

# THE ORAL HEALTH EXPERT

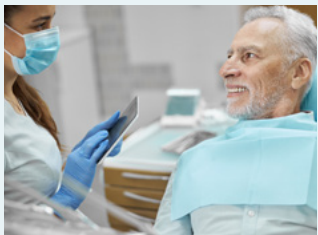
DELTA DENTAL OF ARIZONA

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## 6 Tips For Caring For Your Child's Teeth



As a parent or caregiver, you are essential to helping your child make their permanent teeth permanent. While oral health is important from birth, it's especially critical starting at age 6 when permanent teeth begin to come in. Children who learn to take care of their teeth while they're young build healthy habits that stick with them through adulthood. Plus, kids with good oral health perform better academically and miss fewer school days than those with poor oral health.<sup>1</sup>

Here are 6 ways you can set your child up for a lifetime of healthy smiles:

- 1. Encourage daily oral health care:** Teach your children to brush their teeth at least twice a day for two minutes each time and floss daily to clean areas a toothbrush can't reach.
- 2. Take them to visit the dentist regularly:** Like adults, children should see a dentist at least twice a year for an exam and cleaning.
- 3. Serve healthy foods:** Help your child avoid sugary and starchy snacks by providing smile-friendly alternatives like nuts, cheese, low-sugar yogurt, fruit and veggies.
- 4. Keep them hydrated:** Water can rinse away food particles and help kids avoid cavity-causing dry mouth.
- 5. Purchase a mouth guard:** Playing contact sports like hockey, basketball, football or wrestling can put your children at risk for lost and cracked teeth, along with damaged roots and crowns.
- 6. Talk to them about tobacco:** Many smokers try their first cigarette by age 18,<sup>2</sup> so it's a good idea to start warning your children about the dangers of tobacco as early as age 5 and keep the conversation going throughout childhood.

There are many factors that play into having a healthy smile, but it's important to set your kids up for success. By instilling healthy habits at a young age, you are giving your children the best chance at having a bright smile for years to come.

# What Are The Different Types of Dentists?



Going to the dentist regularly is an important part of your oral health journey. Your general dentist works to keep your smile healthy and identify any concerns that may require special care. Did you know that there are 12 different specialties in dentistry? If you need an advanced treatment, your general dentist may refer you to a specialist.

## The 12 Types of Dentists

To become a specialty dentist, a DDS (Doctor of Dental Surgery) or DMD (Doctor of Medicine in Dentistry) must receive an additional 2 to 6 years of post-graduate training. Dental specialists must meet certain training and education requirements to be recognized by the National Commission on Recognition of Dental Specialties and Certifying Boards (NCRDSCB).

Here are the 12 dental specialties currently recognized by the NCRDSCB:<sup>3</sup>

- Dental Anesthesiologist
- Dental Public Health Specialist
- Endodontist
- Oral Maxillofacial Radiologist
- Oral and Maxillofacial Surgeon
- Oral Medicine Specialist
- Oral Pathologist
- Orofacial Pain Specialist
- Orthodontist
- Pediatric Dentist
- Periodontist
- Prosthodontist

## Which Dentist Should You Visit?

As a rule of thumb, you can always start with your general dentist when you have an oral health concern. If your general dentist feels a specialist is better suited for your oral health needs, they will refer you to the proper specialty dentist. You may receive a referral for things like wisdom tooth removal, periodontal surgery, orthodontic care or other services. It's important to keep your general dentist in the loop so they can help you maintain the health of your mouth going forward.

# SMILE STATS



Modern anesthesia was first used successfully in surgery in 1846 by a dentist named Dr. William T.G. Morton.<sup>4</sup>



The number of people wearing braces is increasing. Today, about 4 million Americans wear braces.<sup>5</sup>



In the early 1850s, toothpaste came as a powder containing soap or chalk.<sup>6</sup>

# 4 Common Questions About Local Anesthesia



Your dentist strives to make your dental experience as pleasant as possible. For more than 100 years, local anesthetics have been a major part of that effort. Learn the answers to these questions to better understand the use of local anesthetics in dental care.

## What is Local Anesthesia?

A local anesthetic is injected to keep you from feeling pain in a targeted area of your mouth during a dental procedure. It works by stopping nerves from sending pain signals to your brain. Local anesthesia is used for procedures like a filling, tooth extraction, crown, dental emergency or treatment of gum disease.

Novocaine was once the most widely used local anesthetic by dentists. It was replaced several years ago by similar, more modern medicines, such as lidocaine. However, some people still refer to any local dental anesthesia as “getting a shot of novocaine.”

## How Long Does It Last?

Local anesthesia generally works fast and the effects don’t last long. The numbing effects of lidocaine usually kick in within 5 minutes or less and last about 1 to 2 hours. Local anesthesia frequently contains epinephrine (also known as adrenaline), which can help its effects last longer.

The dosage and person receiving the dose can also affect how long it will last. For example, a dentist will use a high dosage for a longer, more complicated procedure.

## Are There Potential Side Effects?

Local anesthesia is safe for most people but can occasionally cause side effects. Fortunately, the side effects are usually mild and wear off quickly. They include:




- Tingling and minor pain at the injection site
- Dizziness
- Headaches
- Drowsiness
- Muscle twitching

It’s rare, but allergic reactions can occur. If you have a reaction, you should seek medical treatment immediately.

## Will My Dental Plan Cover Local Anesthesia?

According to the American Dental Association, local anesthesia is usually considered part of most treatments. As a result, it should carry no additional charge. Ask for a pre-treatment estimate if you’d like to make certain local anesthesia is not considered a separate charge.

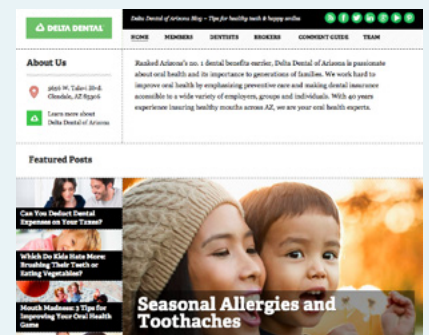
# MOUTH-HEALTHY RECIPE: CHEESY BARBECUE CHICKEN ZUCCHINI BOATS

Ingredients:		Directions:
	4 medium zucchini, sliced in half lengthwise	<ol style="list-style-type: none"> <li>1. Preheat oven to 400 F. Grease a 9"x13" pan with olive oil.</li> <li>2. Scoop out centers from zucchini, leaving a ¼ -inch rim to create boats. Place zucchini in pan and brush with a tablespoon of olive oil.</li> <li>3. Add ½ tablespoon of olive oil to skillet and place over medium heat. Add garlic and onions; sauté for 3 to 4 minutes.</li> <li>4. Transfer to a large bowl and stir in cooked chicken, ½ cup barbecue sauce and ½ cup cheese. Spoon mixture evenly into zucchini boats.</li> <li>5. Top each with 1 tablespoon barbecue sauce and 1½ tablespoons cheese.</li> <li>6. Cover with foil and bake for 35 to 45 minutes or until cheese has melted and zucchini is tender.</li> </ol>
1 tablespoon olive oil	2 cloves of minced garlic	
	1 pound chicken breast, cooked and shredded	
½ red onion, diced		
	1¼ cups shredded sharp cheddar cheese	
1 cup low-sugar barbecue sauce		

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[deltadentalazblog.com](http://deltadentalazblog.com)



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## SOURCES

<sup>1</sup><https://ajph.aphapublications.org/doi/10.2105/AJPH.2010.200915>

<sup>2</sup>[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/youth\\_data/tobacco\\_use/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm)

<sup>3</sup><https://www.ada.org/en/ncrds/b/dental-specialties>

<sup>4</sup><https://pubmed.ncbi.nlm.nih.gov/22583009/>

<sup>5</sup><https://www.theatlantic.com/health/archive/2015/07/braces-dentures-history/397934/>

<sup>6</sup><https://www.colgate.com/en-us/oral-health/brushing-and-flossing/history-of-toothbrushes-and-toothpastes>