

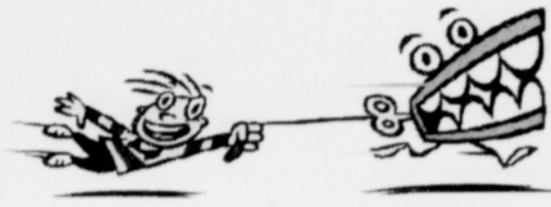


ToothTalk

by Mary Ellen Volansky, RDH, MS

Bitetoids on Oral Health

Dental humor? Yes, at least by the *The New Yorker* magazine's standards. In 2004, it published a book of just dental cartoons. Who would have thought!



Barber poles? The barber pole is the oldest distinguished mark of any profession or craft, dating back 6,000 years B.C. Barber surgeons performed hair and beard trimming, medicine (herbs), dentistry (tooth pulling), and surgery (bloodletting).

The attractive red and white glass emblem remains the property of the artistic barbering profession today. There is a picture of one outside a barbershop in Toledo.

Courtesy of www.edjeffersbarbermuseum.com.

Horses see dentists! Their teeth continue to erupt from their sockets throughout the horse's life. – 18 years for some of them. Sometimes horses have to see a dentist to have their teeth filed. The filing keeps sharp edges of teeth, formed from wear, from irritating cheeks. Also, hooks can form on the front and back of the rows of molars (12 molars on one side of the jaws) that, if not removed, can result in the horse not being able to close its mouth.

Courtesy of www.angelfire.com/tx2/kidshorses/teeth.html.

Most societies view teething as a rite of passage – the nursing baby becomes a chewing infant when teeth come in; the infant becomes a youngster when the baby teeth are lost and the permanent teeth arrive. Our present ritual may be only a century old.



Yet centuries ago in Europe when a child's baby tooth fell out, it was common practice to bury it in the ground. The reason was a superstition that if a witch got hold of the tooth, a curse could be placed on the child. By burying their children's teeth, this unfortunate curse was prevented. Disposing of baby teeth was serious business.

The Vikings were serious too. They had a "tooth fee." This fee was given to a child upon the use of a tooth. Why might one want this tooth? Superstition of that time held that a child or their articles brought power and luck in battle.

What is uniquely American? Our tale has the tooth fairy giving money for a tooth and not expecting anything

else, nor imparting any protections or powers. Just fun for what can be a scary experience.

Courtesy of www.drBunn.com/tthfairy.htm. and www.straightdope.com

If your teeth are worn down, would the phrase "down in the mouth" apply to you? Like horses, we don't usually wear our teeth from eating. We can wear our teeth from stress-related habits and malocclusion.

Human teeth get a straight-line appearance across the biting edge of anterior teeth. Sometimes the edges are worn so that the dentin shows. Dentin is more porous than enamel, so it will pick up stain.

If you grind, clench, or repetitively move your teeth against each other, come to the dentist. A simple night guard might prevent this wear.

Back to "down in the mouth." It refers to the down-turned corners of the mouth on a sad or depressed person. You might use the phrase to describe someone who has lost a loved one or a job. Hopefully, you won't be down in the mouth after reading this month's Tooth Talk.

Courtesy of <http://members.aol.com/MorelandC/HaveOriginsDatahtm#DownInTheMouth>

Come to the Siletz Dental Clinic, sit in one of our chairs, and read some excerpts from *The New Yorker*/American Dental Association's *Book of Cartoons*. Each room has them on the ceiling. Posters for kids and some adults to find hidden toothbrushes.

Commit to Quit Challenge

A Program to Encourage Smokers and Chewers to Quit!
Weekly and Grand Prize Drawings

The Commit to Quit Challenge is a 12-week program to encourage smokers and chewers to quit.

Weekly drawings will be held, with a grand prize drawing **Sept. 6, 2006**, during the Run to the Rogue sign-up at the Tribal Community Center in Siletz, Ore.

Dates: June 1 – Aug. 31

Grand Prize Drawing: Sept. 6

Contact: DeAnna Pearl, 541-444-9659 or 1-800-648-0449, ext. 1659

- In American Indians, asthma is growing fast.
- American Indians have the highest rate of smokers.
- Secondhand smoke is the No. 1 trigger for asthma.
- The No. 1 prevention of asthma is smoke-free homes.

**Protect Our Children
Honor and Mentor Them
Commit to Quit**

How Do I Protect Myself from UV Rays?

from the Web site of the American Cancer Society – www.cancer.org

While it's impossible to completely avoid sunlight, you can take precautions to limit your exposure to UV rays.

1. Limit direct sun exposure during midday. Ultraviolet rays are most intense when the sun is high in the sky, usually between 10 a.m. and 4 p.m. If you are unsure about the sun's intensity, take the shadow test: If your shadow is shorter than you, the sun's rays are the strongest. Plan activities out of the sun during these times.

2. Cover up. Wear clothing to protect as much skin as possible. Long-sleeved shirts, long pants, or long skirts are the most protective.

3. Wear a hat. A hat with at least a 2- to 3-inch brim all around is ideal because it protects areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose, and scalp.

4. Use a sunscreen with an SPF of 15 or higher. When selecting a sun-

screen product, be sure to read the label before you buy. Those labeled "broad-spectrum" protect against UVA and UVB radiation.

5. Wear sunglasses that block UV rays. The ideal sunglasses do not have to be expensive, but they should block 99 percent to 100 percent of UVA and UVB radiation.

6. Avoid sunlamps and tanning booths. Tanning lamps emit UVA and frequently emit a lot of UVB also. Both UVA and UVB can cause serious skin damage and both contribute to formation of skin cancers.

7. Check your skin regularly. You can improve your chances of finding pre-cancerous skin conditions and skin cancer by examining your skin regularly. The earlier you identify signs and see your health care provider, the greater the chances for simple and successful treatment.

July		Bingo Hotline 1-888-CHINOOK					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Wednesdays - Let's Make a Deal! Win an extra \$400!	July 4 - We'll give away free hats and beads - plus 2 \$500 jackpots!					1 1 p.m. Matinee 5:30 p.m. Evening	
	July 29 - Birthday Bingo. If your birthday is in July, come celebrate with us. All birthday guests will receive a free start-up and dauber with buy-in.						
2 1 p.m. Matinee 5:30 p.m. Evening	3 1 p.m. Matinee 6 p.m. Evening <i>Lucky TED</i>	4 1 p.m. Matinee	5 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	6 1 p.m. Matinee <i>3 Free 6-ons</i>	7 1 p.m. Matinee	8 1 p.m. Matinee 5:30 p.m. Evening	
9 1 p.m. Matinee 5:30 p.m. Evening <i>FREE SQ!</i>	10 1 p.m. Matinee 6 p.m. Evening <i>Lucky TED</i>	11 1 p.m. Matinee	12 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	13 1 p.m. Matinee <i>3 Free 6-ons</i>	14 1 p.m. Matinee	15 1 p.m. Matinee 5:30 p.m. Evening <i>Senior Bingo!</i>	
16 1 p.m. Matinee 5:30 p.m. Evening <i>Manager's Special - Both Sessions!</i>	17 1 p.m. Matinee 6 p.m. Evening <i>Lucky TED</i>	18 1 p.m. Matinee	19 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	20 1 p.m. Matinee <i>3 Free 6-ons</i>	21 Closed David Cassidy	22 Closed David Cassidy	
23 & 30 1 p.m. Matinee 5:30 p.m. Evening	24 & 31 1 p.m. Matinee 6 p.m. Evening <i>Lucky TED</i>	25 1 p.m. Matinee	26 1 p.m. Matinee 6 p.m. Evening <i>Let's Make a Deal!</i>	27 1 p.m. Matinee <i>3 Free 6-ons</i>	28 1 p.m. Matinee <i>FREE SQ!</i>	29 1 p.m. Matinee 5:30 p.m. Evening <i>Birthday Bingo</i>	
July 15 - Senior Day (55+). If you are a single winner on a main session game, we'll add \$1 to our prize payout for each year of your life.					2006		
July 16 - Matinee and evening sessions - 2 \$500 jackpots both sessions!							