

The No. 1 Choice for Mothers!

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motherhood

Prenatal Testing
Is it Necessary?

Fret Not But Fret Smart

Top Pregnancy Concerns

Health Special

- Your Newborn
- Breathe Easy
- First Aid
- The Burning Issue
- Drink Up!

Accelerated Learning

All you need to know...

Travel Special

- Have a Break!
- Sky High
- Take that Jab!

Ways to Drive Your Man Wild!

Motherhood Exhibition
5 - 8 June 2008
12 - 10 pm
Singapore Expo Hall 5A

Amazing Mums
Learn how they balance careers and family



Q & A

There are so many dental products on the market. As my child goes to school, what should I be using to help prevent decay?

There are many excellent dental products that your child can utilize to help prevent dental decay. When your child begins to go to school, it will often coincide with the eruption of their adult teeth. Prevention is the best form of treatment, and it is important to encourage good oral hygiene habits, as well as regular six monthly dental checkups. Fluoride is still an important preventive constituent. As your child reaches their early schooling years (approximately 6 years old), they can begin to use adult toothpaste. Adult toothpaste contains a higher level of fluoride in comparison to children's toothpaste. It is necessary to use only a smear or pea-sized amount. Supervise your child while they brush their teeth to ensure that they are using the correct techniques and not swallowing the toothpaste residue. Your dentist can demonstrate to your child how they should brush their teeth. This will provide positive reinforcement to the methods you have taught them at home.

Another excellent product that you can incorporate into your child's preventive dental routine is Tooth Mousse. Tooth Mousse is a water based product which contains casein phosphopeptide stabilized amorphous calcium phosphate (CPP-ACP). Tooth Mousse uses a milk protein to enhance the bioavailability of calcium and phosphate, two of the constituent minerals that make up our teeth. This product is particularly useful if your child has had previous dental decay, and is at high risk of developing decay in their adult dentition. Tooth Mousse comes in a variety of different flavors, is easy to use, and is generally readily accepted by children. Tooth Mousse is not suitable for children who have allergies to milk or dairy products. Tooth Mousse is only available to purchase at your dentist. Your dentist will advise you as to your child's suitability for use of this product and provide a personalized usage regime.

So many foods seem to contain sugar. What snacks and drinks do you recommend I give to my children at school?

Many foods contain excessive amounts of sugar and can cause dental decay in children. It is best to avoid sticky, chewy products, as these commonly lodge in the pits and fissures of the teeth's chewing surface and can remain there for extended periods of time. It is also important to promote regular meal times and avoid snacking in between meals. The mouth needs time to neutralize the acids formed during eating, and a constant intake of food inhibits this natural process. Teeth friendly snacks include; fresh fruits, vegetables, unsalted popcorn and cheese. It is also important to remember that many drinks contain high levels of sugar and acids. Fizzy drinks (diet and non-diet) and sports drinks are examples of these. Teeth friendly drinks include milk and water.

What are fissure sealants and will my child need them?

When your child turns six, generally their 6 year old molar teeth will begin to erupt. The chewing surfaces of these teeth contain many pits, grooves and fissures. Depending on the individual tooth anatomy, the grooves may be so narrow that the toothbrush bristles may be too wide to effectively clean out the area. A fissure sealant provides an effective way of filling these areas with a plastic material, ultimately preventing plaque accumulation and subsequent decay. Fissure sealants will not last forever, and a fractured sealant can leak and lead to dental caries. Regular dental visits will ensure that your dentist can observe the quality of your sealants and inform you if they need to be replaced.

Answers By:
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SMILE inc.®

DENTAL SURGEONS

A healthy and attractive smile is one
of the most beautiful features
a person can have.
Start them young.
Start them right.



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