



Tooth Talk

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Dragon Breath? Not Me!

Have you ever wondered what causes bad breath? It's **germs**, better known as bacteria.

Why do they smell? The odor from most bacteria is really the odor from the waste products that bacteria produce. Germs eat, grow, multiply, and get rid of waste just like any other living thing does.

Have you ever wondered why morning breath smells like someone stepped in dog doo? Well, it's because the germs (bacteria) go to the bathroom all night. It's bacteria doo. It isn't a pleasant thing to think about, but there are things we can do to help this situation.

How can we control bacteria? By controlling plaque. Plaque is the sticky, whitish deposit left behind on our teeth after consuming foods or drinks high in sugar. The more sugar we consume, the more plaque our mouths produce. Plaque is made of bacteria, or germs.

How do we control plaque? By eating less sugar. Drinking less pop with sugar in it is a good start. Good brushing and flossing are very important in keeping plaque buildup to a minimum. Plaque is a lot like battery acid. It's one of the few things strong enough to eat holes in our teeth, causing cavities and making our gums bleed. Germs do all of this destruction, and they stink!

Brushing is especially important before going to bed at night. Morning breath is caused by not brushing the night before and by all the plaque that "partied" all night while you were sleeping. It pays to remember to brush your teeth before bed. Try to remember to floss also. Good oral hygiene is the best defense against "dragon breath." Don't let a good mouth go bad.



First Week of August is World Breastfeeding Week

As a new parent, you probably are wondering whether breastfeeding is right for you, and what the facts are about breastfeeding.

Breast milk is the best source of nutrition because it contains the appropriate amounts of carbohydrate, protein, and fat, and provides the digestive enzymes, minerals, vitamins, and hormones that infants require. Antibodies in breast milk help prevent infections.

You should breastfeed as long as you can during your baby's first year, according to the American Academy of Pediatrics and the National Association of Pediatric Nurse Associates and Practitioners.

If you are breastfeeding and decide to stop, you should wait until baby is at least 2 months old. This will help avoid possible nipple confusion, which can cause sucking and feeding problems with infants who are switched from breastfeeding to bottle-feeding. Babies can adjust to bottle nipples much easier after 2 months of age.

Advantages of Breastfeeding

Breast-fed babies may have less frequent:

- ♥ Ear infections (serious otitis media)
- ♥ Stomach or intestinal (gastrointestinal) infections
- ♥ Low iron levels in blood (iron-deficiency anemia)
- ♥ Skin diseases (infantile eczema)
- ♥ Allergy problems (infantile allergies)

Benefits for mom:

- ☺ No bottle cleaning
- ☺ No formula preparation
- ☺ Lower cost
- ☺ Easier weight loss
- ☺ Enhancement of the unique bond between mother and child

Breast-fed babies have low risk of:

- ♥ Digestive problems, such as constipation or diarrhea
- ♥ Becoming overweight (obese)
- ♥ Developing high blood pressure (essential hypertension)
- ♥ Developing tooth decay (dental caries)

Moms who breastfeed should:

- Avoid using medications (check with your doctor)
- Maintain adequate nutrition for themselves
- Drink plenty of fluids, especially water, every day
- Get plenty of rest
- Take good care of her nipples and breasts
- Relax and enjoy the experience

Disadvantages of Breastfeeding

Moms may experience through breastfeeding:

- ☹ Nipple soreness
- ☹ Breast engorgement
- ☹ Leaking breasts
- ☹ Let-down flex (other than during breastfeeding)
- ☹ Inadequate milk supply
- ☹ Difficulty knowing how much milk the baby is drinking

Moms who breastfeed may feel:

- ⊗ Confused by the lack of experience or support
- ⊗ Afraid or ashamed to ask for help
- ⊗ Overwhelmed by the time commitment
- ⊗ Exhausted by the frequent feedings
- ⊗ Socially isolated from other relationships and activities
- ⊗ Frightened by conflicting emotions