



Monitor Infant's Fluoride

If you add fluoridated water to your infant's baby formula, you may be putting your child at risk of developing dental fluorosis, according to the Academy of General Dentistry.

Although all water and foods contain some natural fluoride, a baby's developing teeth are sensitive to higher fluoride levels. Fluorosis, a harmless cosmetic condition manifested by brown mottled or discolored enamel, may occur if your child is regularly exposed to fluoride levels higher than 1 ppm (parts per million).

Though breast milk and most ready-to-feed formulas contain infant-safe fluoride levels, parents must be careful with concentrate formulas that require adding water. Local water or well sources often contain fluoride levels higher than 1 ppm.

When formula concentrations need to be diluted, it is recommended parents use low fluoride bottled distilled water (labeled as "purified" or "distilled baby water") or tap water with a reverse osmosis home water filtration system attached that removes most of the fluoride.

"If your child's teeth develop brown spots, visit your dentist to check for fluorosis," says James Tennyson, DDS, member of the Academy of General Dentistry. "It also could signal tooth decay, in which case your child may be prescribed fluoride supplements."

"If you correct a fluorosis problem in your child's first primary teeth," says Dr. Tennyson, "your child probably won't have a problem when the permanent teeth erupt at age five or six." Dr. Tennyson also recommends checking your water source's fluoride levels by collecting a fresh sample in a sterile container and taking it to your local health or water department.

Mom Was Right!



Stop Biting Those Nails

Nailbiting, a nasty habit that affects up to 41 percent of children, could eventually cost \$4,000 or more in dental bills, according to the Academy of General Dentistry, an organization of general dentists dedicated to continuing education. In fact, the threat of having to pay for all that dental damage may be enough to nip your nail-nibbling routine.

"Nailbiting can cause a lot of damage to the front teeth because they're not meant to be in a constant chewing mode," says Paula Jones, DDS, spokesperson for the Academy of General Dentistry. "And unfortunately, I see nailbiters of all ages in my practice everyday."

Nailbiting can cause a variety of costly dental problems:

- The edges of the front teeth can chip or get worn down, or the enamel of the front teeth can crack. The enamel wasn't created to withstand the pressures of nailbiting, and the constant chewing can cause fracture lines. If the damage becomes too severe, a dentist will need to place composite restorations to rebuild the enamel or perhaps even crowns on the front teeth.
- Nailbiters with braces are at a particular risk for developing root resorption--or shortening of their roots. As the teeth are already withstanding the pressure of being moved by the braces, the added force of constant nail-gnawing could cause the roots of the teeth to shorten. The process takes a long time, but if the root gets too short, the tooth can eventually fall out of the socket. This would require implants or bridges to repair the damage.
- Traumatic ulcerations to the gums can result. As the biter chews, a sharp point of the nail can get imbedded in the gum tissue, which is very destructive. In fact, some dentists believe this may even signify a cry for attention or help because at this point, the habit could be considered a form of self-mutilation.
- Infections and fungus can spread from other body parts to the mouth and vice versa. Bacteria in the mouth can infect the nail bed or even the entire finger. In the worst case, the bacteria can even find its way into the blood stream. Children can scratch a body part infected with pinworms, then bring the fingers and the pinworm bacteria to their mouth, resulting in more infection.

Team News



Being a part of Dr. McBride's team has afforded us many opportunities. Last October we were able to travel to Albuquerque for our annual OBI meeting. We experienced heartfelt testimony from a dentist who had searched for many years to find relief from the pain and agony of his TMJ disharmony. He stumbled upon Bioesthetics which was ultimately the key to his healing. There are many people who suffer from severe head and neck pain and we are so fortunate to be a part of the solution to their health problems. We attended several great lectures with highly educated speakers and we were able to gain new understandings in the field of Orognathic Bioesthetics. We thank Dr. McBride for giving us the gift of knowledge through these conferences.

We are truly saddened by the demise of Arm and Hammer Tooth Powder. Dr. McBride tried formulating a new powder with our pharmacist, and it just didn't quite work out. As a partial solution, we will be dispensing small bottles filled with Baking Soda at your scheduled hygiene appointment. Jenean recommends sprinkling some of the soda on the Arm & Hammer toothpaste to gain the anti-bacterial effects together with that "tooth powder clean" feeling. Happy New Year to one and all!



Presentations

When we make ready for one of Doc's Talks, time and care goes into the preparation by all—food, refreshments, etc. We have discovered that our RSVP's are not always heeded, resulting in only a few attendees, or having a very large group. To avoid this, we are now taking reservations to be followed up with a confirmation call.

Seasonal Drawings!



Congratulations to the following winners of Seasonal Baskets: Marx Costa-Fall Basket, Helen Irlen-Halloween Basket, Lois Zablockis-Harvest Basket and Bob Hack-Holiday Basket. Be sure to get your name in for the Spring Basket. Jenean continues to amaze us with her creative ideas for these seasonal gift baskets!



Please let us know what topics you would like to hear about in upcoming issues.

