



Tooth Talk

by Linda Kreutzer, RDH

Preventing Tooth Decay in Children

Decay of baby teeth is a real problem. It causes unnecessary pain and suffering in young children and is 100 percent preventable! It can cause the permanent teeth growing under the baby teeth to become weak and deformed. Baby teeth **do** matter. Children need their baby teeth to remain healthy and strong until the permanent teeth come in.

Baby (or deciduous) teeth are needed to allow a child to chew a variety of healthy foods. Baby teeth also are very important because they allow the permanent teeth to come in where they should in a straight line. If the baby teeth decay and are lost, the permanent teeth come in crooked.

Studies have shown that if a the permanent teeth will be this? It's because of eating If lots of candy and pop are accompanied by poor continue to cause Why not help your healthy start with

Baby teeth can from milk sugars, liquids are allowed to periods of time. This happens is put to bed with a bottle.

The sugar in the milk stays on the teeth all night long, causing decay. This also can happen if a toddler is allowed to carry a bottle around all day, constantly “bathing” the teeth with milk or juice.

If your baby must have a bottle to sleep, fill it with plain water. Gradually dilute the milk or juice with water, making the transition easier for the baby. Save the full-strength milk or juice for the daytime. Clean your baby's teeth and gums with a clean washcloth or small soft toothbrush before bedtime.

The most important way to prevent decay in children's teeth is to encourage healthy foods and things to drink. Cooked vegetables, fruits, crackers, and biscuits without sugar are **great** instead of sugary cereals or cookies.

Children naturally like healthy foods and will readily eat them **if** offered these foods on a regular basis. A child's preference for foods high in sugar and fat is learned, especially if these foods are all that is available. The more sugar a child consumes, the higher the decay rate. It's a simple fact.

Decay of baby teeth hurts. Toothaches are real for children, just as they are for adults. It's **so** much easier to prevent dental problems than to expect a child to endure the stress of dental fillings and maybe even dental extractions at a tender young age.



child has decay of baby teeth, excessively decayed. Why is habits and oral hygiene habits. consumed as a child, brushing, these habits decay of permanent teeth. child get off to a good healthy teeth.

easily become decayed juice, or pop **if** these cover the teeth for long when a baby



Happy New Year 2002!

Make a New Year's Resolution to Live Healthier

- 1) Quit smoking.
- 2) Drink eight glasses of water daily.
- 3) Cut back on or cut completely out of your diet the following: real mayonnaise, butter, vegetable oils, cream sauces, and whole milk.
- 4) Try instead the following: light mayonnaise, Smart Beat butter, olive oil (sparingly), cooking sprays, tomato-based sauces, and skim or 1% milk.
- 5) Don't diet. Fad diets may work temporarily, but often one gains and then some.
- 6) Make healthier food, snack, and meal choices.
- 7) Eat fruits, vegetables, grains, poultry, fish, meat, and dairy (food pyramid).
- 8) Vow to see your health care provider for your yearly checkup.
- 9) Vow to see your dentist every six months.
- 10) Floss and brush your teeth every day.
- 11) Reduce stress in your life.
- 12) Exercise and be active.
- 13) Laugh and find ways to have fun.

100 Mile Club Completes First Session

Nearly 40 people enjoyed a wonderful lunch prepared by Jack Strong as the 100 Mile Club celebrated with an “End of the Road” luncheon in December.

Club members received dark blue “Finisher” sweatshirts for walking 100 miles in the allotted time frame. Another session will start in the spring.

Jack is the co-executive chef at Adam's Place in Eugene. He prepared winter pumpkin puree soup, pomegranate salad, cedar plank-roasted herbed salmon, slow-roasted pork tenderloin, and sautéed seasonal vegetables.



Above: Jack Strong prepares a tasty lunch and gets a bit of help from his wife, Miranda.

Below: Darlene Carkhuff (l) accepts her sweatshirt from Laura Bremner.

