



Tooth Talk

by Linda Kreutzer, RDH

Fluoride

Everyone has heard about fluoride. It's in toothpaste and mouth rinses. In some lucky communities (including Newport), fluoride is added to the water supply. It's interesting to note that fluoride is not added to the water in Toledo, Siletz, or Lincoln City. Only those living in tribal housing on the hill have the added benefit of fluoridated water.

Why is fluoride so important to teeth? Because it's the only mineral that actually strengthens teeth. It helps the enamel of our teeth become strong and resistant to decay. Children need it when they are forming teeth. Teen-agers and adults need fluoride to keep from getting new cavities. Fluoride can be absorbed into the teeth in one of two ways.

1. Internally. This is the best method. Fluoride is calcified into the developing teeth during formation, making them super-strong for life. This calcification occurs when pregnant mothers drink fluoridated water or children grow up drinking fluoridated water. If fluoride is not present in the water, your child's dentist can prescribe daily fluoride tablets. Developing teeth become as strong as they can be if fluoride is taken internally in this way.
2. Surface Absorption (topically). Fluoride can be absorbed into the surface of the enamel of baby or adult teeth. That's why using a toothpaste with fluoride is so important.

Children, teen-agers, and adults need fluoride daily to help keep teeth strong and fight decay. As adults become older, the gums may become pushed down or “receded.” Gum recession is a common occurrence, exposing the actual root of the tooth. This root then becomes exposed and is weaker than the upper enamel portion of the tooth. The weaker root areas around the gums often get cavities.

If a toothpaste with fluoride is used with daily brushing, root decay can be reduced by as much as 50 percent. Mouth rinses containing fluoride are a great way to give teeth added protection against decay. A good brand is ACT, found at Wal-Mart and Fred Meyer.

Remember, fluoride isn't just for kids. Everyone needs it!



Flu Shots Available at Clinic

The Siletz Community Health Clinic offered flu vaccines to high-risk people in November. We now are ready to offer this to everyone who is interested in receiving a flu shot.

Please schedule a “nurse appointment” by calling 541-444-1030 or 1-800-648-0449 if you would like to get a flu shot.

Miranda Strong demonstrates the proper way to install a child's car seat as part of a workshop put on by the Community Health Department in October. She and Cathy Rasmussen pointed out the positives and negatives of several different child safety seats and answered questions from those attending the workshop.



Season's Greetings

How Much is Smoking Costing You?

Number of Packs Per Day

	1/2 pack	1 pack	1-1/2 packs	2 packs	2-1/2 packs	3 packs
Day	\$2.25	\$4.50	\$6.75	\$9	\$11.25	\$13.50
Week	\$15.75	\$31.50	\$47.25	\$63	\$78.75	\$94.50
Month	\$67.50	\$135	\$202.50	\$270	\$337.50	\$405
1 Year	\$821	\$1,643	\$2,464	\$3,285	\$4,106	\$4,928
10 Years	\$8,213	\$16,425	\$24,638	\$32,850	\$41,063	\$49,275
20 Years	\$16,425	\$32,850	\$49,275	\$65,700	\$82,125	\$98,550
30 Years	\$24,638	\$49,275	\$73,913	\$98,550	\$123,188	\$147,825
40 Years	\$32,850	\$65,700	\$98,550	\$131,400	\$164,250	\$197,100

What would you do with all that money?