

Dentistry for Kids

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A Word From The Tooth Fairy²

Produced to improve your dental health and awareness

Spring 2011

fromthedentists

Do you carry an EpiPen® for your child, yourself, or someone else in your family?

With so many of our patients having severe allergies, we are seeing more medical updates which include the *EpiPen*® listed as a possible medication. At *Dentistry for Kids*, we take this very seriously and we too have both child and adult *EpiPens* or *Twinjects*® in our office. The main difference between the two is that the *Twinjects* have two doses in them which in some cases is necessary for severe allergic reactions.

Have you ever used your EpiPen? Do you know how to use your EpiPen?

If you answered no to either question, we recommend that you talk with your allergist and ask them to show you how. In addition, we suggest that instead of throwing away the expired *EpiPen*, you save it for practice on an orange. Using an *EpiPen* isn't especially difficult;

however, in the event of an emergency it may not be as easy as you think! Certainly in a stressful and possibly life threatening situation, it's always good to take out the guesswork and have some practice opening and using the *EpiPen*.

At our staff meetings, we practice as well. We open the expired *EpiPen* and "stab it" into an orange as you would a muscle. This helps to mimic the feeling of what it will be like when used on a human. Unfortunately, depending on the type of *EpiPen* you have, you will only have one or two doses to use when "saving" your orange!

We take every precaution to keep your children safe and healthy when they are here with us ... and certainly want them safe and healthy even when they're not! We hope this helps!



Most of you have seen this sign in our office – and while it is humorous, the reality is that legally you can not leave to run errands while your child is in our office. You must be on the premises due to the fact that your child is a minor, and if there were any type of emergency situation – you or a responsible appointed guardian must be present.

Thank You!



Samie's new puppy Sawyer!

Brush Your Canines

And your dog's too!

Good oral hygiene is good for your overall health, including your heart health. And

did you know that keeping your dog's teeth clean may prevent canine heart problems? Brushing them daily will also help fight tartar, plaque, gingivitis, bad breath, and improve the length and quality of life.

Step 1: Apply doggy (never human) toothpaste to a finger brush, or tooth brush made for dogs.

Step 2: Gently massage the brush against their teeth and gums. You don't need to work on the inside of their teeth - their tongue does that job.

Step 3: Reward them, even if they only allow you to work on their mouth for a few seconds.

Step 4: Repeat daily, gradually increasing brushing time.

Good oral health, for dogs as for humans, promotes better health and a happier life. So get brushing!

What Has Been Eating My Teeth?



All this talk about acid, sugar, sports drinks, juices... how bad are they?

Every solution is either acidic or alkaline (also called basic). "Solutions" can be body fluids, including stomach acid or blood ... or beverages, including water, soda, juice, etc.

Solutions are all assigned a pH level which tells us the acidic or alkaline level. The scale goes from 1.0 (acidic) to 14.0 (alkaline). For example: battery acid has a pH value of 1.0, and baking soda has a pH value of 12.0. Water - has a neutral pH of 7.0.

Why do we care about acid?

Several reasons! First of all, acid in our mouths can cause erosion. Erosion occurs when acidic chemicals strip the minerals off the teeth. Decay occurs when the bacteria in the mouth mix with sugar and excrete acid. Too much acid can cause weak and/or decayed teeth. It can also cause sensitive teeth, discolored teeth or cracks in teeth. In order to prevent tooth decay and

erosion we need to keep our mouths in a neutral state; (around pH of 7) or when acid does occur, we want to return the mouth to neutral as quickly as possible.

How can we do this? We can eliminate very acidic drinks, and switch to beverages less acidic. If that is not possible, we should consider timing. We certainly don't want to "sip" on these drinks for long periods of time, because that constantly assaults the teeth with little time for the saliva to help recover the pH level. Another suggestion is drinking water after acidic beverages to wash off the teeth and return the pH level to neutral. And finally, a last alternative is sugar free gum. When we chew sugar free gum, we generate saliva and this assists the mouth in getting back to a neutral pH level.

So - what drinks are most acidic? Guess!!

Acid Matching Game

(Remember ... the more acidic - the lower the number - the worse it is for your teeth!)

- | | |
|------------------------------------|--------|
| 1. Lime Juice | a. 2.6 |
| 2. Pepsi | b. 4.3 |
| 3. Capri Sun | c. 5.5 |
| 4. Nestea Sweetened Lemon Iced Tea | d. 2.4 |
| 5. Propel | e. 3.0 |
| 6. Milk | f. 7.0 |
| 7. Water | g. 3.1 |
| 8. A&W Rootbeer | h. 2.0 |
| 9. Brewed Coffee | i. 6.8 |
| 10. V8 Splash Berry | j. 3.2 |
| 11. Welch's White Grape | k. 2.5 |
| 12. Gatorade Clear | l. 2.8 |



ACID MATCHING GAME-CORRECT ANSWERS
 1. Lime Juice 2.0 2. Pepsi 2.5 3. Capri Sun 2.6 4. Nestea Sweetened Lemon Iced Tea 3.0 5. Propel 3.2 6. Milk 6.8 7. Water 7.0 8. A & W Root beer 4.3 9. Brewed Coffee 5.5 10. V8 Splash Berry 3.1 11. Welch's White Grape 2.8 12. Gatorade Clear 2.4



Congratulations to Dr. Kohn!



Effective May 2011, *Dr. Kohn* will become a member on the board of trustees of the *American Academy of Pediatric Dentistry* (AAPD.org) which is based out of Chicago. Dr. Kohn will be representing District II of the Academy known as the *Eastern Society of Pediatric Dentistry* which consists of Delaware, the District of Columbia, Maryland, New Jersey, Pennsylvania, and members in the Federal services. Dr. Kohn was elected by members of this region to represent them on a national level. This is a three-year term and will require Dr. Kohn to travel several times during the next few years to attend board meetings and Academy events. It is an amazing honor for Dr. Kohn to be involved with such an important peer group.



Look for our logo



Dentistry for Kids

is proud to be an **“angel”** sponsor for the **second** year!

Look for our logo on the back of the 5K Race t-shirt again this year! AND – if you want to, you can even join our team – **“Team Smiley”** and walk or run with us – you may even get your photo in our next newsletter! We will be participating in the **Sunshine's Angels 5K walk/run** on **Sunday, July 17, 2011** in Harford County, Maryland.

For more details, visit www.sunshinesangels.com or stop by the office for your information and registration!



Spring is here...

...which means summer is just around the corner. Obviously summer is our busiest time of the year! Lots of kids, lots of appointments! Please be sure to have your appointments set up for before (and after!) camp as soon as possible. Also – if you know you will be on vacation and you already have an appointment scheduled – let us know ASAP so that we can change your appointment and give someone else your time slot! THANKS!!



Hey kids

Bring us your artwork!

We are putting together a new bulletin board - and it will be featuring - YOU!!! Make sure your name is on it! Drop it by, mail it or bring it to your next appointment!

Don't delay! Do it today!

Meet The Staff!



Follow each newsletter to meet a new staff member!

Danielle Bisesi

Danielle has worked with

Dr. Kohn for many years!

She started with Dr. Kohn back in 1995 on a part-time basis and has been the full-time hygienist at *Dentistry for Kids* since 2005. In addition to her BS in dental hygiene, Danielle earned her MS in Education and School Health in 1999 from *Towson University*. Danielle loves working with kids!! - not just at work either! In her spare time Danielle helps out with Sunday School, and has traveled to Ecuador for the past four years to provide dental care to orphan children. Her most recent "adventure" is becoming a board member for *Sunshine's Angels* (www.sunshinesangels.com) which is a non-profit organization to raise money for grieving children. When Danielle isn't busy with work, church or her non-profit, she enjoys camping with her husband Sal - and her own "children" - which are two poodles named "Stuart Little" and "Louie".

***FYI - all of our previous newsletters can be found on our website:**

www.toothfairy2.com

NEW Product Update

GOOD NEWS!!

There is a new toothpaste that is SLS free!

For those of you not familiar, *Sodium Lauryl Sulfate* (SLS) can aggravate mouth sores.* (In our Fall 2009 newsletter we addressed mouth sores and their link with acid and chemicals.) SLS is the ingredient found in toothpaste (and also shampoo!) that makes bubbles. Now there is a more convenient choice that you can buy at the store instead of ordering online. *Burt's Bees*® now makes a tasty orange vanilla SLS free toothpaste. You and your child can try it next time you come in! Be careful to make sure that your toothpaste selection DOES include fluoride. This toothpaste is also great for kids who don't like the foam and bubbles!

Dentistry for Kids

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