

Dentistry for Kids

Shari C. Kohn DDS, PA



A Word From The Tooth Fairy²

Produced to improve your dental health and awareness

Winter 2009/2010

fromthedentist

Time For Reflection

Remember what matters during holidays



The holiday season is a special time of year. It carries with it hustle and bustle, yet at the same time, a chance to slow down and think about all the wonderful things in our lives that we are grateful for. I, for one, enjoy these opportunities to examine my own life and what's important to me.

Aside from my family, my passion for children and dentistry give me the greatest joys in the world, allowing me to make a positive difference in the lives of my young patients. I also appreciate every member of my team and the unique gifts they bring to our practice. More than anything what makes all this possible is you, my patients. Without your loyalty, support, and friendship, the rest wouldn't matter.

So please accept my very special holiday thanks and wishes for a healthy and happy New Year!

Fondly,

Dr. Shari Kohn

Shari C. Kohn, D.D.S., P.A.



Meet Dr. Marta Jolesz!

Dr. Jolesz ("Dr. Marta" as she likes to be called) was born in Budapest, Hungary, moved with her family to Massachusetts at an early age and grew up in Boston. She earned her *Bachelor of Science degree* at the *University of Massachusetts* in Amherst and completed her undergraduate dental school training at the *University of Maryland Dental School*. While a dental student, Dr. Jolesz was elected the President of the American Association of Women Dentists and was invited to be a member of the Gorgas Honorary Society in recognition of her academic and clinical achievement.

Following dental school, Dr. Jolesz returned to Boston and completed a General Practice Residency at Harvard Brigham and Women's Hospital. There she received outstanding training in oral medicine, oral pathology, and the treatment of severely medically compromised patients.

Dr. Jolesz is in the final year of her two-year post-graduate program in Pediatric Dentistry at the University of Maryland Dental School. As we know from personal experience, she is receiving exceptional training in providing high quality dental care for children with a wide variety of unique dental and medical needs. Her residency experience is enhanced by collaborations and work with the Johns Hopkins Cleft Lip and Palate Clinic, Kernan Hospital, and specialty hospitals of the University of Maryland Medical System. She is also clinical and academic instructor to the undergraduate students at the school.

Dr. Jolesz lives in the Harbor East/Fells Point area of Baltimore City. In her free time, she enjoys swimming, running, and spending time with her friends. She is very excited about joining Dr. Kohn and the highly skilled and compassionate team at Dentistry for Kids.

Ask us about the great dental products we sell in the office

Enamel Hypoplasia

You may hear us mention the term *Enamel Hypoplasia* when we examine your child's teeth. Enamel Hypoplasia occurs when the enamel is disturbed during its formation. Since baby teeth begin forming in utero, anything that affects the mother during pregnancy (illness, infection or poor pre-natal nutrition) while the teeth are forming, can affect the enamel formation. Permanent teeth begin to form at birth. Occurrences during permanent enamel formation such as trauma to the baby teeth and jaws, intubation (placement of an oral breathing tube – often used with premature babies), infections such as ear infections, poor nutrition, decreased oxygen, exposure to toxic chemicals, and several hereditary disorders, could potentially cause Enamel Hypoplasia. There are so many possible factors that sometimes it is difficult for us to pin-point the exact cause of Enamel Hypoplasia.

Treatment of Enamel Hypoplasia depends upon the severity and the symptoms. Strict oral hygiene (especially with parental involvement) and topical fluoride is of particular importance to help prevent decay in these teeth with compromised enamel. The enamel is weaker and more prone to breakdown. Sealants, fillings or bonding may be necessary in some cases where the Enamel Hypoplasia is limited or there is a cosmetic concern. In cases where much of the tooth is involved, or the tooth is sensitive to temperature or air, the tooth may need full coverage by placing a crown. In pediatric dentistry, for back or posterior teeth, we use a crown made out of stainless steel. This will keep the tooth healthy and prevent further sensitivity or breakdown of the tooth. Once our patient is fully grown and following any orthodontic treatment, a porcelain (tooth colored) crown can be placed. In extreme cases of Enamel Hypoplasia, the tooth may need extraction and either a space maintainer, bridge or implant in later life.



NEW TECHNOLOGY Very Impressive

You know, we never thought we'd call an old-fashioned rubber dam – that barrier we use to isolate your teeth – innovative. But the *Isolite*™ system has turned the rubber dam into technology, and it's impressive.

Isolite is actually a whole system that incorporates:

- a shadowless light that illuminates your mouth from within so that we can see better.
- a hypo-allergenic, latex-free, and silicone-free mouthpiece to continuously keep your mouth dry and free of debris.
- a range of sizes, flexible material, and a soft cushion for your teeth to ensure comfort and fit.

Greater efficiency for us also means less time in the chair for your child. We can't use *Isolite* for every procedure, but when it's called for, we know you'll be glad we made this investment!

For more information go on the web to www.isolitesystems.com



Don't Lose Sleep!

Sleep apnea is a condition in which breathing stops repeatedly for several seconds during sleep. It's more common among children and teens than you might think, affecting up to 3% of children who snore loudly and regularly, plus others who don't snore at all, but are noisy breathers. Sleep apnea is often undiagnosed. Many people don't know they have it because it occurs during sleep. A family member is usually the first to notice the signs of sleep apnea.

The most common type of sleep apnea is obstructive sleep apnea. This occurs when the airway has collapsed or is blocked during sleep. This is significant when this occurs at least five times an hour during sleep. Causes of this type of apnea in children can be large tonsils or adenoids, allergies, upper respiratory infections or obesity.

During the day, children and teens with sleep apnea may:

- have difficulty waking up
- experience headaches
- feel cranky and quarrelsome
- daydream or fall asleep
- breathe through their mouth
- have difficulty with schooling or socializing

As part of our dental examination, we look into your child's posterior pharynx to evaluate their airway. This is why we ask your child to "stick out your tongue and say ah!" Sometimes we see some pretty big tonsils back there and we may mention this to you.

If you suspect that your child may have sleep apnea, consult your pediatrician. You may be referred to an otolaryngologist (ear, nose and throat doctor) to help with the diagnosis or treatment.

**Children and
Apnea**

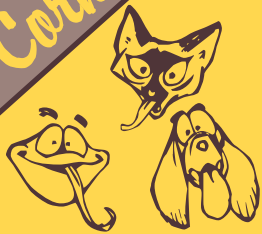
A HEALTHY SMILE

Did you know that since the 1950s, the number of dental cavities in children has been cut in half? Dentists are placing more importance on children's teeth than ever before because they know that a full and healthy set of baby teeth will usually contribute to the proper development of the adult teeth and jaw. We encourage you to bring your child for their first dental visit between the ages of 12 months and 18 months, and for regular appointments after that. You and your child will learn early to make good dental habits, like brushing and flossing, second nature. A clean head start on a healthy smile could be one of the best gifts you ever give your child.

Get a head start



Pet Corner



Do you love pets??? We do!

We are working on our very first "Pet Pictures" bulletin board - and we need your help! The next time you come to visit us, we would like you to bring a picture of your pet! It can be a dog, cat, mouse, rabbit, horse ... or - whatever! It can be dressed up, smiling, or sleeping! Make sure you write your name and your pet's name! We can't wait to "meet" all of your "pet-friends"! - Danielle

To Chew Or Not To Chew...

Here at Dentistry for Kids, we get many questions about chewing gum. Popular belief is that all chewing gum is bad for teeth. NOT TRUE!!!

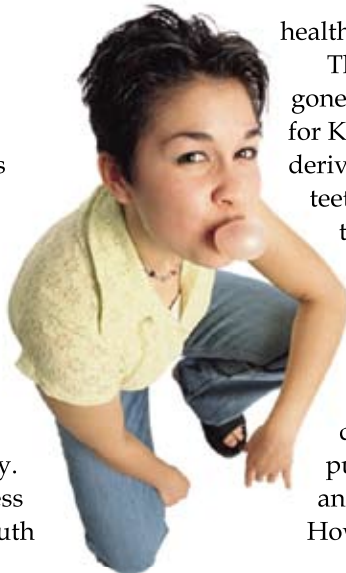
Studies have shown that chewing sugarless gum is actually good for teeth!

How can this be?

Chewing gum benefits teeth in many ways! Let us explain...

First of all, chewing gum helps to make saliva which acts naturally to cleanse the teeth. In addition, saliva contains "buffers" that actually helps to neutralize plaque acids that break down enamel and cause tooth decay. Neutralizing these buffers by chewing sugarless gum right after a meal can help return the mouth to a healthy pH more quickly - which means less time for harmful acids to remain on teeth!

Second, many types of sugarless gum on the market today are made with Xylitol. Xylitol is a natural sugar that does not cause tooth decay - and - makes the plaque less sticky! Many studies have shown that chewing xylitol gum leads to



While chewing sugarless gum is great for teeth - it does NOT replace brushing or flossing. Parental help with brushing and flossing is still BEST way to properly remove all the plaque - especially at bedtime!

healthier teeth, gums, and fewer cavities!

Third, there is now a gum on the market that has gone one step further! Trident Advantage and Trident for Kids contains Recaldent. Recaldent is a milk derived ingredient that can actually help strengthen teeth. Recaldent contains essential minerals that penetrate tooth enamel and promote remineralization. Recaldent does contain milk protein, but is lactose free.

So - as you can see - chewing sugarless gum can be another step towards being cavity free! It is especially helpful to chew gum after eating or drinking sugary foods. The gum can actually help pull out the food and sugars stuck between teeth and within the deep pits and grooves of the teeth. However, be aware that sticky gum should not be allowed in children with stainless steel crowns, space maintainers or orthodontic appliances as it can pull them loose!

If you have any questions about chewing gum, Recaldent, or Xylitol, please ASK. We often have samples of Xylitol gum for you to try when you're in our office - and we can refer you to websites that can help you find Xylitol or Recaldent gum.

HALLOWEEN 2009

Photo of our office staff celebrating Halloween with our patients! From left to right....

Top Row: Pocahontas (Christine), Referee (Tina), Fairy (Wendy), Sponge Bob (Kim)

Middle Row: Sponge Bob (Rachel), Scarecrow (Lyn), Cat in the Hat (Jen), Friendly Bat (Josephine)

Bottom Row: Minnie Mouse (Dr. Marta Jolesz), Pink Lady (Dr. Shari Kohn), Pumpkin (Courtney)



Thanks to all of our patients who came in costume and those that sent us photos of their costumes. A special thanks to Emma (Daphne) and Parker (Scooby Doo) who won our contest for best costumes.

HALLOWEEN CREATIVITY

Some moms are so creative!

One of our Patient's Mom (Emily's mom) had the best time this year with her family's Halloween candy. Mom went to various stores such as the Dollar Store, Toys R Us and Five Below and bought small items. After her kids went trick-or-treating, the entire family set up a store in their home. Every piece of candy was given a monetary value. For example, Smarties were worth 2 cents and Hershey Bars were worth 5 cents.

The kids then shopped at their store and traded the candy in for the items. The family decided ahead of time what kind of items they would have. The items were as simple as bouncy balls, toy bubbles, and cards, or as extensive as American Doll clothing, a fire truck and a baseball glove.

Mom said that the kids had the most fun setting up the store and pricing the items. The excitement peaked with the actual shopping experience. Older kids were able to practice their addition using the items and their candy money values.

We at *Dentistry For Kids*, just loved this idea so much that we wanted to share it with everyone!

Dentistry for Kids

Shari C. Kohn DDS, PA

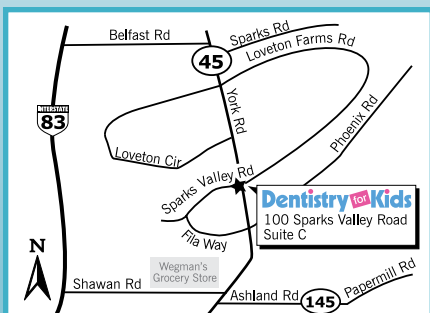
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It is now official... Sid the White-Toothed Reindeer will guide the sleigh this Christmas Eve.



Winter Fun!

Unscramble these winter fun activities ... then bundle up and head outside to give them a try!

Build a... N N S O A W M

With your tongue, catch some...

K E F A N S S O W L

Throw some... L A L W O S B N S

Jump on a... G G N A B O O T

Lace up your... A E T S K S

Shoot a... K P U C

Make a... N S W O G E A L N

Create a... W O S N R T F O

Answers: snowman, snowflakes, snowballs, skates, snow angel, snow fort, snowflakes, toboggan, puck

Information included is not dental or medical advice. For your specific information be sure to consult our office. If you do not wish to receive this newsletter, please contact us directly.

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Cert no. SW-COC-002303
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