



National Children's Dental Health Month

February is National Children's Dental Health Month, which is why you'll find several kid-themed items in this month's newsletter.

By establishing good habits now, kids are set onto a path of lifelong oral health. This is especially important because poor oral care is linked to health problems like stroke and diabetes.

At Future of Dentistry, we go out of our way to make visiting the dentist fun for kids. Our youngest patients can choose an item from the toy chest before every visit, and learn brushing on special stuffed animals that are both adorable and toothy. We've even established a Kids Club where kids meet our mascot Chip, take home fun goodie bags and learn some valuable lessons without even realizing it.

In addition to the general dentistry that children need, we specialize in pediatric services including sealants and custom-fit mouth guards for young athletes. We also offer a Membership Program that helps families get the care they need, even if they're uninsured.

Most importantly, our clinical staff is gentle and patient. They ensure the dental experience is a positive one for kids, and they make time to address parents' questions and concerns.

With all the hustle and bustle of child rearing, it's easy for oral health to take a backseat. Yet there are few things as wonderful in this world as a child's smile, and we should do all we can to preserve it.



fromthedentist

Working Together To Combat Eating Disorders

Identifying Symptoms Through Better Dentistry



National Eating Disorders Awareness Week is observed this year from Feb. 21-27. It's one of America's lesser-known "health holidays," which is why it's so important to raise awareness. In the U.S., 20 million women and 10 million men suffer from a serious eating disorder at some time in their life, according to the National Eating Disorders Association (NEDA).

Anorexia, bulimia and other eating disorders can wreak havoc on an individual's oral health. Lack of nutrition can lead to tooth damage, and can cause gums and other soft tissue inside the mouth to bleed easily. Swollen saliva glands may cause chronic dry mouth, which also damages teeth. Among bulimic patients, up to 89% show signs of tooth erosion because of the effects of stomach acid, according to NEDA.

Because we focus on the teeth and gums, dentists are on the "front lines" of identifying eating disorders that have gone undiagnosed. Future of Dentistry's staff is trained to look out for symptoms of eating disorders. If we see any warning signs, the doctor will gently ask questions to determine if in fact there is a problem. If needed, the doctor will raise his or her concerns with the patient (or the patient's parent) in a sensitive manner.

In addition to suggesting resources for the patient, we can recommend options for improving the patient's oral health. These steps may range from avoiding excessive drinking of acidic diet soda to being fitted for a custom mouth guard.

If you suffer from an eating disorder, or have had one in the past, please tell your dentist. By addressing the problem head-on, we can help you protect your oral health and promote your overall wellbeing.

Smile Milestones: What to Expect For Your Child

Smiles for a Lifetime

If you love your child's smile and want it to last a lifetime, caring for the teeth and gums must be a priority.



The good news is that kids today are lucky. They're growing up in a time of medical advancements, and that includes oral health. Modern dentistry is incredibly proactive, gentle and sophisticated compared to even a decade or two ago.

Here is a roadmap to the future of your child's smile – some of the major milestones from infancy to adolescence.

The Mouths Of Babes

Many people mistakenly believe that problems with "baby teeth" end when the teeth fall out to make way for permanent teeth. This leads some parents to underestimate the importance of dental care in infancy and early childhood. The truth is that decay, if left unchecked, can spread to permanent teeth that are forming underneath or to the gums themselves.

Bottle rot: You may have heard of bottle rot – tooth decay that occurs when a baby's teeth are overexposed to sugary liquids such as breast milk, formula or juice. Parents who repeatedly provide their baby sugary liquids (often at bedtime or as a pacifying measure) can unknowingly cause serious damage. It's better to give the baby a bottle of water between regular feedings.

Teething: Incisors generally emerge at 6 to 16 months and molars at 13 to 31 months. For details, ask us for a copy of our Children's Calendar of Care, which includes a tooth eruption chart.

Beginner brushing & flossing: Once teething begins, establish a positive routine by wiping your baby's teeth and gums with a soft cloth before bedtime. As more teeth emerge, use a soft baby toothbrush after meals. As soon as your child has two teeth that touch, begin flossing his or her teeth. There are some fun floss picks on the market designed especially for kids.

First appointment: Bring your child for his or her first visit by age 2. Future of Dentistry will examine your child's mouth, teeth and gums, and also evaluate any adverse habits.

Growing Up

From age 6 to adolescence, dental care is extremely important. These are the teeth that children will have for the rest of their lives – as long as they're cared for properly.

Permanent teeth: "Grownup teeth" start emerging at around 6 or 7, but some don't erupt until around 12. Check our Children's Calendar of Care for details; it's available at our office.

Solo brushing & flossing: Children need help with brushing until age 6 or 7, when they have the dexterity and maturity to handle it themselves. Generally, children can floss their own teeth at around the same age.

Sealants: Sealants protect your child's teeth and minimize the chances of serious dental problems in the future. Our dental hygienists paint a thin, plastic coating on the back teeth. It acts as a shield, preventing bacteria and food particles from entering the tiny grooves in the teeth. Sealants are an option once a child's molars arrive, a process that starts around 6 and concludes around 12.



Athletic mouth guards: Mouth guards are essential for any child who plays sports. They protect against an array of health problems, even concussions. Studies show that custom-fit guards are far more effective than over-the-counter, "boil and bite" guards. For this reason, Future of Dentistry has programs to make customized mouth guards affordable for all children. Ask our staff for details.

Wisdom teeth: Expect wisdom teeth at 17 to 21 years. If left in place, they can lead to infection and inflammation. They can also cause other teeth to shift, causing decay when food debris lodges between teeth. Teens often neglect dental care when they go off to college or move out, so it's helpful when parents remind them of important oral health issues like this.

Songs To Brush Your Teeth To

Studies show that many kids (and some adults!) don't brush their teeth for long enough. Two minutes is the rule if you want your brushing to get the job done.

Adults can adjust to the two-minute guideline fairly easily. It can be tricky getting children to follow this rule effectively, but there are ways to make it fun for kids.

We provide a two-minute sand timer to new young patients. Kids get a kick out of the timer, and it's a tangible way for them to monitor their brushing time.

We also recommend music to keep brushing time on track. Youtube has kid- and tooth-themed videos, but many of them tend to grate on adults' nerves. We pared the list down to a few of the more palatable options. Check them out on our blog – you can find it on our website at www.futureofdentistry.com, under the "About Us" tab.

If you have a low tolerance for cutesy kiddie tunes, here are some two-minute songs that may better suit your palate. Our personal favorite is the Elvis classic, "All Shook Up." Kids like it as much as adults and the "shook up" chorus goes well with the brushing theme.

1. The Beatles, "And Your Bird Can Sing"
2. The Clash, "White Riot"
3. Eddie Cochran, "Summertime Blues"
4. Gorillaz, "Don't Get Lost in Heaven"
5. The Police, "Miss Gradenko"
6. Elvis Presley, "All Shook Up"
7. The Rock-A-Teens, "Woo Hoo"
8. Simon & Garfunkel, "Song for the Asking"
9. The White Stripes, "Fell In Love With a Girl"
10. Yeah Yeah Yeahs, "Pin"

Remember that there are often multiple versions of songs on iTunes, Youtube and other music-based websites. Be sure you're using the two-minute versions of these songs.



Thank you for all your referrals. We appreciate them!

Office Information

Future of Dentistry, D.M.D., F.A.G.D.
Gerry J. Casazza, D.M.D., F.A.G.D.

968 Main Street
Wakefield, MA 01880-3989

Office Hours

Mon/Tues/Wed	7:30 am – 7:00 pm
Thursday	7:30 am – 8:00 pm
Friday	7:30 am – 6:00 pm
Saturday	7:30 am – 3:00 pm

Contact Information
Office: (781) 245-2299
Email: please contact us through our
website www.futureofdentistry.com



Future of Dentistry
968 Main Street
Wakefield, MA 01880-3989



The Latest News for your continued good health!

Heart Of The Matter

Heart disease is the No. 1 cause of death in America. It affects 81 million Americans and is the culprit in one of every two deaths in the United States. Most people think they are not at risk for a heart attack if they control their cholesterol and blood pressure.

However, inflammation is an additional risk factor that can lead to increased risk of heart disease. Gum disease is always accompanied by inflammation from its beginning stages (gingivitis) to the more advanced (periodontitis) stage. Diseases of the mouth are the silent culprits of chronic inflammation. Unknowingly, this condition can drive the formation of plaque in the arteries, causing inflammation of arterial plaque that leads to plaque rupture – the cause of heart attacks and most strokes.

In 2013 Drs. Brad Bale and Amy Doneen authored an informative book, “Beat the Heart Attack Gene,” whose research has helped bring the mouth-to-heart connection to the forefront of heart disease prevention. Drs. Bale and Doneen recommend that anyone who has suffered a heart attack have a complete dental checkup, including a saliva test – MyPeriPath. This diagnostic test shows the balance between good and bad bacteria, which in turn shows the degree of inflammation.

At Future of Dentistry our philosophy is simple: We treat your mouth with your body in mind – “Healthy Body Dentistry.” We believe your dental health affects not only your physical health, but also your wellbeing. Patients are often unaware of gum disease, as it is usually not accompanied by pain, and thus neglect their semiannual “cleanings,” assuming their mouth is healthy.

Let us help keep you “heart healthy” with regular checkups, brushing and flossing. Just what the doctor ordered!