

Bathroom Briefs

Your line to good health!

Developed by: Health Promotion & Disease Prevention
Section, Forsyth County Department of Public Health



Happy National Children's Dental Health Month

Children's Dental Health Is Important!



Did you know?

- **4 to 5 million** children in the U.S. have dental pain so severe they have trouble eating, sleeping and learning.
- **51 million school hours** per year are lost because of dental related illness.
- Children should see a dentist for their first dental visit by **age one**.

According to the Center for Disease Control, although preventable, tooth decay remains one of the most common chronic diseases among children. Baby teeth hold the space for permanent teeth. "If cavities are left untreated in baby teeth, they can develop into serious

pain and abscesses. Occasionally the infection can spread to other areas of the body and in rare occasions can even result in death," says Kimberly A. Harms, DDS, an American Dental Association consumer advisor and past president of the Minnesota Dental Association.¹ Fortunately, dental disease can be easily prevented.

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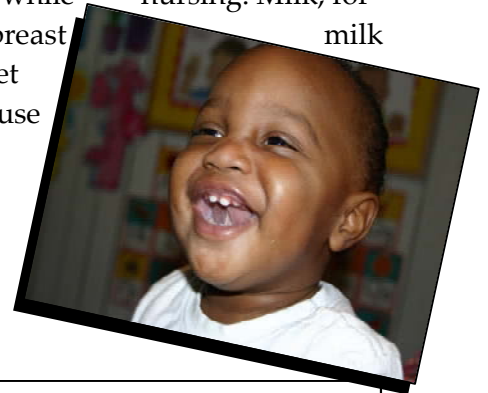
Things you can do to keep your teeth and gums healthy...

1. Brush your teeth daily.
2. Floss your teeth everyday.
3. Use fluoride.
4. Limit sugar in your diet.
5. Visit the dentist.
6. Ask about dental sealants.

Dental Care For Babies.

Does your baby sleep with a bottle?

Early childhood caries, baby-bottle decay, is tooth decay seen in young children. Teeth appear to look chipped or as if the enamel is melting away. This devastating condition is caused by allowing the baby to fall asleep while nursing. Milk, formula, juice, breast milk and any sweet liquid can cause decay.



To Prevent Early Childhood Caries:

- Begin cleaning the baby's mouth at birth with a damp soft cloth daily.
- Once the first tooth appears, use a soft infant brush to clean the teeth.
- Do not allow the baby to sleep with a bottle or while breastfeeding.
- Wipe the baby's mouth after feeding with a damp soft cloth or gauze.
- Introduce a cup by six months of age, and discontinue the bottle by age one.
- Begin healthy eating habits early. Avoid sugar and frequent snacks.

From multiple sources as of 1/18/2012:

¹ <http://www.webmd.com/oral-health/healthy-teeth-10/cavities-myths>

http://www.cdc.gov/fluoridation/fact_sheets/fl_caries.htm

<http://www.nidcr.nih.gov/datastatistics/surgeongeneral/report/executivesummary.htm>

<http://www.ada.org/3280.aspx>

For more information:

School Age Dental Health Program

http://www.forsyth.cc/PublicHealth/schoolage_dental.aspx

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