

HEALTHY SMILES ARE OUT OF THIS WORLD!

By Dr. Dipika Shah

In the next 20 years of life, due to improved oral hygiene and better dental care, we will see a larger population with longer retention of their natural dentition. An increasing number of clinical studies show that dental decay can be treated and reversed before it gets to the deeper layer called dentin. (No more root canals and crowns!) Periodontal disease is linked to heart and lung disease. If diagnosed earlier it can be reversed before it can damage your bone or deeper gum tissue. (No more dentures!) Newer materials and better orthopedic appliances have revolutionized orthodontics. (Braces within 12-18 months with metal-mouth appearance only for 5-6 months and no retainer!) Newer technology like air abrasion makes dentistry more conservative, drill-less and pain free.

It is important as a parent, pediatrician, dentist, and teacher to understand new technology and its application to help children to maintain healthy smiles. Here are some tips for everyone:

Oral Hygiene: Do not brush baby's teeth with fluoride toothpaste until one year of age. Brush baby's teeth with a soft brush and "pea size" of toothpaste. You as a parent should brush your child's teeth until he/she is seven years of age. Teach your child to spit out all the toothpaste to avoid ingestion of fluoride-containing toothpaste, otherwise their permanent teeth can come in with white patches from fluorosis. Teach your child flossing as soon as two teeth begin to touch. The American Association for Poison Control Center reports found that a 33 pound child who drinks 7.2 ounces of mouthwash that contains 26.9% alcohol ingests a potentially lethal amount of alcohol. Read carefully the alcohol content when you select a mouthwash for your family.

Dental Nutrition: This is how sugar causes decay: Plaque + Sugar = Acid/Acid + Tooth Enamel = Decay. All foods containing sugar can contribute to tooth decay. A diet with nutritional well-balanced meals that is good for your health is good for your teeth and gums. The amount of times sugary food stays in the mouth is more damaging than the amount of sugar consumed at one time. In other words, it is better to eat 10 cookies in 15 minutes than sucking a candy for 2 hours. If you or your child like to snack between meals, try nutritional snacks such as popcorn, nuts, cheese, raw vegetables, etc.

Fluoride Intake: Fluoride helps build strong teeth. When a tooth first erupts in the mouth, the outer layer of the tooth (enamel) is not mature and is susceptible to decay. A good level of fluoride should be maintained in the mouth to mineralize it. A critical age for building strong teeth is birth to two years when the baby teeth erupt and from six to thirteen years of age when permanent teeth erupt. Monitoring fluoride intake in children is very important. Excessive fluoride can cause white patches on the permanent teeth. Supplementary fluoride should only be given to children whose water supply has less than .3ppm fluoride ion. Call your local municipality or your water supply company to find out what your fluoride levels are. Fluoride intake should be thoroughly evaluated before giving any supplemental fluoride, including multivitamins with fluoride! Juice, water bottles, baby food, and formulas packaged in the different water supply area that your child consumes makes it even more difficult to assess the dosage and need.

Dental Office Visits: It is important to start taking your child to the general dentist or pediatric dentist as soon as his/her 10 teeth are in. Prevention is the better cure. Your dentist can monitor oral development and growth. Getting topical application of fluoride and dental check ups are necessary every six (6) months to maintain good oral health.

Sealant: It is a clear material applied to the chewing surfaces of the back teeth where decay occurs most often. It forms a barrier to protect these decay-prone areas. Help your child's teeth last a lifetime. Fifty (50%) percent of the country's children will receive sealants to

prevent cavities by the year 2000 compared to only 18.5% in 1996.

Mouth Guards: Properly fitted mouth guards must be comfortable, tear resistant, odorless, tasteless, and should not be bulky. They should also cause minimum interference with speech and breathing. Dentist-made mouth guards can not only prevent tooth and jaw injuries, but can also protect against brain concussions. The cost of dental injuries is significantly higher than the cost of a mouth guard.

Orthodontics: Researchers show that as many as 80% of children with overbites have some TMJ (joint where lower jaw meets the skull) problems. By correcting the alignment of teeth, bite and jaw function the normal growth of sutures in the face and head can occur. The best age your child should be evaluated for any orthodontic need is approximately 7 years. The best age to provide orthodontic treatment is between 9 to 12 years old (not when all their permanent teeth are in).

The best thing that parents can do for their children is to provide good education and give them a beautiful healthy smile to last for many years.

HOLMDEL THEATRE GUILD OF HOLMDEL HIGH SCHOOL PRESENTS "ANYTHING GOES"

The Holmdel Theatre Guild of Holmdel High School will present the Cole Porter musical *Anything Goes* on Thursday, March 9 at 7:00 P.M. and again Friday and Saturday, March 10 and 11 at 8 P.M. in the High School Auditorium.

Anything Goes will take you on a wacky cruise with a most delightful array of characters! There's Moonface Martin, public enemy number 13 impatiently awaiting falling among the top ten, and his gun-snapping gun moll Bonnie. There's former evangelist-turned night club singer Reno Sweeney and her fallen angels, the stuffy Sir Evelyn Oakleigh and his lovely fiancée Hope and a host of other hilarious people performing some of the most memorable and enduring tunes of American music. Remember *Friendship, You're the Top, It's Delovely I Get A Kick Out of You* and of course, the classic title *Anything Goes*.

Holmdel High School's production will be directed by Joseph Clores with musical direction by Doug Clayton and Lee Knier, choreography by Patricia Clores and technical direction by Jo MacDonald. Christine Boccieri will serve as stage manager with Sally Mason as assistant stage manager. Lori Scheps will serve as dance captain for the production.

A cast of veteran actors as well as a number of novices, Sen Kristen Billyer will be featured as Reno Sweeney and senior Da Shapanka will portray Billy Crocker. Sir Evelyn will be portrayed by junior Alex Nemiroski and Hope Harcourt will be played by sophomore Erin Patrick. Senior Chris Aniello will portray the notorious Moonface Martin and freshman Alicia Somma his sidekick Boni. Freshman Diana Arnold and junior Keith Knier will portray Sir Evelyn Harcourt and Elijah Whitney respectively. Jon Sykes and Dave R will head up the cruise ship's staff as Purser and Captain.

A production of *Anything Goes* would not be complete without some splashy dance numbers which will be ably supplied by Reno Sweeney's angels: Becky Chase, Suzannah Friedman, Alaina Infantino, Mor Lupo, Courtney McCabe, Lori Scheps, Jessica Talerico, Kim Tir and Tara Villa.

Rounding out this fine cast will be Greg Boccieri, Scott Pug John Coyle, Kathryn Pearl, Subha Appulingam, Lauren DeVito, J Cannizzaro, Robyn Calmann, Jenn Tsang, Kelly Gabel and Jack Kenny. The cast will be supported by a full orchestra featuring members of our very talented high school symphonic band.

Come out and bring the family! Tickets are \$7 general admission and \$5 for students and seniors, and will be available at the door.