

PUBLIC HEALTH CONNECTION



Children's Dental Health Month

Dentist by Age 1

Tooth decay (cavities) can occur as soon as a child's first tooth erupts. Many parents wonder why baby teeth are important, since they will be replaced by permanent teeth. Decay in primary teeth can increase the risk of decay in permanent teeth.

Baby teeth, also known as primary teeth, are important to help children chew, eat, speak, and hold space in the jaws for permanent teeth that are growing under the gums.

The American Dental Association and the American Academy of Pediatric Dentistry recommend a child's first dental visit should occur within six months after the baby's first tooth appears, but no later than the child's first birthday. Scheduling an appointment early is important for you to learn how to clean your child's teeth, discuss diet and fluoride needs, and look for any problems including tooth decay.

Tips, Tricks, and Tidbits

- Schedule your child's first dental visit between the arrival of the first tooth and his/her first birthday.
- Schedule a morning appointment, when your child is well rested and more cooperative.
- Never bribe a child to go to the dentist or use the visit as a punishment or threat.
- Make the dental visit an enjoyable outing. Good oral health habits formed early lead to a lifetime of good dental health.
- Stay positive!



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

- *There will not be a Board of Health meeting this month.*

Links

- **American Dental Association** http://www.ada.org/~media/ADA/Publications/FilesADA_PatientSmart_First_Dental_Visit.aspx
- **Colgate** <http://www.colgate.com/en/us/oc/oral-health/life-stages/childrens-oral-care/article/your-childs-first-dental-visit>
- **American Heart Association** <http://www.heart.org/HEARTORG/>
- **Centers for Disease Control and Prevention** <https://www.cdc.gov/heartdisease/facts.htm>

Quad Cities HEARTSafe Coalition

February is American Heart Month! Heart disease is the leading cause of death for both men and women and every year about 735,000 Americans have a heart attack (Centers for Disease Control and Prevention). For every one minute CPR is not performed, heart attack survival rates decrease by 10% (American Heart Association). The Quad Cities HEARTSafe Coalition's vision is to increase bystander CPR to save more lives.

Hands-Only CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who have seen a teen or adult suddenly collapse in an "out-of-hospital" setting; such as at home, at work, or in a park. Hands-Only CPR consist of two easy steps: 1) Call 911, 2) Push hard and fast. During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. For additional information on Hands-Only CPR, watch this short video, <https://www.youtube.com/watch?v=gN6wPQVjr8>.

Support American Heart Month by wearing red on National Wear Red Day, February 2nd and posting your picture to social media using #GoRedWearRed.



Quad Cities
HEARTSafe Coalition

Scott County Health Department

Scott County Administrative Center, 4th Floor

600 West 4th Street

Davenport, Iowa 52801-1030

Phone: 563-326-8618

Fax: 563-326-8774

Email: health@scottcountyiowa.com

Website: www.scottcountyiowa.com/health

Follow us on: [Facebook](#) | [Twitter](#) | [Instagram](#) | [Pinterest](#)



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