance, dental expenses accounted for roughly \$20 billion -- almost 18 percent -- of all health care expenses for children aged five to 17.

That's a lot of money -- and to think, some of those expenses could've been avoided with twice daily brushing and flossing, and regular dental check-ups!





## Teeth grinding is very common in children under 7.



### Should parents worry?

There is a condition common in children called Bruxism, more commonly known as grinding teeth. This is a concern for parents who notice those loud noises their child makes during the night, from grinding their teeth. Other parents may not notice the sound as much as the wear and tear taking place in their child's mouth. The dentition of these primary teeth can be affected by being ground down. The teeth may seem to be getting shorter and flatter.

There are many factors that can contribute to why your child is grinding their teeth at night, or even clenching their teeth during the day. As specialists in Pediatric

Dentistry, we see many patients with this condition, it is quite common in children. Although it is common, stress can add to the child's condition. Being in a new place, changes in family life, school or anything else that may cause your child extra stress can be added factors.

If you are noticing that your child is grinding their teeth, mention it to the dental assistant or pediatric dentist the next time your in for a check up. They will notice it usually before you tell them, but if it is a concern for you let them know. Majority of these cases of pediatric bruxism are not in need of treatment. If there is excessive wear on the teeth or permanent teeth are now being affected, then a night guard may be an option for treatment. This would not be the best option for all patients, so check with your pediatric dentist about your particular case. In most children, the grinding of teeth is eventually outgrown. Between the ages of 6-9 children tend to grind their teeth less, and usually stop between the ages of 9-12. If you notice these symptoms in your child, discuss it with your pediatric dentist.

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## Dr. Rainey's A+ Kids No Cavity Club

- Vanessa
- Kaitlyn
- Mminga
- Ensiya
- Nathan
- Kaylea
- Bella
- Nico
- Gia
- Olivia
- Joshua
- Gracie
- Gunnar
- Crystal
- Seaira
- Kimberly
- Carmen
- Amanda
- Lauren

- Conner
- Jasir
- Isabella
- Christina
- Finley
- Melody
- Lisenya
- Charlie
- Travis
- Kaitlynn
- Sila
- Bodhi
- Noah
- Kora
- Asjah
- Addison
- Autumn
- Brian
- Shanice
- Sserniva
- Sironai
- Vicky
- Vicki
- Elizabeth

- Adrian
- Isaias
- Amaya
- Jayley
- Helen
- Heather
- Latisha
- Adrienne
- Aalasia
- Angel
- Nazjahier
- Ayanna
- Dakota
- Ava
- Adrian
- Owen
- Asher
- Colin
- Jayana
- Cierra
- Makayla
- Grayson
- Lincoln
- Logan

- Skyler
- Elia
- Kaela
- Christian
- Jason
- Jaylen
- Jazmine
- Devin
- Jya
- Jayden
- Teagan
- Gabar
- Meghan
- James
- Nia
- Brandon
- Zaria

These are all the names of patients from September 1st to November 30th that are cavity free!!! Keep up the good work.



*Merry Christmas from .....*











# DEFEAT MONSTER MOUTH!

