



February is National Children's Dental Health Month



Don't delay DENTAL CARE

Are you prepared for a dental emergency?

Thousands of dental emergencies—from injuries to a painful, abscessed tooth—take place every day. Would you know what to do if your child broke a tooth or had a tooth knocked out while playing outdoors? What if you had a bad toothache in the middle of the night and couldn't get to the dentist until the next day? Knowing what to do can lessen the pain and save a tooth that might otherwise be lost.



Keep your dental office phone number and an emergency number where the dentist can be reached after hours with other emergency numbers, such as your family doctor, and fire and police departments. Some families post these numbers on the refrigerator or inside a kitchen cabinet door near the phone. Call the dentist immediately for instructions on how to handle a dental emergency.

Toothache: Rinse the mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to remove any food or other debris that may be caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth.

This could burn gum tissue. If the toothache persists, try to see the dentist. Don't rely on painkillers. They may temporarily relieve pain but your dentist should evaluate the condition.

Knocked-out (avulsed) tooth: Try to find the tooth!

This may not be as easy as you think if the injury took place on a playground, basketball court or while skateboarding, so try to stay calm. Hold the tooth by the crown and rinse the root in water if the tooth is dirty. Don't scrub it or remove any attached tissue fragments. If it's possible, gently insert and hold the tooth in its socket while you head to the dentist. If that's not possible, put the tooth in a cup of milk and bring it to the dentist. Time is critical for successful reimplantation, so try to get to your dentist immediately.

Broken tooth: Rinse your mouth with warm water to clean the area. Use cold compresses on the outside of the cheek to help reduce the swelling.

Tongue or lip bites or wounds: Clean the area gently with a clean cloth and apply cold compresses

to reduce any swelling. If the bleeding can't be controlled, go to a hospital emergency room or clinic. You may be able to reduce bleeding from the tongue by pulling it forward and using gauze to put pressure on the wound.

Objects caught between teeth: Try to gently remove the object with dental floss. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object with floss, contact your dentist.

Possible broken jaw: Apply cold compresses to control swelling. Get to the hospital emergency room immediately.

Source: American Dental Association.

Some things every parent should know about toothpaste

A dentist from Colorado first identified fluoride as being helpful for our teeth in 1909.

February is National Children's Dental Health Month, and every parent should take the opportunity to learn a little more about the many aspects that factor into their child's oral health.

1. WHAT IS TOOTHPASTE?

Toothpastes recommended by the American Dental Association (ADA) contain a mild abrasive to remove debris from teeth, a foaming agent to help spread the toothpaste over the teeth, and other components to help thicken the paste. All toothpastes recommended by the ADA also contain fluoride.



2. WHAT IS FLUORIDE?

Fluoride is a naturally occurring compound that is one of the safest and least expensive ways to protect the enamel of our teeth. Since the early 20th century, scientists have studied the positive effects of fluoride on teeth. In 1999, the Centers for Disease Control and Prevention (CDC) named the fluoridation of public drinking water as one of the ten great public health achievements of the 20th century.

3. WHEN SHOULD YOU START BRUSHING YOUR CHILDREN'S TEETH WITH TOOTHPASTE?

The ADA recommends that parents start brushing their child's teeth with fluoride toothpaste as soon as the first tooth erupts to help prevent dental decay, the most common chronic childhood disease in the U.S., from the very start. Brushing your child's teeth twice a day is an important part of oral health. Dentists recommend you use a portion of toothpaste about the size of a grain of rice for children under three.

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HELP US FIND TIMMY THE TOOTH!
 Timmy is hiding somewhere in Thursday's Weakley County Press
 Help us Find him For your chance to win a gift basket from one of our local dentists' offices!

ENTRY FORM

Name _____
 Age _____
 Parents _____
 School & Grade _____
 Phone # _____
 Where did you find Timmy? (page #) _____

Entry forms due end of day Monday, winner will be announced in Tuesday's paper.

Employees & family members of Weakley County Press/Union City Messenger not eligible to win.