

SKYLINE DENTAL, LLC

OFFICE NEWSLETTER

Dr. Michael Olin

Dr. Zack Porter

Dr. Mehdi Salari

Dr. Karen Coe

2137 NE 4th Street
Bend, Oregon 97701

Phone: (541) 389-4807
Email: info@SkylineDentalLLC.com
www.SkylineDentalLLC.com

April / May / June 2011

SKYLINE DENTAL NEWS & INFORMATION

TOOTH DECAY PREVENTION IN CHILDREN

Despite all of our best efforts, tooth decay remains a huge problem and risk for all of our children. We thought it would be a good idea to devote this issue of our in-office Newsletter to Decay Prevention in Children.

Although many of the items on our list may be a review for you, we believe there are a few new things that everyone can benefit from.

Traditional and Time Proven Ways of Preventing Cavities in Kids

- 1.** Help your child brush their teeth at least two times a day, taking at least two minutes to thoroughly brush the surfaces of all teeth. Parents should ensure that less than ½ a pea-sized amount of toothpaste is used.
- 2.** Flossing (with the help of a parent) at least once a day, to remove the plaque and bacteria in between teeth which a toothbrush is not able to reach.
- 3.** Eat nutritious, balanced meals and limit excessive amounts of sugar containing snacks. The frequency of sugar containing snacks and beverages in contact with your teeth, is more of a determining factor in decay formation than the total amount of sugar consumed.
- 4.** The use of supplemental fluoride has been shown in numerous studies to be a safe, effective and long-term way to strengthen the teeth and prevent decay formation, particularly in hard to reach areas of the mouth.
- 5.** Dental Sealants are a protective plastic coating applied to your child's teeth by your Dentist to help protect the deep pits and grooves of the teeth from getting decayed.
- 6.** Visiting the Dentist regularly has been shown to reinforce good and regular oral hygiene practices in children and reduce the rate of decay. The removal of plaque, polishing and fluoride (varnish or foam) application have also been shown to reduce decay rates in children.
- 7.** Do not make a routine or habit of putting your infants or small children to bed with a bottle or other sugar-containing drink.

Recent Facts and Studies in regards to Preventing Cavities in Kids

- 8.** Xylitol containing snacks have been shown to be an effective 'tooth friendly sugar substitute' in snacks and chewing gum.
- 9.** Recent studies have confirmed that parents who have untreated dental decay and/or disease in their

mouths are passing on these organisms and the accompanying dental problems onto their children through routine and daily contact (kissing, sharing spoons & drinks, ...). Many studies have proven that when parents maintain good, healthy mouths and teeth, their children have a lower incidence or risk of dental decay and disease.

10. Untreated dental decay in teeth can spread to other teeth and areas of the mouth, so routine dental examinations and x-rays by a Dentist can prevent further spread and severity of dental decay in children.

11. If at all possible, avoid excessive or prolonged use of antibiotics or steroids at a young age. Certain medications have a detrimental effect on the formation of teeth and can result in teeth which are not as hard or mineralized as nature intended them to be.

12. Although the use of fluoride has been proven to help strengthen teeth and prevent tooth decay, the important thing to remember is that the fluoride dose needs to be regulated throughout the growth and development of your child. Consult with your Dentist to find the right balance of fluoride for the specific age of your children.

Hopefully the items listed above will help reduce the risk of decay in all of our children. Dedicated parental attention and supervision, in conjunction with our professional dental services can improve the oral and dental health of our children.

Email & Text Message Confirmation

We are pleased to offer our patients the option of confirming their appointments by phone, email or text message. If you have a preference to a particular method of confirmation, please contact our office to update your email or cell phone number and confirmation preferences.

As a courtesy to our patients, we will continue to confirm your appointment one day prior by phone, unless otherwise instructed by you.

We appreciate your patronage and realize how busy you are. Our goal is to be as minimally disruptive to your schedule, as we confirm appointments.

NEW PATIENTS ALWAYS WELCOME \$20 Gift Certificates for your Referrals

As a token of appreciation to our existing patients, we will be mailing a Gift Certificate redeemable for a \$20 credit at our office, when a New Patient to our office lists your name as the referral source to our dental practice.

We appreciate our existing patients and would welcome your extended family, friends and coworkers into our practice. Feel free to refer your family and friends to our website (www.SkylineDentalLLC.com) for an overview of our practice, services and policies.

Please check with our Front Office for additional details and limitations about our Referral Appreciation Credit.