



## From the Desk of the Drs.

January is a month full of possibility. Most of us reflect on the previous year and think about how we can and should improve. We think about the upcoming year and commit to making this year even better than the past.

These sentiments are all true and effectual at Growing Smiles as well, but we are also looking forward with great excitement to February- National Oral Health Month. As we look forward to the many school and community events we try to pack into the shortest month of the year, we wanted to take a moment to share some of the things that we thought might help you keep your continued commitment to help your child's smile continue to be a healthy, happy "Growing Smile."

- Tooth decay is the single most common chronic childhood disease—5 times more common than asthma, 4 times more common than early- childhood obesity, and 20 times more common than diabetes.<sup>1</sup>
- Children between the ages of 2 and 5 who have not visited a dentist within the past 12 months are more likely to have cavities in their primary teeth.<sup>1</sup>
- 50% of all children have NEVER visited a dentist.<sup>1</sup>
- Early Childhood Caries (ECC) goes beyond pain and infection; ECC can affect speech and communication, eating and dietary nutrition, sleeping, learning, playing and quality of life, even into adulthood.<sup>1</sup>

The next time your child gives you a hard time about having that extra sugary, extra sticky snack, remember the effect that cavities can have on your child. Cavities can be prevented, but it takes a united, continual commitment.

May 2015 be a healthy, happy, and prosperous year for you and your family.

Sincerely,

Drs. Diana and Lyman

1. <http://www.mychildrensteeth.org/assets/2/7/ECCstats.pdf>



### Did you know that . . .

Each person's set of teeth is unique much like their fingerprints. Even identical twins do not have exactly the same set of teeth. Your tongue print is also unique like your fingerprint. No two are the same!



## Ask the Dentist!

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

### *Are thumb sucking and pacifier habits harmful for a child's teeth?*

Thumb and pacifier sucking habits will generally only become a problem if they go on for a very long period of time. Most children stop these habits on their own, but if they are still sucking their thumbs or fingers past the age of three, a mouth appliance may be recommended by your pediatric dentist



This is an extreme case where the child used a pacifier or sucked their thumb for an extended period of time.

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## Office News

We kicked off our 1<sup>st</sup> annual Gingerbread House making Contest. It was a great success. A special Thank you to all the local offices who participated and to Shoprite in the Festival of Bel Air for the display space. Congratulations to the office of Dr. August Weber DDS. They received lunch and a donation to the Department of Aging in their name. What a great way to give back and have fun!!!



## In The Community

February is National Children's Dental Health Month.

Throughout the year and especially in February Growing Smiles will be visiting child care facilities, community fairs, local schools and more, to discuss the importance of oral health and care. Feel free to contact our office to arrange a visit.

### **Calendar**

#### **February – April**

Be on the lookout for Growing Smiles at your children's schools. Educating and having fun at the same time.