



ADAMS COUNTY HEALTH DEPARTMENT

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Oral Health Month – February 2009

"Caring for your child's teeth is more than just ensuring a pretty smile. Healthy teeth and gums are vital to your child's overall health. Inadequate care can lead to cavities and gum disease, which are not only painful but can lead to serious infections that can spread through the body. Mouth and teeth pain can hinder chewing and interfere with good nutrition. Poor oral health can affect your child's self esteem as he or she gets older. The number one way to avoid all this is to instill good teeth brushing habits in your child at a young age. This actually starts by cleaning the gums daily even before that first little tooth erupts. Thorough brushing, twice a day is key to removing plaque and a good habit to get your child into. If the bacteria aren't removed by brushing and flossing, holes or cavities are formed. Bacteria feed on the sugar in food to make the acid that eats away at the teeth. Gum disease can lead to the loss of teeth and to a risk of more serious disease such as respiratory problems, caused by bacteria traveling from the mouth to the lungs."

Excerpt from Seattle Post Intelligencer, Dr Robert Nohle; 11/30/08

Three Steps to a Healthy Smile

1. **Brush** twice every day
2. **Floss** every day
3. See your **Dentist** regularly

February is National Children's Dental Health Month

For each of the past 60 years, the American Dental Association (ADA) has sponsored National Children's Dental Health Month to raise awareness about the importance of oral health. The ADA offers free online resources to promote oral health, including coloring and activity sheets for children and presentation guides." For more information on this month, visit <http://www.ada.org/prof/events/featured/ncdhm.asp>.

(American Dental Association, February 1, 2009)

The health department is providing oral health packets for families with children for the month of February.

Please drop by the health department to request your packet while supplies last.

*Washington Dental Services Foundation has provided Grant Funding to Adams County Health Department for Oral Health Materials for this month.

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