



Brush Up On Oral Health



Stopping Dental Disease in Children

The American Academy of Pediatric Dentistry (AAPD) reports the rate of tooth decay in children is increasing. By the age of 3 years, almost 1 in every 10 U.S. children has oral health issues. It's time to put a stop to dental disease in children and that starts with YOU. Parents need to start brushing their child's teeth as soon as they come in. Make it routine to brush your child's teeth 2 times a day. Teach them the importance of taking care of their teeth early. When children reach about 8 years old they should be able to brush on their own (with a reminder to do so of course). Until then they need your help!

Did you know?

It is now recommended to start brushing children's teeth with **fluoridated toothpaste** right away. No more training toothpaste! Start using toothpaste with fluoride as soon your child's teeth come in. Use a smear of toothpaste until your child turns 2. Then use a pea-sized amount of toothpaste until your child turns 5.

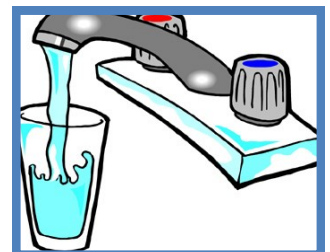


Dangers of Tooth Decay to Young Children

- * Loss of baby teeth
- * Pain
- * Damage to permanent teeth
- * Crooked teeth
- * More likely to have cavities and gum disease throughout life.
- * Life threatening infection
- * Chewing difficulty
- * Poor speech
- * Poor school performance
- * Missed school
- * Reluctance to speak, smile, and play
- * Teasing from others
- * Low self-esteem

Fluoride Prevents Cavities-Get It From the Tap

- ◆ Some cities adjust the fluoride level in city water.
- ◆ La Crosse, Onalaska, Holmen, and West Salem all adjust their water to have an optimal amount of fluoride.
- ◆ Drinking water with fluoride benefits everyone.
- ◆ It's an easy way to prevent cavities so drink up!
- ◆ If you are not sure your water contains fluoride you can check online at My Water's Fluoride <http://apps.nccd.cdc.gov/MWF/Index.asp> or call the La Crosse County Health Department at (608) 785-9723.



School-Based Oral Health Programs

La Crosse County Seal-A-Smile

- * Part of a statewide program that offers preventative oral health services including screenings, fluoride varnish and sealant applications to children at school.
- * The program is offered to 2nd and 6th graders in select schools in La Crosse County.

Smiles 4 Life

- * Based out of Waukesha and serves 25 counties in

Wisconsin.

- * Serves all grades and provides screenings, cleanings, fluoride varnish and sealant applications to children at school.

La Crosse County Fluoride Varnish

- * Provides screenings and fluoride varnish applications to children at the La Crosse County Head Starts.

La Crosse County Fluoride Mouth Rinse

- * Serves Bangor Elementary. Children 1st-5th grades rinse with a weekly fluoride mouth rinse.

A sealant is a thin plastic coating that is painted on the teeth's biting surfaces to help prevent cavities from forming.

What's Happening in my Community?

- * La Crosse County Seal-A-Smile saw 500 children in the La Crosse, Onalaska, and Bangor School Districts this past school year in 2014-15. 1,317 sealants were placed.
- * Smiles 4 Life saw 87 children in the West Salem School District this past school year in 2014-15. 148 sealants were placed.
- * La Crosse County Fluoride Varnish Program saw 469 children in 2014 and provided 722 fluoride varnish applications.
- * The Bangor Elementary Fluoride Mouth Rinse Program served 177 children in 2014-15.



Give Kids A Smile Day

Give Kids A Smile Day is a day in February where dental providers volunteer to provide free dental services to children. It is part of a statewide effort to give children in need the chance to

receive dental services. A screening day is typically held in January. Please watch your child's take home folder for more information on this event.



Mission of Mercy



Each year since 2009, a Mission of Mercy has been held in Wisconsin. In fact, the first one was held right here in La Crosse. Mission of Mercy is a two day event where anyone can go to receive free dental care. The event is organized through the Wisconsin Dental Association and run by volunteers. This year's Mission of

Mercy was held in June in Fond du Lac, WI. \$1.02 million in charitable dental care was provided to 1,428 patients. If you are interested in more information or future events Visit: <http://www.wda.org/wda-foundation/mission-of-mercy>

Does your family have a dental home?

Everyone should have a dental home. A dental home is a place where you go for dental care. Where you go for dental care will depend on what type of dental insurance you have. Figuring out where to go will require a little investigation. If you have private dental insurance, check online or in the local phone book for dentists. If you have Medical As-

sistance (MA), check online at www.forwardhealth.wi.gov and click on "Find a Provider" under the members section to see what dentists accept MA. If you do not have dental insurance or can't find a dentist that accepts your insurance in the La Crosse Area, try Scenic Bluffs in Cashton, WI (608) 654-5100 or Black River

Falls Dental Clinic in Black River Falls, WI (715) 670-0400. They offer a discount depending on your income level.

If you need assistance finding a dentist you can call La Crosse County Health Department at (608) 785-9723

Word on the Street

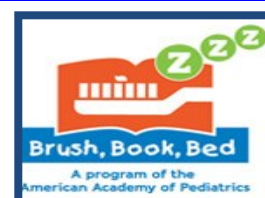
Brush, Book, Bed, a program of the American Academy of Pediatrics (AAP), has a simple and clear message for parents:

1. Each night, help your children to brush their teeth.
2. Read a favorite book (or two)!
3. Get to bed at a regular

time each night.

- Having a predictable nighttime routine will help them understand and learn to expect what comes next.
- Additionally, routines may ease the stress that some families experience at nighttime.
- The Maryland Dental Ac-

tion Coalition has released a list of 22 recommended children's books on oral health. Check out the list here <http://guides.hshsl.umaryland.edu/dentistry/DentalBooksForChildren>



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"Protect, promote and improve the health of all people to enhance the quality of life."



Oral Health During Pregnancy

- * A healthy mouth during pregnancy is connected to having a healthy baby. It is important to see a dentist as a part of your prenatal care. Good oral health when you are pregnant is important for both you and your baby. As your body changes during pregnancy, so does your mouth. You may notice changes in your mouth, teeth, and gums as early as the first three months of pregnancy.
- * Doctors say that it is extra important that you visit the dentist while you are pregnant so that your mouth stays healthy, just like the rest of you. The dentist or dental hygienist will give you tips on how to care for your mouth, and will look to see if you are at risk for oral health problems, like gum disease. Pregnant women who have gum disease may be more likely to have a baby that is born too early and too small, so it is important to pay attention to your oral health.

Keeping Your Mouth Healthy

- * Visit your dentist for regular check-ups and cleanings
- * Brush 2-3 times daily with a soft bristle toothbrush
- * Use a toothpaste with fluoride
- * Floss every night before bed
- * Eat healthy foods
- * Drink water with fluoride

A special note on keeping your teeth strong during pregnancy:

During pregnancy, many women experience some type of stomach upset, vomiting, or acid reflux. The acid from your stomach can cause tooth enamel to wear away, leaving your teeth more prone to cavities.

If you vomit or have acid reflux:

- * Rinse your mouth out with water or mouthwash
- * Use a mouthwash containing fluoride
- * Chew sugarless gum or have mints containing xylitol

