

Mistakes are part of the dues one pays for a full life. –Sophia Loren



- Brush twice a day for 2-3 minutes. Soft bristles are best.
- Use fluoridated toothpaste - it helps harden your enamel and reduces the risk of decay.
- Floss your teeth daily.
- Limit acidic drinks and sugary foods.
- Protect your teeth from injury when playing sports.
- Try to save a knocked out tooth. Wrap it in plastic or place it in milk and seek dental advice immediately.
- Avoid using your teeth for anything other than chewing food otherwise you risk chipping your teeth.
- See your dentist for regular check-ups. You should also visit your dentist if you have a dental problem such as a toothache or bleeding gums.



**Knock, Knock. Who's There?
Heather! Heather Who?
Hea--ther, Georgie girl**
swinging down the street so fancy free. Nobody you meet could ever see the loneliness there inside you...

Dental Health Month

CHICAGO, IL: In observance of National Children's Dental Health Month, the Academy of General Dentistry (AGD) is reminding parents to take care of their children's teeth. Every child should visit the dentist by his or her first birthday. Parents should also promote dental health habits at home to prevent future problems,

More than 16.5 million children in the U.S. suffer from tooth decay, and children who develop cavities in their baby teeth are more likely to develop cavities in their permanent teeth. Moreover, research shows that many parents lack basic information about their children's oral health. To further promote good oral health in children, parents can utilize these tips at home:

- For children younger than age 2, parents should brush their teeth using a soft-bristled toothbrush and water.
- For children ages 2 and older, help them to brush for two minutes, twice a day. Use a pea-sized amount of fluoridated toothpaste.
- Parents should start flossing between their child's teeth as soon as he or she has two teeth that touch each other.
- Parents should monitor excessive sucking of pacifiers and fingers, both of which can lead to misalignment of teeth.

"Most importantly, parents should try to lead by example. Show your children how you brush and floss your teeth - that will help instill the importance of good oral health habits," Jordan says. "And don't forget to see your dentist - at least twice a year, or more if your dentist recommends it."

More tips to promote good oral health in children are available at KnowYourTeeth.com and 2min2x.org. (Source: AGD)

Did you know?

-Fire kills more Americans each year than all natural disasters combined. Again, this shocked me! Fire in the home is totally preventable. If more people used fire alarms and were more sensible with cigarettes, this statistic could be drastically reduced.

-55% of teens in fatal car accidents last year were not wearing their seat belts at the time of collision. In addition to this, 31% had been drinking. It is a no-brainer. Wear your seat belt and simply DON'T drink and drive!

February is Heart Health Month

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.