



FALL 2011

Wasted Benefits



Thousands of insurance benefits go unclaimed each year. These benefits are covered by your insurance company whether used or not, and once they expire you cannot get them back. Most insurance companies work on a calendar year schedule. If your company allows for two cleanings a calendar year, and you miss your December appointment, you do not get that cleaning back. It is important to maintain regular dental check-ups to ensure your child stays on track with dental health. Take advantage of your insurance benefits!



BACK TO SCHOOL



Another Summer Break winds down, as the kiddos head back to school. Not just school, but homework, sports and extracurricular activities. Yes, back to the hustle and bustle! We know life gets busy, but do remember the importance of regular visits to the dentist! Keep in mind that after school appointments are very limited, so book in advance to secure a spot! You can even book your appointment a year ahead! We will always do our best to accommodate your needs, and making your appointments early will help us help you!

To our patients AND their parents:

BEST OF LUCK!!!

How to keep Boo-tiful Smiles!

The following tips allow children to enjoy Halloween fun, while keeping their teeth healthy and establishing a foundation of a lifetime of oral health:

- **Mix in healthy snacks along with Halloween candy:** A balanced diet is one that includes cheese, fruits, vegetables, grains, lean meat, milk and yogurt.
- **Be the tooth-healthy house on the block:** Pass out alternative treats to ghouls and goblins such as cracker snack-packs, trail mix packs, rice crispy treats, etc.
- **Avoid chewy treats that tend to stick to teeth and cause more damage.**
- **Monitor candy consumption:** Only allow Halloween treats in moderation.
- **Take the fear out of flossing:** Teach children flossing techniques for improved oral health at Halloween.
- **Make tooth brushing fun:** Seasonal tooth brushes featuring Halloween themes get children excited about taking care of their tiny teeth.
- **Don't be afraid of the dentist:** With all of the sweet treats consumed around Halloween, now is a great time for parents to schedule a pediatric dental appointment for their children.

FRIENDLY REMINDER

We do our best to remind you of your upcoming appointments because we know how crazy life can get. Please do your best to confirm your appointments. If you can't make it, give us a shout. By giving us notice of your cancelation, it allows us to call other patients who may be waiting to see the dentist. Don't have time to call? Just respond to our confirmation email and save yourself the time! Thanks for your cooperation! Our number one priority is making sure our patients are well taken care of!



MOUTH GUARDS



Dental Care and School



One of the most important pieces of an athletic uniform is a mouthpiece. Damage to permanent teeth can be irrevocable, so athletes must take extra precautions to ensure the safety of their teeth. The following information was collected by the American Academy of Pediatric Dentistry:

Q: Why are mouth guards important?

A: Mouth guards hold top priority as sports equipment. They protect not just the teeth, but the lips, cheeks, and tongue. They help protect children from such head and neck injuries as concussions and jaw fractures. Increasingly, organized sports are requiring mouth guards to prevent injury to their athletes. Research shows that most oral injuries occur when athletes are not wearing mouth protection.

Q: When should my child wear a mouth guard?

A: Whenever he or she is in an activity with a risk of falls or of head contact with other players or equipment. This includes football, baseball, basketball, soccer, hockey, skateboarding, even gymnastics. We usually think of football and hockey as the most dangerous to the teeth, but nearly half of sports-related mouth injuries occur in basketball and baseball.

Q: How do I choose a mouth guard for my child?

A: Any mouth guard works better than no mouth guard. So, choose a mouth guard that your child can wear comfortably. If a mouth guard feels bulky or interferes with speech, it will be left in the locker room.

You can select from several options in mouth guards. First, preformed or "boil-to-fit" mouth guards are found in sports stores. Different types and brands vary in terms of comfort, protection, and cost. Second, customized mouth guards are provided through your pediatric dentist. They cost a bit more, but are more comfortable and more effective in preventing injuries. Your pediatric dentist can advise you on what type of mouth guard is best for your child.

Students miss more than 51 million school hours per year because of dental problems or related conditions. Dental pain can distract students, cause their schoolwork to suffer or even lead to school absences. Children and adolescents with healthy teeth have better attendance, are more attentive in class and tend to participate more fully in school-related activities.

To start the school year off on the right tooth, and prevent oral-health-related absences, teach your student to floss once a day and brush twice a day with a fluoride toothpaste. Beware of frequent snacking, as repeated exposure to sugary or starchy snacks can increase the risk for cavities. And most important, visit your pediatric dentist twice a year. Your pediatric dentist provides an ongoing oral health assessment and can help your student prevent cavities and school absences.

How would you like

Sparkles

to visit your school, organization, or health fair? For information regarding our dental health presentation, please contact Keltie at 817-874-0389.



DR. LANTZY'S LAUGH



How do you mend a broken Jack-o-lantern?

With a pumpkin patch

The information in this newsletter was taken from the American Academy of Pediatric Dentistry (AAPD) website.

Welcome Dr. Camille LaHue!

Dr. Camille LaHue graduated from the University of Oklahoma in 2005. She graduated from dental school at Baylor College of Dentistry in 2009 and completed her pediatric residency training at the University of Texas Health Science Center at Houston. Camille and her husband Caleb have been married for 5 years and have a spoiled dog named Reese. Camille enjoys hanging out with her husband and family, reading, going to movies, and relaxing in her spare time.



Meet the Staff of Decatur Children's Dentistry!



Decatur Children's Dentistry is now open for business! Our staff is eager to serve you!

From left:

Nikki, Darline, Tracie, Whitney, Jennifer, and Dr. LaHue

Call today to schedule your appointment at our new Decatur location!

940-626-4442