



Smile Highlights



Dentistry for Children and Adolescents

Produced to improve your dental health and awareness

Spring 2007

fromthedentist

Everyday Information...

For everyday use

- Make sure your child wears a custom-fitted mouthguard when playing sports. They are the best protectors your child's teeth can have.
- Never allow your infant to go to sleep with a bottle containing formula, milk, or juice. This habit can cause severe decay problems.
- Provide toothbrushes with soft bristles, always use a fluoride toothpaste with children who are able to spit out their toothpaste, and teach your child daily dental care.
- If your teenager decides that oral piercing is cool, please schedule an appointment with us. We might have more luck than you in convincing them that oral piercing is really dangerous.
- Make sure you schedule regular checkups with our office. Early detection of oral problems can prevent complex and costly procedures.

Yours in good dental health,

Dr. Steven T. Kuhn

Dr. Dennis R. LaMonte

In The Spotlight

Meet two of our wonderful teammates!

We are so fortunate to have two dedicated dental hygienists on our team, with the training and expertise to keep our patients' teeth and gums healthy. Their fun loving personalities add to the exceptional care each patient receives.



We think you're both great Cheryl and Leah ... and so do our patients!

Cheryl graduated from *Prairie State College* in 1992 and has been practicing as a dental hygienist for over 15 years. She joined Dr. Steve's team in June of 2004.

Cheryl is married to her wonderful husband Greg and they are blessed with three beautiful girls, Allison, Mallory, and Lindsay. The family resides in Tinley Park, Illinois.

Cheryl enjoys being a mom and spending time with her family. When she has spare time, she likes to spend it reading, exercising, and being with her friends.

Leah joined our team in June of 2005. She graduated from *Prairie State College* in May of 2004. Leah is happily married to her husband Tommy. They are living in Crete and are expecting their first child in May.

In her spare time, Leah likes spending time with her husband, and going to the movies. She is really looking forward to getting back into work-out mode. Leah also enjoys visits to Elgin to spend time with her nephews Daniel and Mason.



Parents Reminder

Please remember to schedule for your Kindergarten, 2nd and 6th grader oral examinations prior to their new school year!

Thank you for all your referrals. We appreciate them!

Your Dental Plan

Don't let your plan dictate your care

In our practice, we are committed to providing your children with the best possible dental care, including long-term preventive care. Many of you have an employer-assisted dental health plan to help offset the cost of your family's ongoing oral health care.

It's important to remember that you are a partner with us in your child's oral health, and that treatment and care decisions should be made together with us, based on your child's actual needs. A dental plan is a way of helping you cover the cost of dental care. However, your dental plan may not cover the full cost of the specific treatment your child requires. A dental plan is not a treatment plan.

You should not allow your dental plan to dictate the care your child receives. Some dental plans exclude necessary dental treatments such as sealants, fluoride, orthodontics, specialist referrals, crowns and other dental needs. Some plans will only provide for the least expensive way to treat a dental need, regardless of the decision made by you and us as to the most effective and necessary treatment required.

By taking care of your child's dental health you are making a long-term investment in the well-being of your child. If we can be of any help to you in understanding your dental plan, and how it can function as a part of your child's treatment plan, please let us know.



Digital X-Rays

What are they?

The 100th anniversary of the use of dental radiographs, or x-rays, has already come and gone! And in this century, digital technology is quickly changing the way we use x-rays.

While digital x-rays still require a patient to "pose" for a picture, the process and result are dramatically different. Instead of film, a highly sensitive receptor is inserted into your child's mouth. An electronic image is captured instantaneously and stored on a computer's database. These digital x-rays give us a clear, high-resolution view of teeth, bone, root, and tissue, all while using up to 90% less radiation than traditional x-rays.

This new technology is just one more tool we can use to provide your child with the best and most efficient dental care possible.



What every expectant mother should know!

Baby Your Teeth

The health of a mother has a lot to do with the health of a new baby. That's why mothers-to-be should take special care of their teeth during pregnancy. Hormonal fluctuations associated with being pregnant can exaggerate some dental disorders, and recent studies have even shown a link between gum disease and premature and low birth-weight babies.

One of the most common oral problems during pregnancy is gingivitis. This condition results from plaque, the invisible, sticky layer of harmful bacteria that forms on your teeth. If it is not removed, it can irritate gums, making them red, tender, and likely to bleed easily. Hormonal increases in expectant mothers intensify the way gum tissues react to the irritant in plaque.

Some people believe that a tooth is lost for every pregnancy. But it's decay and gum disease that cause teeth to fall out, not repeated pregnancies! Each time you eat, acid attacks your tooth enamel for about twenty minutes. So if you're snacking on sugar-rich foods throughout the day, your teeth are under acid assault all day long.

What you eat during your pregnancy can also affect the development of your unborn child's teeth. You should take sufficient amounts of vitamin A, C, D, protein, calcium and phosphorus, especially from your third to sixth month of pregnancy.

It's best to schedule elective dental appointments during the second trimester of pregnancy, although regular checkups and cleanings should be kept on schedule. Morning sickness usually happens in the first trimester and many women have difficulty sitting in one position for very long during the final months of pregnancy.

Remember - good dental health care will give your child a good foundation for a lifetime of healthy smiles. It's never too soon to start! Children will follow your example of good health care as long as they grow. Start early by taking good care of yourself - you deserve it!

Don't Forget...

That last piece of equipment!

The next time you outfit your kids for a soccer, baseball, skateboarding, inline skating, or a football game, don't forget their mouthguard. Studies show that athletes who wear mouthguards have 60% fewer injuries to their teeth, and your child is no exception!

Mouthguards work in much the same way a helmet protects the head – by spreading a hard impact over the entire mouth and jaw. They stop the upper and lower teeth from bumping into each other, and make sure teeth don't injure the gums or lips. Mouthguards can even reduce the risk of concussion or neck injury.

We can make a custom-fitted guard right here in the office that provides the best protection and comfort for your child. A properly fitted mouthguard is comfortable and won't interfere with breathing or talking, so your child is more likely to wear it. Commercial boil-and-bite mouthguards available in stores are less effective, and more likely to interfere with speech and breathing, but are better than no mouthguard.

Even though it's tough and can handle a lot of abuse, a mouthguard does require a little care. It should be thoroughly cleaned and rinsed with cool water before it is used. Don't forget that kids' mouths change as they grow and that their mouthguards need to be replaced to keep pace. We'll keep an eye out for any problems or changes during regular checkups, and tell you when your child is ready for a new one.

Can you guess which of the following sports **DO NOT** need mouthguard protection?

Acrobatics, basketball, boxing, discus throwing, field hockey, football, gymnastics, handball, ice hockey, martial arts, mountain biking, racquetball, rugby, skateboarding, snowboarding, skiing, skydiving, soccer, squash, surfing, volleyball, water polo, and wrestling.



Keep Them Smiling!

Regular recare makes all the difference

Your child's oral health is essential for overall health and wellbeing. Of course, an attractive smile and sweet breath are important confidence-builders at any age, but gum disease has been linked to systemic diseases including diabetes in children, and difficulties with eating and speaking can create social and nutritional issues. Regular recare appointments allow us to develop your child's personalized plan of care to identify and prevent potential problems or catch them early before they become more serious, more painful, and more costly. What can your child expect at a recare visit?



Assessment

- examination for decay, visually and with Bitewing x-rays once a year and/or panoramic films to check orthodontic status, tooth alignment, and abnormalities;
- examination of gum tissue;
- assessment of biting, chewing, and swallowing patterns;
- evaluation of dental readiness for necessary procedures like orthodontics;
- reassessment of overall treatment plan.

Prevention

- cleaning and scaling teeth to remove plaque, tartar, and surface stains;
- application of fluoride and pit and fissure sealants.

Education

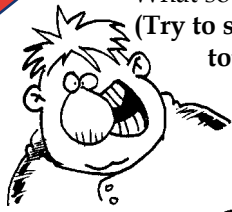
- instruction about brushing and flossing;
- counseling about diet and its relationship to oral health;
- explaining dental treatments including orthodontics, using visual aids.

Our entire team takes great pride in creating a warm, welcoming, and supportive environment, and building trusting relationships. You can rely on us to provide the personal care and attention your child deserves.

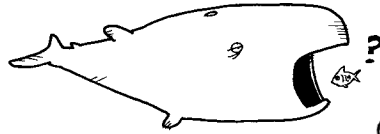
Kids' Corner

Did you know...

...teeth are important for talking!
What sounds are your teeth used for?
(Try to say **cat, sat, flat** without touching your tongue or lips to your teeth!)



...an elephant's tooth can weigh three kilograms? That's heavier than a jug of milk!

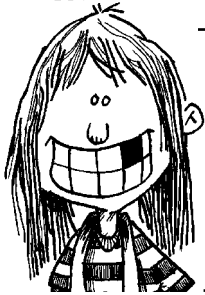
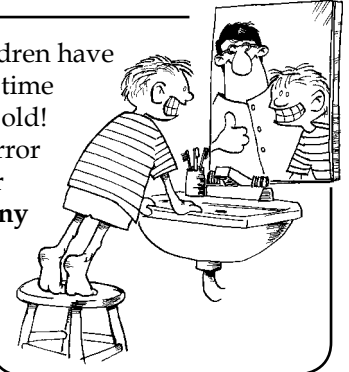


...some kinds of whales don't have teeth? Instead they have rows of stiff hair that catch food!



...some snacks are great for your teeth! (Circle the snacks that are good for your teeth.)

...many children have 20 teeth by the time they're 3 years old! Look in the mirror and count your teeth. **How many do you have?**



...eventually, your first teeth will fall out and be replaced by permanent teeth. These will last for your whole life - but only if you take care of them! **Brush regularly and remember to floss!**

And don't forget to smile!

Coloring Contest Winners

Our first office coloring contest was a huge success. We want to thank all of the children for helping to brighten up our office with their creativity!

Congratulations to...

Milos Cvjetkovic-age 12 Kiersten Sinram-age 7
Michael Mason-age 6 Zach Jackson-age 3

They each received \$25.00 Target Gift Cards for their masterpieces.

officeinformation

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Office Hours

Mon-Thu 8:00 am - 5:00 pm
Friday Closed
Saturday 8:00 am - 2:00 pm *

*Saturday hours during the school year only

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Office Staff

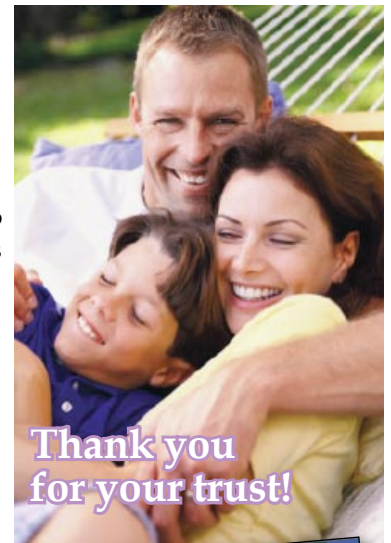
Lorraine Office Manager
Cheryl, Leah S..... Dental Hygienists
Deb, Kimberly, Michele.....
..... Patient Coordinators
Jaimie, Tara, Sylvia, Jenn.....
..... Dental Assistants
Leah M..... Office Assistant



Referrals Do Us Proud ...Every time!

We take great pride in a team that always offers friendly and fun pediatric dentistry. We always try to build on the excellent rapport we develop with you and your child. We are committed to continuing education courses to learn the latest techniques but we know that spending time with each of you is the best way to ensure that your child is receiving the meticulous care he or she deserves.

We are your child's dental office, and you should feel free to share us with your family and friends. We take your referrals as a great compliment and an affirmation that you feel secure and comfortable with our team. We also know this means you've entrusted us with the care of your family and friends children.



Thank you for your trust!

For your information...

Our website not only contains information about pediatric dentistry, but also has many articles related to adult dentistry and oral health. Just log on to www.drstevekuhn.com and click on "More Info". This will take you to a wide variety of topics such as dental implants, teeth whitening and cosmetic dentistry. Always contact your dental care provider with any questions or concerns.

