

**COMMUNITY
DENTISTRY**

BY Dr. Edward Ward

Your Teenagers' Dental Care

Typical teenage party fare often includes sweet carbonated drinks, cakes and cookies. That bottle of pop and gooey chocolate candy, though pleasing to the sweets-conditioned taste buds, could be contributing to tooth decay and eventual tooth loss. Unlike ancient times, we now know that there is relationship between the food we eat and what happens to our teeth.

By age 13, permanent teeth, except for the wisdom teeth, are in position and meant to last for a lifetime. The teen years are critical because of the fact that young people may not be as conscientious about brushing and flossing as they should be, and at a time in their lives when they are ingesting considerable amounts of sweets.

Many teenagers have periodontal disease, an infection of the gums and tissues supporting the teeth. The real culprit in both gum disease and tooth decay is the formation of plaque, a sticky, colorless bacteria film that is constantly forming on everyone's teeth. When the bacteria encounters sugar, they produce acids that attack and can destroy the enamel of the teeth.

I recommend daily brushing, flossing, and a wide variety of foods for good dental health — instead of the cookies and candy, try some cheese or peanuts.

In addition to the culprit plaque, the following dental problems need to be attended to by your dentist.

Malocclusion happens when the teeth do not fit together correctly. If left untreated, it can lead to difficulties in chewing and further deformities of the jaw. Maloccluded teeth are generally more difficult to clean, making them more susceptible to decay and gum disease.

Wisdom teeth (third molars) can erupt from ages 17 to 21 years of age. They may develop at awkward angles or become impacted behind second molars. Regular dental checkups will help your dentist determine the proper course of action.

Oral Injuries, which my next column will cover, happen when active teenagers engage in contact sports that sometimes result in broken, cracked or pushed out of aligned teeth. The teenager should be taken immediately to the dentist for early treatment.

Dr. Ward's dental office is located at 610 S.W. Alder, Suite 1008, Portland, Oregon.

URBAN LEAGUE OF PORTLAND NEWS UPDATE ELDER HELP

Do you understand your Medicare benefits—what Medicare covers and what it does not? Would you like to know more about the plans and other features of health insurance plans and policies that supplement Medicare and also about policies that help pay for costs of nursing home care?

We do individual interviews at Senior Centers and make home visits to help with your Medicare and supplemental insurance claims.

For an individual appointment at our Senior Center, please call Kather at 280-2638.

BEACH TRIP

The beach trip will take place on August 25th. We will travel to Seaside, Oregon. The cost per person is \$7.00. We will depart from 10 North Russell at 8:30 a.m. and return to Portland at 5:00 p.m. The last day to register is August 21st. We need 47 people pre-registered in order to make the trip possible. At present, there are 27 seats available. If you are planning to go, please call Kather at 280-2638 as soon as possible to reserve your place.

STATE FAIR

If you are interested in going on a trip to the State Fair, please call Kather at 280-2638. Senior Day is September 1st. There are 14 available spots. Entrance is free. We are requesting a 50 cent donation for transportation. So please plan to attend; it promises to be a day of fun!

Women's Rights Day Celebration

"The Role of Black Women in the Fight for Women's Suffrage" will be discussed by guest speaker Black feminist educator Milly Harmon. Join us in honoring Black women leaders of the struggle for women's right to vote who broke ground in the women's and Black movements, fighting racism in one and sexism in the other, connecting and strengthening both. Radical Women meeting is on Thursday, August 20, 6:30 p.m., Multnomah County Central Library, 801 S.W. 10th Avenue. Everyone is welcome. For more information call 249-8067. Wheelchair accessible.

DENTAL CARE YOUR FAMILY CAN COUNT ON.



Dr. Edward E. Ward

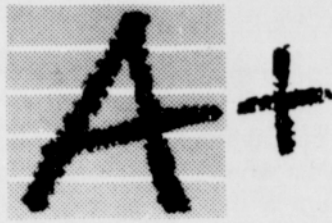
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**BARBARA A. QUEEN JOHNSON
OF MARION, INDIANA WRITES:**

I have an eight year old daughter who has been wearing your "Pretty Plus" clothes for the last three years. Even though we have to hem both dresses and pants, we choose not to live without them!!!

As a parent of a child who is a little heavy . . . I am concerned about her self concept . . . I consider your store the leader in prompting a healthy attitude for all youngsters, especially these kids. Thank heaven Sears has continued their "Pretty Plus" line.

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Photo by Richard J. Brown

Jesse's Coming!

Jesse Jackson, National Rainbow Coalition leader and unannounced candidate for President, will meet with union members and friends of labor at a Labor Breakfast this Friday, August 21st, 7 a.m., at the Musicians Union Hall, 325 N.E. 20th. Jackson will discuss the Rainbow Coalition labor program on jobs, social services, peace, plant closures, and organizing the unorganized, at home and abroad. Donation \$25, unemployed \$10.

Jesse Jackson Speaks

Jesse Jackson will speak Friday, August 21, at 7:30 p.m. at the Memorial Coliseum, Portland, Oregon. Admission is free. This appearance is presented by Friends of Jesse Jackson.