



Steven T. Kuhn, D.D.S. Ltd

Dentistry for Children and Adolescents

# Smile Highlights



Produced for Patients of Dr. Steven T. Kuhn and Dr. Dennis R. LaMonte

Winter 2008/2009

## Happy New Year! Our Best Wishes To You

*The holiday season has come to a close. We would like to take this opportunity to extend our warmest and sincerest thanks for making this a wonderful year. We consider your ongoing loyalty a privilege we earn by providing your children with the finest pediatric dental services in a welcoming atmosphere.*

*We look forward to spending another great year helping your children obtain a healthy smile. Everyone here would like to wish all of you a very happy and healthy New Year!*

*Sincerely,*

*Dr. Steve, Dr. Dennis and Staff*



**Thank you for all your referrals. We appreciate them!**

# Got You Covered! Facts on dental sealants

**What Is A Dental Sealant?** A dental sealant is a liquid plastic material that hardens to form a shield over the chewing surfaces of the teeth. It is applied to decay-prone surfaces of the teeth, usually the back molars and pre-molars.

**Why Get Sealants?** Sealants keep out the germs and food that cause tooth decay. Food and germs can get stuck in rough, uneven surface areas where toothbrush bristles cannot reach. Germs in the mouth change the sugar in food to acid which can start a cavity in the tooth. Sealants *prevent* decay from ever starting.

**Who Should Get Sealants?** Children should get sealants on their permanent molars as soon as the teeth come in, before decay has a chance to attack the teeth. But adults can still get decay, especially patients afflicted with dry mouth, which affects about one-third of the adult population. Sealants also protect worn and sensitive surfaces on adult teeth.

**How Are Sealants Put On?** The tooth is cleaned, dried, and prepared for bonding with the sealant. When applied, the liquid sealant hardens in just a few seconds.

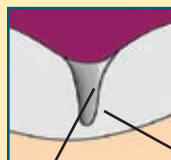
**Besides Sealants, Are There Other Ways To Prevent Tooth Decay?** Yes! The best way you can help prevent tooth decay is to brush with fluoride toothpaste, drink fluoridated water, and floss regularly. Sealants and fluoride used together provide the best defense against tooth decay.



As teeth develop, deep grooves called fissures naturally occur and where these grooves cross are called pits. These areas account for more than 50% of cavities among children.



Dental sealant is applied to the teeth and flows into the pits and fissures. It is a plastic tooth-colored material that creates an impenetrable barrier to bacteria and decay.



Dental sealant provides lasting protection against decay as long as the seal remains intact.

Sealant

Tooth fissure

## Read The Label

### Cough medicine and lozenges

Cough drops and lozenges are more than just medicine. Cough syrups, liquid and tablet vitamins, and antibiotic syrups can contain anywhere from 10-75% sugar, especially children's formulas. Throat lozenges and cough drops range from 50% to nearly 75% sugar. That's not a big deal if you only use them once in a while. But that much sugar can cause serious decay if you take these medicines on a regular basis. That's why children who use syrups and lozenges over long periods of time

have a much higher incidence of decay.



The good news is that more and more medicines are being made without sugar. Check the label and make sure you're not getting more than you bargained for. If you're not sure, ask your pharmacist for help.



## ATTENTION SHOPPERS:



We do all we can to protect our children from injury and disease, and we work hard to give them the best food, shelter, and education ... not to mention loving hugs. But sometimes threats to our children's well-being seem to spring out of nowhere.

According to the American Academy of Pediatrics, falls from shopping carts are a leading cause of head injuries among young children. In 2005, an estimated 24,000 children across North America were taken to the emergency room after falling from a shopping cart.

The potential for serious dental injury is obvious. Never leave a child unattended in a shopping cart, allow them to stand up in a cart or ride on the outside of a cart. Ensure your child's safety by buckling them into the seat of the cart. Consider purchasing your own safety straps so you will be prepared in the event a cart is not equipped with a seat belt.



## Teens Are Never Too Old!

Just because your teens are almost all grown up does not mean they have outgrown their pediatric dentist. An important part of our **specialized** training is focused on meeting the special needs of adolescents and teens. Growing teens experience tremendous changes to their jaws. As their permanent teeth erupt, they are especially prone to decay. Additionally, as they become more independent it becomes harder to monitor their diet choices. You can help your teenagers maintain excellent oral health by encouraging them to make healthy nutrition choices and by continuing to schedule their regular dental check-ups. By making the appointment here at our office we can monitor them for potential problems.



## Referrals Do Us Proud ...*Every time!*

We take great pride in a team that always offers friendly, family-style dentistry. We try always to build on the excellent rapport we develop with you. 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 you are receiving the meticulous care you deserve.

After all, we are *your* dental office and *your* dentist! 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 family, friends, and colleagues.



## New Year Insurance

The New Year can bring new insurance changes for many families. Many employers will purchase new plans and others will renew existing plans with modifications. This is the time of year we would like to remind you to check your dental insurance policy and inform our office of any changes as soon as possible. Informing us about your dental insurance plan in advance will help you maximize your insurance benefits.

## The Cavity Fighter

Here's one food that's good for your child's teeth. It's cheese. According to the American Academy of Pediatric Dentistry, if your child nibbles on delicious Cheddar, Swiss, Mozzarella or Monterey Jack cheese, it can actually help protect your child's teeth from cavities. Eating cheese stimulates the body's salivary glands. The saliva rinses the mouth of debris and also protects teeth from acids that weaken enamel.

Saliva contains special buffers that neutralize acids and work to remineralize the enamel of your child's teeth. Disrupt the cavity making process by giving your child cheese after a sugary treat or even better, next time you offer a snack ... say "cheese!"



# Say cheese!

2396-41854 CUSTOM INSIDE

# WINTER WORD SEARCH

## WINTER CONTEST



Test your artistic talents on the fun picture enclosed. Your entry will be displayed in our office. Don't forget to include your name and age so we know who you are! You can mail in your coloring page or, even better, stop by the office in person to show off your skill. The winners will receive a great prize! In our next newsletter, we will announce the lucky contestants. Have fun and be creative! Make sure we receive your entry by February 28, 2009!

P.S. See the enclosed coloring page and feel free to make copies for more entries!

Y E O T N I M T N I C Y N S G  
 O T Y L C L E I C C O B B N N  
 S K S I J K L E T D L L Q O I  
 X C C O C U S A Q T D O G W D  
 R L A A R K D C B B E N N I D  
 E S J R A F O V C W I N K N E  
 P Y B T F A I K S Z O S S G L  
 Z Z I B T L N B E D A N T T S  
 S N O W M A N E V F L D S V I  
 G C M X Z W R I R E T N I W D  
 F P X I X F Y A V J U W J V S  
 E K A L P W O N S C H I L L Y

<b>CHILLY</b>	<b>COLD</b>	<b>SNOWFLAKE</b>
<b>FREEZING</b>	<b>ICESKATING</b>	<b>WINTER</b>
<b>ICICLE</b>	<b>COAT</b>	<b>MITTENS</b>
<b>SCARF</b>	<b>FROSTY</b>	<b>SLEDDING</b>
<b>SNOWBALL</b>	<b>JACKET</b>	
<b>SNOWMAN</b>	<b>SKI</b>	



### Lose Something?

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

## office information

**Steven T. Kuhn, D.D.S. Ltd**  
 Steven T. Kuhn, DDS  
 Dennis R. LaMonte, DDS, MS  
 10313 W Lincoln Highway  
 Frankfort, IL 60423-1280

### 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.

### Contact Information

Office (815) 806-1600  
 Fax (815) 806-1633  
 Email mail@drstevekuhn.com  
 Web site www.drstevekuhn.com

### Office Staff

Lorraine ..... Office Manager  
 Cheryl, Jackie, Laura... Dental Hygienists  
 Deb, Michele..... Financial Coordinators  
 Kimberly ..... Appointment Coordinator  
 Leah, Kim ..... Insurance Coordinators  
 Sylvia, Jenn, Aimee, Beth, Holly .....  
 ..... Treatment Coordinators



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](mailto:Imdrsteve@comcast.net).

## MEET "MOE"



As you walk in the door, you will find our new friend Moe in the tank with the "Big Fish". Moe is the awesome red fish with huge round eyes and a down turned mouth.

His real name is Big Eyed Squirrel Fish and he was probably born somewhere in Hawaii.

Moe may look like a tough guy with his spiny fins and constant frown, but he is actually a very peaceful fish. He enjoys dim places to hide and swim and actually prefers to eat at night. His favorite foods are brine shrimp and small worms. Fish like Moe can grow to be 9 inches long!

Next time you're in the office, be sure to find Moe and say HI!

### 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](http://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.

