

TOOTH TALK

Produced for the Patients of Drs. James Thomas & Paul Chappel

Summer 2001

FROM THE DENTISTS

Summer's Here... And School's Out!

Summer's especially hard on kids' teeth. Increased outdoor activities and rough-and-tumble sports can put them in the path of all kinds of hazards. Kids' smiles mean a lot, so it's important to take extra steps to protect your child's teeth so they go back to school sparkling and bright.

If your child plans to play any type of contact sport such as football, basketball or boxing, make plans to visit the dental office before the season starts so we can fit a protective mouthguard.

If tree climbing, skateboarding or bicycling are on the summer agenda, avoid rainy days and wear a good helmet and protective gear. Wear seat belts when riding in cars. Use ladders when entering and exiting pools, and remind your child to mind manners when playing running games. The number one rule is to play sensibly. Never trip another player during play and never run with dangerous objects in your hands. Safety education is important for dental health. Even a trip to the drinking faucet can cause a dental accident if a child is startled or slips.

And here's a summer dental safety tip for parents: If your child is due for a checkup and cleaning before fall, book early before the boom hits. Those busy back-to-school days always come up faster than you expect!

- Dr. James Thomas & Dr. Paul Chappel

Perfect Wedding ... Perfect Smile

Every bride (and groom) dreams of the perfect wedding - beautiful flowers, a great dress, a moving ceremony, and a warm and happy reception with friends and family. And many brides also want the crowning touch - to walk down the aisle with a perfect smile.

When you start making your wedding arrangements, don't forget to book an appointment with us, and if at all possible call us at least a year before your wedding. If you're unhappy with your smile, we'll have enough time to give you that perfect smile before the big day.

There are many options to correct the shape, color, and alignment of your teeth, but new smiles don't happen overnight. Timing is definitely a factor. Veneers and whitening can take up to two weeks or up to two months, and braces can take from one to two years to do their work. Also, the work should be completed two months in advance of your wedding so that any minor adjustments can be made, and to make sure that your mouth has time to adjust and feel comfortable with any cosmetic changes. And one last note: make sure



you brush your teeth, have a sugarless breath mint or chew sugarless gum before the ceremony, and see us well in advance of the big day if you have persistent breath problems. Saying "I do" with dragon breath is not a good way to launch into married life.

The following chart will give you an idea of the various procedures available to make your smile as perfect as your wedding day.

PROCEDURE	PROBLEM/CORRECTION	TIME REQUIRED
Crowns	Covers broken, cracked, poorly shaped, severely discolored teeth to restore natural appearance and color	2-3 months
Braces	Corrects crooked or crowded teeth, overbites, underbites, incorrect jaw position	12-24 months
Bridges	Replaces one or more natural teeth by cementing a false tooth attached between two crowns	2-4 weeks
Whitening	Lightens the color of teeth that have darkened due to age, smoking, coffee, or tea	1-2 months
Veneers	Covers front of tooth and masks discoloration, and improves tooth shape by giving esthetically pleasing contours	4-5 months
Composite Resin	Restores decayed areas and can look similar to actual tooth color	2-3 weeks
Bonding	Used to mask slightly discolored teeth	4-6 weeks

Thank you for all your referrals - we appreciate them!

how do they grow?

Your child's dental development begins as early as six weeks into pregnancy - a little early for brushing and flossing! But soon, usually around six to eight months after birth, tiny tooth buds will break through their gums, lower incisors first, uppers usually later. A child learns to eat and speak properly with the help of these first teeth. These teeth also hold space open for permanent teeth, and help the jaws find their correct alignment.

The average child will have a full set of primary (baby or deciduous) teeth by the age of 2½ years. You may

see spaces between your child's primary teeth, and this is perfectly normal. In fact, children with spaces between their primary teeth are less likely to need orthodontic work later, such as braces. If your child has crowded teeth, or loses a tooth through an accident, we can help. In fact, early intervention is essential, and can often prevent the need for braces later on.

Around your child's sixth birthday, permanent teeth begin to erupt. The process varies from child to child, so don't worry if other kids your child's age have lost more or fewer teeth. Teeth usually erupt earlier in girls than

in boys, and again, the lowers often come in before the uppers.

Sometimes the permanent teeth appear behind the primary incisors before the baby teeth are even loose, especially with the lower teeth. This can look like two rows of teeth. Rest assured that usually, with time, the baby teeth will be pushed out and the permanent teeth will take their place.

Please make sure you schedule your child's first visit to our office between the ages of two and three. We can get to know each other, and make sure their dental development and oral health is on the right track.

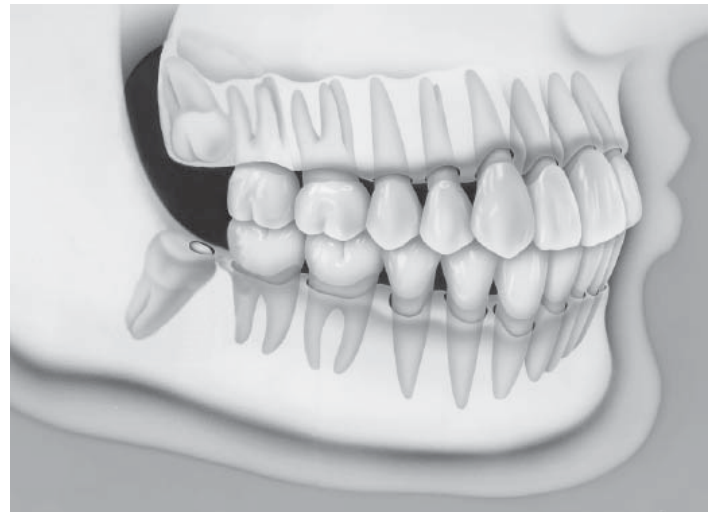
When Do Baby Teeth & Adult Teeth Appear?

Baby Teeth

Upper Teeth	Months
Central incisors	8 - 12
Lateral incisors	9 - 13
Cuspids	16 - 22
1st molars	13 - 19
2nd molars	25 - 33

Adult Teeth

Upper Teeth	Years
Central incisors	7 - 8
Lateral incisors	8 - 9
Cuspids	11 - 12
1st bicuspid	10 - 11
2nd bicuspid	10 - 12
1st molars	6 - 7
2nd molars	12 - 13
3rd molars	17 - 21



Lower Teeth	Months
2nd molars	23 - 31
1st molars	14 - 18
Cuspids	17 - 23
Lateral incisors	10 - 16
Central incisors	6 - 10

Lower Teeth	Years
3rd molars	17 - 21
2nd molars	11 - 13
1st molars	6 - 7
2nd bicuspid	11 - 12
1st bicuspid	10 - 12
Cuspids	9 - 10
Lateral incisors	7 - 8
Central incisors	6 - 7

Scientists and dental researchers agree that nutrition plays an extremely important role in our oral health, particularly during childhood. The greatest single threat to the dental health of our children comes from the excessive use of what are termed non-milk extrinsic sugars.

These sugars are found mainly in soft drinks and juices, biscuits, cakes, confectionery or "sweets," and table sugar. What is of growing concern is that the increasing practice of adding sugar to milk-related food, and allowing infants and children to use sugary drinks for prolonged periods of time.

These sugars provide about 17% of the energy for most children. The

figure should be no more than 10%.

Avoid *baby bottle tooth decay*, which is caused by babies receiving small amounts of milk, formula, juice, or sugared beverages from a bottle for prolonged periods.

Never allow your child to fall asleep with a bottle containing any of the above.

The first line of defense, after cutting down on sugars, is to brush sticky foods out of teeth as soon as possible. At the very least, try to get your youngsters to rinse their mouths with water after meals and snacks, or chew sugarless gum.

A family plan to eat healthy snacks, follow a rigorous home oral care program, and regular checkups at our office will go a long way towards a lifetime of happy teeth and shining smiles!

A Healthy Teeth Diet



Preparing Children For Dental Visits

- Your child's primary teeth are very important - they help them chew, speak clearly, look attractive, and maintain positions for the permanent teeth. That's why good dental health is essential.

- Schedule your child's first dental visit between the ages of two and three. Even at this young age, we can determine how your child's teeth and mouth are developing.

- Talk with your child about what to expect. If you have dental anxieties, be careful not to pass them on.

- Most first visits involve introductions to our staff, and a basic checkup. We can show you how to clean your child's teeth, and recommend ways to prevent such problems as baby bottle tooth decay and thumbsucking habits.

Information For Everyday Use

- Make sure your child wears a custom-fitted mouthguard when playing sports. They are the best protectors your child's teeth can have.

- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice. This habit can cause severe decay problems.

- Provide toothbrushes with soft bristles, always use a fluoride toothpaste, and teach your child daily dental care.

- If your teenager decides that oral-piercing is cool, please schedule an appointment with us. We might have more luck than you in convincing them that oral piercing is really dangerous.

- Make sure you schedule regular checkups with our office. Early detection of oral problems can prevent complex and costly procedures.



Is It TIME Yet?

Most parents are aware that their children may need braces, or some form of orthodontic treatment, as they grow into teenagers. What's not as well known is that much of the expensive and lengthy orthodontic treatment in the teen years can be avoided by taking early preventive steps when your child is as young as four or five.

Our goal is to provide the ideal setting in your child's mouth so that the adult teeth will grow in properly. If your child loses a baby tooth in a fall, for example, an empty space is created with teeth on either side. If this space isn't maintained, the neighboring teeth will begin to encroach on the space. As well, the tooth in the opposing jaw will grow longer because it is not meeting any resistance. This can cause chewing stress to be unevenly distributed, causing further movement of other teeth. Without treatment, these conditions could mean a full set of braces later on. To prevent this, we can put a *space maintainer* between baby's teeth to hold the space open for the permanent tooth.

Early orthodontic treatment also gives us a chance to do many other things, such as guide the growth of the jaw, guide incoming permanent teeth into desirable positions, correct harmful oral habits such as thumbsucking or finger sucking, reduce or eliminate abnormal swallowing or speech patterns, and improve personal appearance and self-esteem.

A smile is for a lifetime, and making it the best it can be starts right in the crib!



Fun And The Sun

Protecting yourself in the great outdoors

It doesn't matter if you're a kid or a grownup, we all love to play outdoors. Whether we're swimming at the beach, mowing the lawn or playing a favorite game, any activity seems to shine with added sparkle under the sun!

We now know that playing in the sun can exact a high price on skin over the course of a lifetime

The dark side is that we now know that playing in the sun can exact a high price on skin over the course of a lifetime. Exposure to the sun causes wrinkles and 90% of skin cancers. It's important we learn to find safer ways

to have fun under the sun, especially in the early years of life when exposure to the sun does the most harm. Here are some tips to remember:

- Stay out of the sun from 10 am to 2 pm when the sun's rays are at their most damaging.
- Use a sunscreen with a labelled sun protection factor of at least fifteen, and wear a hat.
- Don't forget that water and sand can reflect the sun's rays even when you're in the shade.
- Check your skin regularly and have a doctor look for any suspicious skin changes.

As parents we have an extra responsibility to practice what we preach. Make sure you set a good example for the kids.



OFFICE INFORMATION

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Monday 8:00 am – 5:00 pm
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..... Clinical Assistants
Carol, Kim, Tanya
..... Dental Hygienists

Brush • Floss • Smile



Sonicare™

The most important part of home dental care is regular tooth brushing, combined of course with daily flossing. Throughout the years we've seen many improvements to toothbrushes, manual and mechanical. But the new *Sonicare™* is truly revolutionary!

The Sonicare brush head moves at 31,000 strokes per minute, which combined with gentle sonic waves, has been proven in laboratory studies to attack plaque beyond the reach of bristles alone. In fact, studies have shown that the Sonicare removes nearly twice a much plaque between teeth as a manual toothbrush, and can even reverse gingivitis and shrink periodontal pockets.

We think that the Sonicare toothbrush ranks with the very best methods of cleaning your teeth and your gums. Please come in anytime and ask us about Sonicare ... the toothbrush for the 21st century!



Dental Trivia

■ 100 years ago, one half of all adult North Americans were toothless. Today less than 10% of adults over 65 have lost their teeth.

■ In the Middle Ages people believed that dogs' teeth boiled in wine made an excellent mouth rinse for tooth decay.

■ According to a *Time Magazine* survey, 59% of North Americans would prefer to go to the dentist than sit next to anyone using a cell phone.

■ The average North American can exert approximately 30-40 lbs per square inch of pressure with their jaws: denture wearers can get up to about 15 lbs. Some Inuit people can exert 350 lbs of pressure.

■ US and Japanese studies have found that black or green tea has antibacterial powers that help prevent cavities and gum disease.

■ Over 40% of North Americans have at least one tooth that would benefit from treatment.

