

PUBLIC HEALTH CONNECTION



Children's Dental Health

Create Lasting Smiles

Introducing healthy oral habits at a young age will provide benefits over a lifetime. A study conducted by the Data and Analysis Center found the average cost to maintain a restored cavity in the molar of a 10-year old will be \$2,187 by age 79. With good oral hygiene and regular dental visits, cavities and restorative dental care can be avoided. I-Smile™ has been implemented across the state of Iowa to help link children and families to dental homes and the care they need. The American Dental Association recommends brushing twice daily and flossing once a day by age 2. Prior to age 2, it is important to clean an infant's gums with a damp washcloth at least once a day, even before a tooth has erupted. After teething begins, it is best to brush the newly erupted teeth with a soft infant-sized toothbrush and a smear of fluoride toothpaste at least once a day until age 2. Along with daily home care, regular dental visits are necessary for cleanings and oral exams. A child should be scheduled for their first dental visit by their first birthday or six months after their first tooth has erupted.

Preventing Cavities

In addition to proper oral hygiene, it is important to make good nutritional choices. Tooth decay (cavities) occurs when the bacteria that live in our mouth are exposed to sugar. Together the bacteria and sugar create an acid. Prolonged acid exposure breaks down the outer layer of the tooth (enamel) and creates a hole or "cavity". Ways to reduce the amount of acid exposure include avoiding sugary drinks, like soda, energy drinks, and juice. Fill sippy cups with water only, avoid sending a child to bed with a bottle, limit candy, and encourage brushing after meals. Exposure to fluoridated toothpaste and water will help keep teeth strong.

Need help finding a dentist? Contact your local I-Smile™ Coordinator, visit: <http://idph.iowa.gov/ohds/oral-health-center/coordinator>



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, February 16, 2017.*

Links

For more information about children's dental health, visit:

Scott County I-Smile™ Program:

<http://www.scottcountyiowa.com/health/oral-health/i-smile>

To learn about heart disease and stroke, visit:

www.GoRedForWomen.org

www.strokeassociation.org

www.heart.org

National Wear Red Day



Each year people unite to wear red to raise awareness on the fight against woman's heart disease and stroke. This year's National Wear Red Day is Friday, February 3rd!

Wearing red shows your support in defeating the number one killer of women, causing 1 in 3 deaths each year. It is important to know the hard-to-recognize symptoms of heart attack such as shortness of breath, back pain, jaw pain, and nausea. The best advice professionals give is to trust your gut! If you are not feeling normal and are experiencing any of the above symptoms head to the local emergency room.

Learn what you can do to control your risk! By managing blood pressure and cholesterol, reducing blood sugar, becoming more active, eating better, losing weight, and stopping smoking, you can greatly improve your health to reduce the risk of heart disease and stroke.

To learn more and take action, visit www.GoRedForWomen.org.

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