



Smile Highlights



Dentistry for Children and Adolescents

Produced to improve your dental health and awareness

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fromthedentist

Stay Hydrated And keep smiling

For a lot of children, summer fun means time in the sun and chilling in the pool. While cool water might feel good on the outside, it won't lower their core body temperature. To do that, and avoid dehydration, they need to get enough water and other fluids *inside* their body.

Did you know that if they are thirsty, you are already dehydrated? Other symptoms include light-headedness, headache, fatigue, muscle cramps, or dry mouth. Not only is a dry mouth uncomfortable while wearing a sports mouthguard, for example, but changes in their saliva's composition can diminish its natural ability to buffer against decay-causing bacteria.

So keep your child's summer smile happening! Have them drink plenty of fluids - especially water - before, during, and after your fun in the sun.

Yours in good dental health,

Dr. Steven T. Kuhn

Dr. Dennis R. LaMonte

Check Your Water!

The benefits of water fluoridation

The connection between healthy teeth and fluoride has been carefully studied and researched and the bottom line is simple ... people who use fluoridated water from birth have 60-70% fewer cavities and a lot less decay in their permanent teeth. Your chance of root decay shrinks by 50% and even cavities in children are reduced by half!

That's not all. Teeth exposed to an optimum level of fluoride look better. Fluoride makes teeth clearer, whiter, shinier, and more opaque, and the dramatic reduction in the number of cavities results in less tooth loss, better bites, improved bone density, and greater prevention of gum disease. There is no question about it - fluoride saves smiles!

The optimum level of fluoride in water in a moderate climate is one part per million parts (ppm) of water. In warmer or colder climates, the amount can be adjusted from 0.6 ppm to 1.2 ppm. In communities where the central water supply is not fluoridated or where the concentration of fluoride is not ideal, extra fluoride may be recommended. You can determine

this by checking the fluoride levels of your drinking water with your local municipality. Private water supplies can be tested for fluoride too.

If you have any questions or concerns about the amount of fluoride you are getting in your water, just ask! We are here to help make sure your child receives the full benefit of an optimum level of fluoride.



Thank you for all your referrals. We appreciate them!



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, but a good alternative. Store bought mouthguards are good for kids who are growing or losing teeth.

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.

Priority: **Your Child's Safety**

We're mercury-free

As a result of ongoing advances in dental technology and the health controversy surrounding the use of mercury, our office uses only white fillings to restore your child's teeth. White composite resin fillings offer many benefits other than the absence of mercury.

Composite resin fillings are particularly suitable for children because they release fluoride while sealing the tooth. Composites bond to the tooth to support and strengthen the remaining tooth structure. This helps to prevent breakage and insulates teeth from excessive temperature changes. Invisible cosmetic touch-ups of cracked or chipped teeth are also made easily. In addition, this superior material is natural looking and never discolors neighboring teeth.

composites © Ivoclar North America Inc.



Ever heard of Swimmer's Ear?

How about Swimmer's Mouth?

Studies have shown that water in some swimming pools may contain high levels of chlorine that can erode tooth enamel. Loss of enamel weakens teeth and makes them more sensitive to heat and cold.

Symptoms of erosion include chalky or discolored teeth. In the early stages, fluoride treatments can help. In severe cases, teeth can be bonded with a chemical coating to strengthen them.

You can help prevent potential problems by making sure your child rinses their mouth with regular drinking water after swimming followed by a good brushing and flossing.



About Our Anesthesiologist

Michael S. Higgins, DDS

Many children feel nervous when they visit the dental office. Our staff are trained in behavioral and psychological techniques to help put your child at ease. However, some children may require special assistance to help us complete their dental treatment. Children with high anxiety levels, special needs or children who have complex and extensive treatment plans may require general anesthesia. With general anesthesia, the child comfortable sleeps during the dental treatment. General anesthesia is performed in our office by our highly skilled anesthesiologist, Dr. Michael Higgins.

Following dental school, Dr. Higgins completed a Hospital General Practice Residency in New York; subsequently he was accepted into the anesthesiology residency at Illinois Masonic Medical Center, Chicago, 1980-82. Since completion of his anesthesia training, Dr. Higgins has practiced dental anesthesiology, providing office based anesthesia care throughout the Northern Illinois area.

In addition to his private practice, Dr. Higgins is a long-standing faculty

member with the Department of Anesthesiology at the University of Illinois Hospital Medical Center, and holds the academic rank of Associate Professor of Anesthesiology with that department and the University of Illinois College of Medicine.

Dr. Higgins is a regional and national lecturer and is published in the area of anesthesiology for Dentistry. Dr. Higgins has remained very active at all levels of the dental society.

On the local level, he served on Mediation & Peer Review for the Chicago Dental Society; as President of the Northwest Suburban Dental Society; on the Chicago Midwinter lecture and Exhibits Committees; as Program Chairman of the Chicago Midwinter Meeting; and as Chairman of the Members Group of the Chicago Dental Society.

On the state level, Dr. Higgins is pleased to have served on the Publications and Legislature committees and other numerous committees of the Illinois State Dental Society (ISDS). He is a member of ISDS Board of trustees;



Program Chairman of the ISDS Leadership Conference; Program Chairman for the ISDS Annual Session; and a delegate to the American Dental Association.

In addition,

Dr. Higgins is proud to have represented the Profession as President of The Illinois Dental Society of Anesthesiology, The Illinois State Dental Society, and the American Society of Dentist anesthesiologists. Dr. Higgins is a Fellow of both the American and the International College of Dentists. He is board certified with the American Dental Board of Anesthesiology and the National Board of Anesthesiology. He is a Fellow of the American Dental Society of Anesthesiology.

Dr. Higgins is a native of the Chicago area and resides in Palatine with his wife, Mary, and their three children - Ryan, Lindsay, and Mitchell. He enjoys spending time with his family as well as boating, hiking, and gardening - when he can find the time!

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.

Your Dental Plan

Don't let your plan dictate your care



Our 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.

Coloring Contest Winners

Congratulations to Brooke Shasteen, GJ Crachy and Yasemin Burgul.

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

Parent Reminder

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

Plan Early

The busiest time at our office, are the months of June, July and August. Call now if your child is due for their next dental examination and cleaning during the summer months.

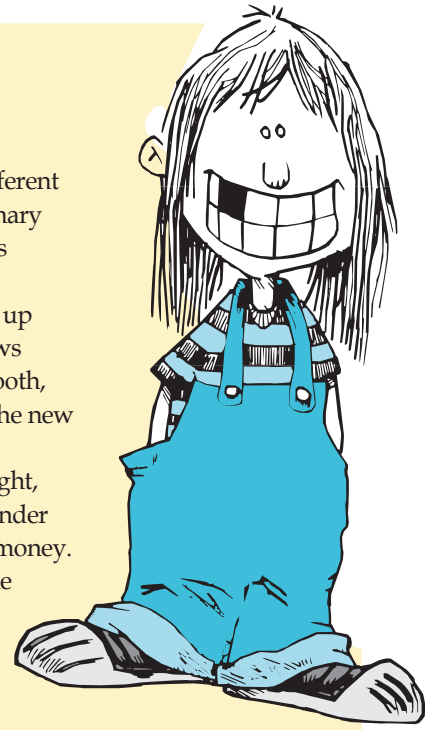
Lose Something?
We may have found it!
 Just let us know if you would like to see our lost and found.

Tooth Mysteries

What's a mouse to do?

Different cultures celebrate with different traditions. Even true for the loss of primary teeth! Can you guess which country has which tradition?

- If it's a lower baby tooth, throw it up onto the roof so that the new tooth grows healthy and upwards. If it's an upper tooth, throw it underneath the house so that the new tooth grows healthy and downwards.
- A tooth fairy comes during the night, scoops the tooth that has been placed under the child's pillow, and replaces it with money.
- The baby tooth is placed under the child's pillow at night. The fairy takes the tooth while the child is asleep, and replaces it with a tiny present.
- A mouse, not a fairy, takes the child's tooth during the night and leaves some money.



- 1. Japan, Korea,
- 2. United States,
- Canada, United Kingdom,
- 3. France,
- 4. Mexico



If there is a topic you would like to know more about, we will be happy to include it in our newsletter. Just call our office or email your ideas to Imdrsteve@comcast.net.

officeinformation

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Office Hours

Mon-Thu 8:00 am – 5:00 pm
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 *Saturday hours during the school year only

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Office Staff

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 Leah M..... Insurance Coordinator
 Tara, Sylvia, Jenn, Aimee, Beth
 Treatment Coordinators



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 web site 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.

