

## BACK TO SCHOOL!

### Fluoride Varnish and School Screenings



Dental screenings give you an update on your child's dental health. The hygienist or dentist looks for cavities and other problems inside the mouth. Your child will receive a referral to the dental clinic to take care of any problems that are noticed.

An IHS/Tribal dental hygienist or dentist may visit your child's school this year to provide a dental screening and apply fluoride varnish treatments.

The dentist or hygienist will apply fluoride varnish to protect teeth and help make them stronger. Fluoride varnish is painted on teeth 3-4 times each year and can help reverse the start of a cavity.

### Sodas and Sugary Drinks

Large sugary drinks can be very popular with teens. But a giant serving of sugary soda can add almost 500 "empty" calories! This is about one-third of the total number of calories that teens should have each day.



Besides tooth decay, too much sugar can lead to obesity. Obese children who grow up to be obese adults are at greater risk for cancer, diabetes and heart disease. Let's spare our children...

Talk to them about:

- Limiting sugary drinks each day
- Drinking water after a sugary drink
- Floss and brush twice daily

## GETTING IN THE ROUTINE

With the start of school, families are getting back into a routine with earlier bedtimes, bus schedules, homework and school lunches. Including dental health in your family's daily routine is a great way to make sure your kids keep their teeth strong and healthy for a lifetime. Your routine should include:

- Floss and brush twice daily
- Visit the dentist regularly
- Limit sweets and sodas

Make an appointment for your family today!

Mescalero Clinic 575.464.3832



# DENTAL CARE FOR TEENS AND TWEENS

The Centers for Disease Control says about 3 out of 5 U.S. teens have at least one cavity in their permanent teeth. The problem is even worse in Indian Country—over half of Native American/Alaska Native students have untreated cavities. But, the truth is **cavities are 100% preventable.**

## Use tobacco?

Smoking, chewing, vaping, hookah...it's so last year and it's bad for you no matter how much or how often you use it. Besides killing you, smoking can cause bad breath, stained or discolored teeth, gum disease and oral cancer.

## What about piercings?

You shouldn't get one unless you want to have chipped teeth or something worse like an infection in your mouth. If you have a piercing, you really should think about taking it out.

## Do you take illegal drugs?

Who wants to kiss someone with meth mouth or pot breath? Drugs will ruin your teeth and they're totally illegal anyway. It's crazy to think about it but your teeth will turn black and stained, rot away, crumble or fall apart and even fall out. Ask for help to quit right away, seriously!

## Want straighter teeth?

Braces can help straighten your teeth. Ask your dentist before you are 14 years old.

### You can keep your mouth looking and smelling great:

- Brush twice a day for two minutes with fluoride toothpaste.
- Floss before brushing to get the gunk out of the harder to reach places.
- Chew sugar-free gum.
- Rinse your mouth with water after you eat anything.
- Visit the dentist regularly.
- Limit energy drinks, sodas and sweets.

## BACK TO SCHOOL KNOW-HOW



### Mouth Guards

Mouth guards are coverings worn over teeth, and often used to protect teeth from injury during sports. Don't forget your mouth guards for fall sports!

Accidents can happen during any sports activity. So, using a mouth guard during sports can help protect against:

- Mouth injuries to lips, tongue, and teeth.
- Chipped or broken teeth
- Lost teeth

Kids who play contact sports like football, soccer, hockey and basketball are at risk but even skateboarding and outside fun could cause a mouth injury. So, visit your dentist to fit your child with a mouth guard to protect those pretty teeth!