



From the Desk of the Drs.

Just this week, as I was helping to get my kids ready for bed I heard, “I don’t want to floss tonight.” As parents, we have to choose our battles, and brushing and flossing is one battle that we need to choose to fight and win. Let us share a few reasons why we feel this is a worthwhile battle – even when we are busy with the upcoming holidays, and of course Halloween!

- Caries (aka cavities) are the most common chronic childhood disease in the world. Even with all our attempts to prevent caries, and advancements in the science of dental disease, caries are still on the rise.
- The mouth is sometimes referred to as the window to the body. Our mouths naturally are teeming with bacteria – some good and some bad. As most of us have likely experienced at some point, our gums bleed if we don’t floss well for an extended period of time. When our gums bleed, bacteria that is naturally present in our mouths, can enter the bloodstream causing problems in other parts of the body. Bottom line – the mouth truly is the window to the body.
- Along those same lines flossing needs to take place one time per day. Unlike brushing where there are times of the day when the brushing will be most effective (i.e. right before bed) flossing simply needs to take place at least one time per day. That might be easiest after dinner, or before homework, or any other time. Consistency in flossing is crucial. If you find that your end of the day routine is too crazy already, try moving flossing to another time during the day and stay happy and healthy.

Parenting is tough, but sometimes understanding the rationale behind the battles we must fight makes them easier to endure. Good luck and thank you for your trust in us to provide quality dental care for your children.

Sincerely,
Drs. Diana and Lyman



Did you know that . . .

Americans purchase nearly 600 million pounds of candy for Halloween each year.

People will spend \$2.08 billion on candy for Halloween



Ask the Dentist!

Parents & Patients, if you have a question please email us and your question could be in the next newsletter

What are dental sealants, who should get them, and how long do they last?

Sealants are a thin, plastic coating that is painted on the chewing surfaces of the teeth, usually the back teeth (the premolars, and molars) to prevent decay. The painted on liquid sealant quickly bonds into the depressions and grooves of the teeth, forming a protective shield over the enamel of each tooth.

Typically, children should get sealants on their permanent molars and premolars as soon as these teeth come in. When this is done the dental sealants can protect the teeth through the cavity-prone years of ages 6 to 14. However, adults without decay or fillings in their molars can also benefit from sealants.

Sealants can protect the teeth from decay for many years, but they need to be checked for chipping or wear at regular dental check-ups.

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Office News

It's that time of year.....

Our Third annual Candy Buy Back! The event will be on Saturday November 7th from 12-2 at our office. Kids bring in their unwanted Halloween candy and we will pay them \$1 per pound, up to five pounds. We ship it off to Operation Gratitude in California, then they ship it off to the troops serving overseas and the first responders here in the USA. Last year they received 401,052 lbs. of candy. That's about 12 million individual pieces.



In The Community

On September 12th we were at the Arena Club for The Kids for Hope event, which is an obstacle course that the kids run. All proceeds go to the Patricia D. and M. Scott Kaufman Cancer Center. \$50,091 was raised to benefit this great cause. What a great event to be a part of.

