



## 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 enjoying fun relaxed summer days and vacations.

- Caries (aka cavities) are the most common chronic childhood disease in the world. Even with all of 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 gingiva bleeds if we don’t floss well for an extended period of time. When our gingiva bleeds, that 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. If you find that your end of the day routine is too crazy already to try to fit one more thing in consistently, move 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 . . .

An average American spends 38.5 days brushing their teeth over a lifetime!



## 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.

#### **Growing Smiles**

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## Office News

**Reminder:** Summer is super busy for our office, and appointments are hard to come by. If you cannot make an appointment, please be sure to notify us so we can offer it to another patient.

We have been having a blast this summer at the outdoor movies in Shamrock Park in Bel Air. There is face painting, entertainment on stage, and many other activities for you and the kids to enjoy. Can't wait to see you there!



## In The Community

We have quite a bit going on in the next few months.

Outdoor Movie Series:

July 10<sup>th</sup> – The Boxtrolls

July 24<sup>th</sup> – Big Hero 6

August 21<sup>st</sup> – The Incredibles

August 28<sup>th</sup> – Cinderella

Kids for Hope Event @ The Arena Club

September 12<sup>th</sup> 8am- 12pm

Healthy Harford Day September 26<sup>th</sup> 9am-1pm

### **Calendar**

July – September Summer Movies, Kids Hope, Healthy Harford

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