



Tooth Talk



by Linda Kreutzer, RDH

Children's Cavities Should Not Be Ignored

Baby teeth are important. They begin forming before birth and are meant to last until the permanent teeth appear. Some parents think that because their children's teeth will be lost anyway, what's the big deal if they become decayed?

Children need their baby teeth to stay in good condition so they can eat and speak properly. Baby teeth hold the spaces for permanent teeth to come in correctly. Self-esteem problems can occur if decay becomes ugly and obvious to other children. The child will hide his or her smile and may become withdrawn.

The most important reason for baby teeth to stay healthy is to avoid dental **pain**. Why make a child suffer with a toothache because of a diet high in sugar and a lack of dental care? It's very important to help children learn to take care of their baby teeth. This way, they grow up knowing it's important to take care of their "big people" teeth, the ones that are meant to last a lifetime.

It's **very** important to take your child to the dentist for a check up once a year beginning at age 3. Well before the first dental checkup, it's important to look inside your child's mouth. If the front teeth have whitish or brown spots on them, or the back teeth appear to have brown or black lines in the crevices, it's important to take your child to the dentist for a quick "look-see." Further dental evaluation may be needed.

It's good to let your child get used to coming to the dental office. **Never** mention the word "shot," or that it may "hurt." Children do much better when they come into the dental office without

someone else's ideas of what may happen. They do **not** need a warning. Keep positive, say something like, "The tooth doctor needs to look in your mouth so they can keep your teeth happy" or "...to fix the one that hurts." Keep it simple and brief.

Children really suffer when baby teeth decay and become abscessed. An abscess is a puss-filled tooth or gum. It causes swelling and intense pain. The infected area can spread into the bone or even the sinus.

Children feel toothache pain just like an adult does. It hurts. The difference is that in a child, a chronic dental abscess can cause the developing permanent tooth (under the baby tooth) to become deformed. It's understandable that children will not want to go to the dentist because they (or their parents) are fearful. The dentist will often give antibiotics before the tooth can be treated.

Sometimes, a child will be given a pill to relax. The child may be referred to a specialist who only treats children, called a pedodontist.

Not taking children to the dentist for care of a toothache is child neglect. The state of Oregon in Lincoln County and Indian Child Welfare in Siletz have protocols to intervene if parents ignore children's dental needs. Lincoln County schools are required by law to report dental pain and swelling observed in children.

Decay of children's teeth is serious. It's important to realize that most decay is preventable. If it's too late and decay is already a problem, get that child to a dentist as soon as possible.



Get a Better Night's Sleep

Achieve a better night's sleep by having a consistent, relaxing routine a few hours prior to bedtime. The routine needs to help separate you from the pressures of the day. Here are a few ideas to make your bedtime routine more enjoyable:

- ☒ Lounge in a hot tub or bathtub with soaking salts and candles.
- ☒ Take a slow walk outside; the fresh air will clear your mind.
- ☒ Drink some herbal tea or warmed milk.
- ☒ Read a light novel.
- ☒ Use earplugs or a sound machine if your environment is distracting.
- ☒ Exchange massages with your partner.
- ☒ Meditate or do yoga.
- ☒ Listen to soothing music.

Source: www.emazing.com

Tribal Council Approves Health Benefits

On Dec. 16, 2000, the Siletz Tribal Council approved a health benefits plan using up to \$200,000 in excess gaming revenue set-aside funds. The package is intended to assist Siletz Tribal members who live outside the 11-county service area. The following benefits will be available on a first-come, first-served basis:

1. Increased maximum pharmacy benefits for tribal members who live outside the 11-county service area from \$400 to \$500 per year. This increase became effective on Jan. 1, 2001. The Contract Health Services program, through a modification to the Pequot Rx program, will administer this benefit. If you already have a Pequot card, your maximum benefit will automatically increase. If you do not have a pharmacy card, you must register with the Health Department. To obtain an application, send your request to Confederated Tribes of Siletz Indians, CHS Program, PO Box 549, Siletz, OR 97380. Or you may call Selina Kissinger, CHS technician I, at 1-800-628-5720.
2. In addition to the above, effective Feb. 1, 2001, tribal members who live outside the service area may pick **one** of the following three service options:
 - a) Purchase eyeglasses or contact lenses, with an exam, up to \$400.
 - b) Purchase upper and/or lower dentures, with exam, up to a maximum of \$1,200.
 - c) Purchase a hearing aid, with exam, up to a maximum of \$1,400.

The tribe's Fringe Benefits Department will administer options a, b, and c on a prior-authorization basis. To pre-authorize your benefits, please call Jack Boyer or Debbie Williams at 1-800-922-1399, ext. 377 or 277. A committee will meet weekly to review claims and fund balance. After all first requests are processed, tribal members may be given the opportunity to access a second of the three options listed above if funds are available. This will continue until all funds have been exhausted.

This is an historic first step in the Council's desire for gaming revenues to benefit the entire tribal membership.

Cooking for a Healthy Heart



Heart disease used to be something that just happened to us. We could blame it on heredity, getting older, or any other handy excuse. But these days, we know better. We know that smoking, lack of activity, and poor food choices multiply our risk for getting heart disease.

The American Heart Association (AHA) recommends the following eight essentials to a heart-healthy diet:

1. Cut back on fat: Total fat intake should account for less than 30 percent of your daily calories.
2. Limit saturated fats: Saturated fats should take up no more than 10 percent of your daily caloric intake. The easiest way to limit these fats is to cut back on red meat, butter, and dairy fats.
3. Limit egg consumption: Because one egg contains almost 300 milligrams of cholesterol, it's best to limit egg consumption to twice a week. Cholesterol intake should be less than 100 milligrams per 1,000 calories, not to exceed 300 milligrams per day.
4. Don't be concerned about protein: Protein intake should make up 15 percent of daily calories. There's little reason for concern, unless you're a professional bodybuilder who requires a higher protein intake.
5. Crank up those carbs: Carbohydrates should make up 50 percent of your daily calories, with the emphasis on complex carbs like whole grains, beans, vegetables, and fruit.
6. Watch the salt. Sodium intake should not exceed 3 grams per day.
7. Limit alcohol intake to no more than two beers or two glasses of wine per day.
8. Eat a varied diet: The wider the variety of your diet, the greater the likelihood that you're getting all of the essential nutrients your body needs.

Source: www.topica.com/tipworld