



# Dr.Caldwell's Tooth Talk

October 7, 2010



## *Tillie The Tooth Turns 20!*

Tillie evolved in 1990 when Debbie and Anne decided it was time to bring some Fun into the concept of teaching children to brush and floss their teeth. That is where the idea originated. The original Tillie Costume was designed and fabricated by Debbie herself and has since been re-fabricated by a professional Costumer. Tillie The Tooth elicits audience participation and partaking in hands-on demonstrations. It is a journey as seen through a six foot Molar. Tille The Tooth and Miss Anne have been educating students in the public and private schools throughout the Fort Bend Area for twenty years and have seen over 100,000 students to date. Dr. Caldwell has provided toothbrushes to every student who has ever participated. The Tillie The Tooth Program is a community service project that Dr. Caldwell offers along with other educational programs such as our in-office "Smile School". Students who participate learn these life long skills in a fun and entertaining environment.

### **Meet our Associate Jaibum Kim, DDS,MS**

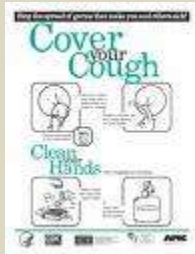
Dr. Jaibum Kim was born in South Korea and grew up in Houston, Texas, after moving here at the age of 10. He is a 2004 graduate of the University of Texas Dental Branch at Houston. He completed a two-year residency program in pediatric dentistry at the University of Texas. Dr. Kim has been in private practice since 2006 and is a faculty member in the Department of Pediatric Dentistry at the University of Texas Dental School. He is a member of the American Academy of Pediatric Dentistry, American Dental Association and the Houston Academy of Pediatric Dentistry. In his spare time he enjoys golf, basketball and reading.



**Halloween is around the corner... watch out for those Sticky treats that tend to loosen dental appliances or remove fillings and don't forget to brush and floss!**



# Cover & Cough" Our Policy Regarding the Transmission of Influenza



Our office follows the guidelines recommended by the CDC for Dental Healthcare providers as they relate to the H1N1 Virus (Swine Flu). **Please note:** Should your child be experiencing any flu like symptoms such as Runny Nose, Cough, Sore Throat, Fever, Body Aches, Nausea, Vomiting or Diarrhea Dr. Caldwell asks that your child's appointment be postponed until all flu like symptoms are gone.

If your child's dental treatment is of an urgent nature we have protocol in place to manage those situations. Please advise us if your child has upper respiratory symptoms and we will furnish a mask for them to wear and have them wait in a separate waiting area.

## Snacking and Cavities



**Tooth decay is one of the most common of all disorders, especially for children, young adults and seniors and is the most common cause of tooth loss in younger people.**

Tooth decay happens when the bacteria that is normally present in your mouth converts the food you eat into acid. The bacteria and acids combine with leftover food and saliva and form a sticky substance called plaque, which adheres to your teeth. Plaque begins to accumulate on your teeth in as little as 20 minutes after you've eaten. If it's not removed, the acid in the plaque will dissolve your tooth enamel and create a hole, called a cavity, which if left untreated, will grow damage the tooth. Snacking habits can play an important role in whether or not you or your child are prone to cavities and tooth loss. However, all snacks are not necessarily bad. The two main factors that make a food a bad snack is the amount of sugar in the food and the length of time the food stays in your mouth. The bacteria in your mouth feeds especially sugars and starches, and acid will begin to form from even a healthy food if it stays in your mouth long. In general, a healthy snack is low in sugar and has high nutritional value. Examples of healthy snacks include vegetables, fruits, fruit juice, cheese, yogurt, milk, nuts, seeds or whole-wheat bread or cereals. Unhealthy snacks, such as ice cream, cake, cookies, chocolate, chocolate milk, candy or soft drinks, have little nutritional value and are high in sugar content. There are also some foods that are nutritional, but bad for your teeth, because they stick to your teeth. Examples are raisins, dried fruit, granola bars and chocolate milk. These foods are better eaten as part of a meal, when other foods and liquids may clean them off your teeth. A balance of good carbohydrates and protein from snacks will give you or your child strength and energy to get through the day and help balance blood sugar levels between meals. If you haven't eaten for about four hours, your body will be physically hungry, so an energizing snack will make you feel better and perhaps keep you from overeating at your next meal. Even "bad" snacks can be eaten occasionally. If you or your child just has to have that piece of cake or a pack of gummy bears, then only do so when you can brush your teeth right afterwards. Whether you snack or not, excellent oral hygiene, brushing at least twice a day and flossing daily, is necessary to prevent cavities. You should also see your dentist twice a year for check-ups and professional cleanings that remove the plaque and tartar you miss. For your dental health and your overall health, it's best to limit snacks to healthy, nutritional foods and to only snack when your body needs the fuel, not because a snack is available.