

ORAL HEALTH CARE PROFESSIONALS, LLC

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Next Tooth Fairy Day is  
May 2, 2014! Free event for  
everyone. Call to schedule  
a time!

# The Dental Examiner

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## New Pediatric Fluoride Guidelines from the American Dental Association

By Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI

New guidelines were released this February by the American Dental Association (ADA) regarding use of fluoride toothpaste with young children.<sup>i</sup> A systematic review of 17 different studies was published in the February 2014 issue of the Journal of the American Dental Association. The article concluded that scientific evidence demonstrated that fluoride toothpaste is effective in controlling tooth decay, and “the appropriate amount” should be used “by all children regardless of age.” The new guidelines are as follows:

**Parents should use a thin, TINY (rice-grain sized) smear of fluoride toothpaste (i.e. Crest Kids or similar) to brush baby teeth twice daily AS SOON AS THEY ERUPT (~6 months old).**

This advice revises the decades old recommendation to start using a pea-sized amount at 24 months. Young children have traditionally been susceptible to cavities for a variety of reasons including

limited (or no) dexterity to brush/floss properly and frequent snacking. Despite continued advancements in both dental technology and public dental awareness, pediatric cavities are actually increasing rather than decreasing.<sup>ii</sup> This very disturbing trend likely heavily influenced the formation of new guidelines.

It is very important to emphasize that only the tiniest amount of fluoride toothpaste should be used to minimize a condition called fluorosis. This condition is typically characterized by mild discoloration,

white spots, or streaking of the teeth and is caused by a young child ingesting too much fluoride (usually in the form of toothpaste) over a long period.<sup>iii</sup> The new guidelines stress that children should spit out toothpaste as soon as they are physically able, but not being able to spit does not preclude the use of a rice-grain sized bit of fluoride toothpaste.<sup>iv</sup> Since most children under the age of two cannot rinse and spit after brushing, some of the toothpaste is inevitably swallowed and the fluoride is absorbed internally. With the exception of the severe fluorosis, the vast majority of fluorosis cases are primarily cosmetic in nature with minimal long-term impact on the health of the teeth. Except for wisdom teeth, the crowns (the part you see in the mouth) of all of the permanent teeth fully form by the time you are about 8 years old.<sup>v</sup> At that time, the risk of fluorosis decreases dramatically. Extra fluoride does not affect other parts of the tooth. Ultimately, once your teeth have erupted into your mouth, they are no longer susceptible to fluorosis. The aim of the new ADA guidelines is that a balance is found between cavity prevention and the risk of fluorosis and the key to that balance is the tiny rice-grain size smear of toothpaste.

For additional information, please visit the American Dental Association website [www.ada.org](http://www.ada.org)

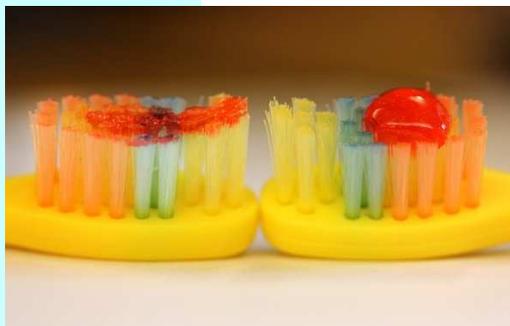
<sup>i</sup> <http://ada.org/9611.aspx>

<sup>ii</sup> [http://www.nytimes.com/2012/03/06/health/rise-in-preschool-cavities-prompts-anesthesia-use.html?pagewanted=all&\\_r=0](http://www.nytimes.com/2012/03/06/health/rise-in-preschool-cavities-prompts-anesthesia-use.html?pagewanted=all&_r=0)

<sup>iii</sup> [http://www.cdc.gov/fluoridation/safety/dental\\_fluorosis.htm](http://www.cdc.gov/fluoridation/safety/dental_fluorosis.htm)

<sup>iv</sup> <http://well.blogs.nytimes.com/2014/02/12/dental-group-advises-fluoride-toothpaste-before-age-2/>

<sup>v</sup> <http://www.colgateprofessional.com/patienteducation/Fluorosis/article>



## News Bites with Laura

According to the American Dental Association, patients with diabetes are at greater risk for oral health problems, so it is all the more important to have regular visits with your hygienist.

# Ask a Dentist...

## Q: Should I floss before or after brushing my teeth?

A: In general, a “Floss First” approach is generally recommended. By flossing first, you remove any large debris thereby allowing a good electric toothbrush (Sonicare, Oral-B) access to the area in-between the teeth. Although strong, electric toothbrushes often cannot dislodge large pieces...therefore I recommend “Floss First.” You might have voted for “after” because typically that what the dental hygienist does at your cleaning appointment. The difference is that during a dental hygiene appointment the large food debris, in addition to tartar/calculus, is removed by the metal hand instruments and the ultrasonic scaling unit. This is a far more comprehensive cleaning than a simple flossing. In addition, your hygienist likely flosses after polishing to help remove any residual polishing paste and sends you home with that nice “clean” feeling.

In reality, very few people floss 1x/day as they should (only 5% according some studies). So even if you like flossing after brushing, you’re doing better than the 95% of people not flossing at all!

Flossing technique is very important. Follow the link for a quick review...<http://bit.ly/1fgguep>

Happy Flossing, Dr. Eric

## Quitting Tobacco Support . . . You Are Not Alone!

By Tammie MacMullen, BSB, MHA

### Courage to Quit (In-person Support)

Courage to Quit is Respiratory Health Association’s group quit smoking program. This six-session program takes place over seven weeks, with the quit date set for the third session. Trained educators will offer you the support you need to help you reach your smoke-free goals while providing you with information on addiction and withdrawal, quit smoking medicines, managing cravings, avoiding triggers, health benefits of quitting and free quitting resources.

To Register contact Pat Carey at 630-384-8218 or Elise Schram at 630-221-7075. Next program begins on May 7th at the DuPage County Health Department, 111 North County Farm Road, Wheaton, IL. Indicate either 12:00PM or 4:00PM class.

### BecomeAnEx.org (Online Support)

The EX Plan is a free quit smoking program, one that can show you a whole new way to think about quitting. It’s based on personal experiences from ex-smokers as well as the latest scientific research from the experts at Mayo Clinic.

The EX Plan helps you see quitting not as one big war, but as a number of little battles you can actually win. And the secret to winning these battles is re-learning your life without cigarettes. The EX Plan has three main steps.

### Quitline (Phone Support)

The Illinois Tobacco Quitline is a FREE resource for tobacco users who want to quit for good. Their registered nurses, respiratory therapists, and certified tobacco-treatment counselors are on call 7 days a week, 7AM-11PM to answer all your tobacco-related questions and provide the support you need to break the habit.

Please feel free to contact our office for more information and we would love to help you. You aren’t alone!

Quitting the use of tobacco is HARD!! If you smoke or know someone that smokes, you are probably already very much aware of all the health warnings you receive about smoking and how important it is to quit smoking from family, friends, healthcare providers, insurance companies, and even the TV. But let’s be honest, it is much easier said than done.

If you have made several attempts to quit the use of tobacco, you probably have attempted several different methods ( i.e. cold turkey, gum, the patch). The same method doesn’t work for everyone because everyone is different and have different reasons and triggers for using different forms of tobacco. So how do you know which quitting method is going to work? You don’t! To make matters worse while you are attempting to quit, you start to feel overwhelmed, alone and that no one understands your struggle. It’s easier to just give into the temptation to go back to using tobacco.

Don’t be discouraged. There is hope and you are about to be enlightened. Did you know that with proper support you have the highest chance in beating your tobacco addiction?! Great news, the Illinois Department of Public Health has funded some wonderful, FREE programs to provide ALL residents of Illinois with the proper help and

support to quit their tobacco use.

There are currently three programs available from the DuPage County Health Department and the Respiratory Health Association of Metropolitan Chicago.

**In-person Support**  
**COURAGE TO QUIT**  
LUNGCHICAGO.ORG/CTQ

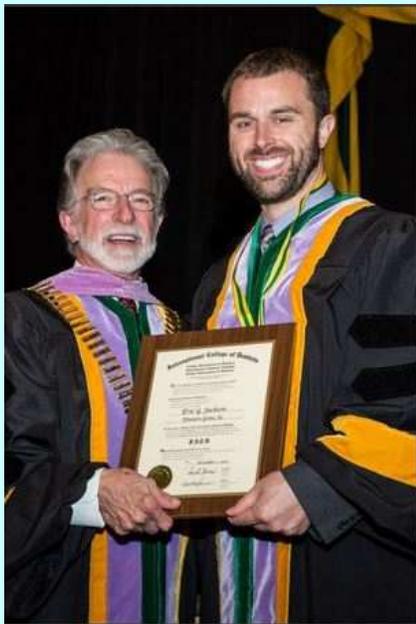
**Online Support**  
**ex**  
BECOMEANEX.ORG

**Phone Support**  
**ILLINOIS TOBACCO QUITLINE**  
1-866-QUIT YES  
784-8937

# OFFICE NEWS

## Awards

Congratulations to our Dr. Eric Jackson on being awarded Fellowship in the International College of Dentists! This explains the new "FICD" after his name. On Halloween, Dr. Jackson was one of 290 American dentists to be awarded Fellowship in The International College of Dentistry in New Orleans, LA. The International College of Dentists (ICD) is the oldest and largest international honorary dental organization established in 1928 with only 12,000 members (designated as Fellows) around the globe. Fellowship in the College is extended by invitation only and is granted in recognition of a dentist's "outstanding professional achievement, meritorious service, and dedication to the continued progress of dentistry for the benefit of humankind." The nomination committee cited Dr. Jackson's numerous volunteer activities throughout the dental profession as a primary reason for the accolade. Dr. Jackson is actively committed to providing quality dental care to patients of all income levels and medical conditions. He has provided free dental services at The Robert R. McCormick Boys & Girls Club pediatric dental clinic and The Heartland Center for Oral Health (formerly



known as The Spang Center for Oral Health) both located in Uptown Chicago. Until its closing in mid-2011, he routinely volunteered at The DuPage Community Clinic (DCC) in Wheaton, IL providing free dental care to low income, medically uninsured residents of DuPage County. It was a wonderful organization that served the residents of DuPage County for over 16 years. The Chicago Dental Society Foundation took up the charge and in early 2013, opened The CDS Foundation Dental Clinic to fill the void left by the DCC. Patients who qualify can receive free basic dental care at the clinic in the same manner as the DCC. Dr. Jackson began volunteering his dental services immediately and donates his time regularly to this fantastic clinic. Dr. Jackson is also active with The DuPage County Health Department & Hope's Front Door (formerly The Walk-In Ministry of Hope) offering greatly reduced fee dental work out of our office. He also volunteers his time and provides free dental services at the ISDS Mission of Mercy as well as the ISDS Give Kids a Smile Day. Working with each of these organizations and events has been deeply satisfying and he is always looking for new ways to give back to those in need in and around DuPage County. Great job Dr. Jackson and congratulations on the accolade!!

-Jennifer McDougall

## Baby News

Our Office Manager, Tammie, and her husband, Chris, welcomed their first child and daughter, Morgan, this past November!

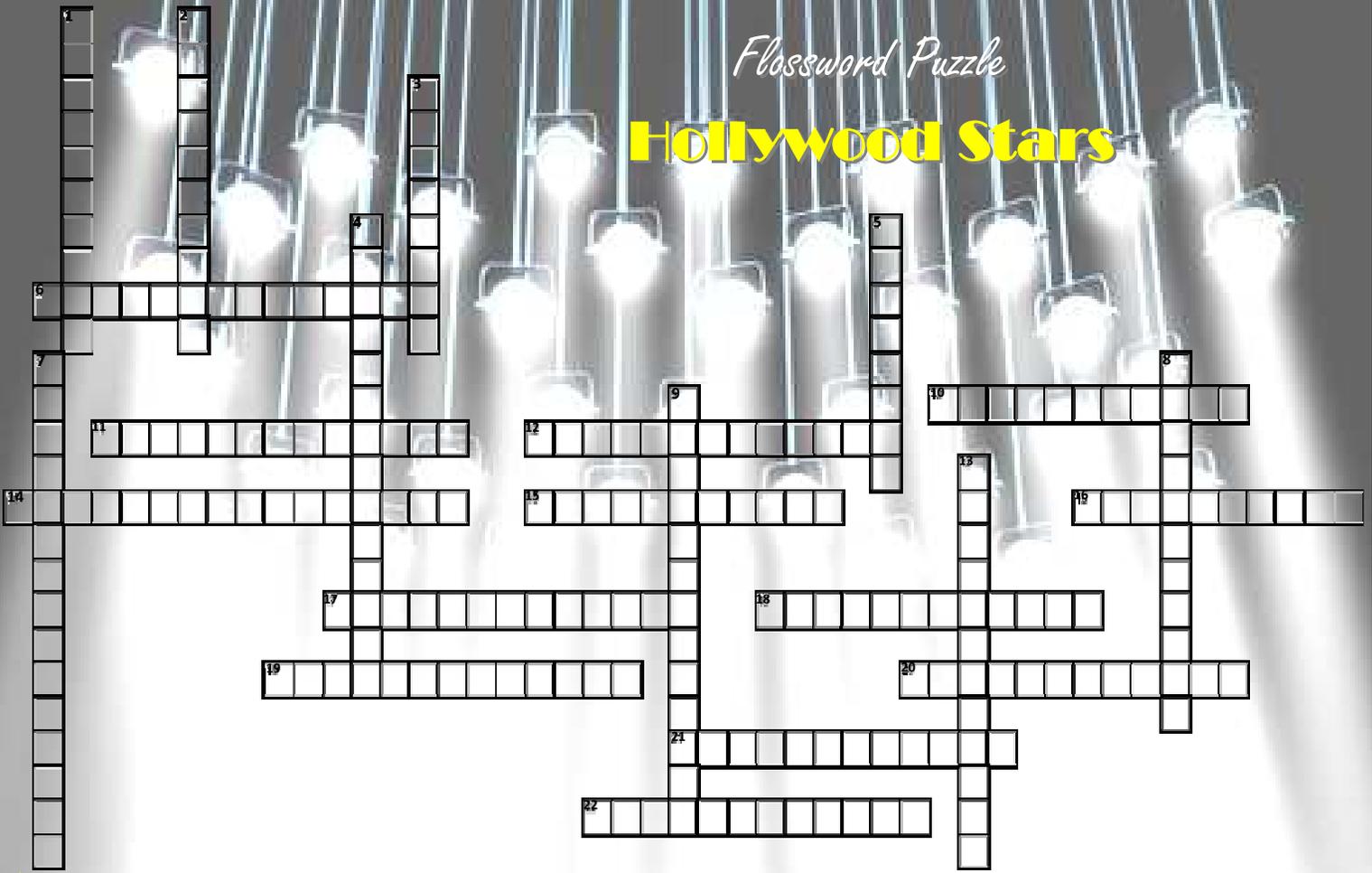
**Morgan**  
**Born November 13, 2013**  
**7lb 13oz**  
**20 1/2 Inches**



**Down:** 1.PaulNewman, 2.BetteDavis, 3.SeanPenn, 4.HumphreyBogart, 5.TomHanks, 7.ElizabethTaylor, 8.SeanConnery, 9.MarilynMonroe, 13.RussellCrowe  
18.AudreyHepburn, 19.DustinHoffman, 20.JuliaRoberts, 21.RobertDilno, 22.JamesStewart  
**Flissword Answers Across:** 6.NataliePortman, 10.MeryStreep, 11.MorganFreeman, 12.SandraBullock, 14.KatherineHepburn, 15.KateWinslet, 16.GraceKelly, 17.JackNicholson,

## Flossword Puzzle

# Hollywood Stars



### Across

6. She gives her all to every role, from a 12-year-old assassin (*The Professional*) to a ballerina losing her grip on reality (*BlackSwan*).
10. Boss from hell, Holocaust survivor and frustrated housewife—is there anyone she can't play? (*The Devil Wears Prada*, *The Hours*)
11. If you need an actor who can play both a vicious pimp (*Street Smart*) and God (*Bruce Almighty*), you need this actor. (*The Shawshank Redemption*)
12. She is the girl next door—smart, nice, pretty, loyal and fun. (*Gravity*, *The Blind Side*)
14. She made casual elegant & relocated the set of sex appeal from the bosom to the brain in *Bringing Up Baby* and *Adam's Rib*. (*The African Queen*)
15. At 17, she wowed moviegoers as a sociopathic teen in *Heavenly Creatures*. She's never shied away from off beat characters. (*Titanic*, *Eternal Sunshine of the Spotless Mind*)
16. Before becoming Princess of Monaco she was the impossibly elegant star of *Rear Window* and *Dial M for Murder*. (*To Catch a Thief*)
17. His feral, defiant energy dovetailed with the Zeitgeist, producing movies like *Five Easy Pieces*, *Carnal Knowledge* and *Chinatown*. (*The Shining*)
18. In a world of pneumatic blondes, she made smart, complicated brunette sprites sexy in *Roman Holiday* and *Sabrina*. (*Breakfast at Tiffany's*, *My Fair Lady*)
19. He broke Hollywood's blonde-macho-leading man mold in the generation—defining *Graduate* and (in a different way) *Tootsie*. (*Outbreak*, *Dick Tracy*)
20. *Pretty Woman* catapulted the coltish woman to stardom, and her mega watt smile continues to light up comedies and dramas. (*Notting Hill*, *Erin Brockovich*)
21. He is as mesmerizing in the low-rent *Bloody Mama* as he is in *Taxi Driver*, *Raging Bull* and *Goodfellas*.
22. Stereotyped as an aw-shucks Everyman, he brought fierce intelligence to *The Man Who Shot Liberty Valance*. (*Vertigo*, *Born to Dance*)

### Down

1. He defiantly hitched his good looks to one slippery, startling classic after another from the *Hustler* to *Hud*. (*The Verdict*)
2. She had offbeat looks and a quirky voice, but when she was onscreen everyone else disappeared. (*All About Eve*, *Whater Happen to Baby Jane?*)
3. His specialty is the intense, complicated loners he's played in movies like *Dead Man Walking* and *Mystic River*.
4. World-weary *Casablanca* and *Maltese Falcon* star was a man's man who was also loved by the ladies.
5. Loved a mermaid (*Splash*) & crossed paths with history (*Forrest Gump*) but never lost his boy-next-door appeal (*Cast Away*, *Captain Phillips*)
7. She could act when she wanted to, as in *Who's Afraid of Virginia Woolf*, and when she didn't her looks sufficed. (*Giant*, *Cat on a Hot Tin Roof*).
8. With his rough-hewn good looks and casual manliness, he was born to play James Bond.
9. Gentleman Prefer Blondes, *The Seven Year Itch*, and *Some Like It Hot* showcased the buxom, blue-eyed blonde's comic gifts.
13. He has built a career on playing bruisers, from *Romper Stomper's* conflicted skinhead to the disillusioned journalist in *State of Play*. (*Gladiator*)