



DENTAL HANDOUT

Dear Parents,

- The American Dental Association (ADA) reports that children should see a dentist no later than 1-year-old it should be within 6 months of cutting their first tooth. Fifty percent of children by 5 years old have at least 1 cavity. Cavities lead to other health issues.
- Parent request: The ADA states that a child should visit the dentist every 6 months. This is a key and fundamental part to your child's overall health.

WHY A DENTAL EXAM IS SO IMPORTANT

- Oral hygiene is the key to maintaining a healthy mouth. It involves brushing your teeth twice a day with fluoride toothpaste, flossing daily, using mouthwash, and visiting your dentist regularly. It also helps to eat a balanced diet and drink water.
- Dental cavities are holes in the teeth that result from acid erosion of the enamel and dentin. They can cause pain, sensitivity, and infection. They can be prevented by brushing, flossing, and avoiding sugary foods and drinks.
- **ADA reports that “Cavities can hurt. Cavities also can cause children to have problems eating, speaking, learning, playing, and sleeping” So it's extremely important to pay attention in these first few years.**
- Cavities have also lead to heart disease and stroke (heart.org) In rare cases. a tooth abscess forms from a cavity, which can lead to more serious or even life-threatening infection. (mayoclinic.org)

Information gathered from:

[American Dental Association.org](http://AmericanDentalAssociation.org)

Heart.org

Mayoclinic.org