

## Dental Care Information

The Center for Disease Control (CDC) tells us that although dental caries (tooth decay) is largely preventable, it remains the most common chronic disease of children aged 5 to 17 years—4 times more common than asthma (42% versus 9.5%).

Good dental care affects all ages, from the prenatal mom, to the senior citizen. Research studies have show that dental care and overall health go hand in hand.

Below we have compiled some information, along with NY State programs and initiatives, to help the community with questions they may have about dental care.

### Prenatal Moms and Dental Care

Studies have shown a correlation between gum disease and premature births or low-birth weight babies. Mothers can even pass on tooth decay causing germs to their babies.

To enhance overall pregnancy health, expecting moms should make sure to see a dentist.

### Children and Dental Care

Infants should see a dentist at the age of one as a preventive measure to dental problems.

One of the biggest issues is bottle tooth decay or nursing cavities. This happens when the baby has a bottle or is nursing at night or during a nap.

Children should be weaned from the bottle at 12-14 months of age. Encourage your baby to use a cup as much as possible when approaching their first birthday and especially when drinking juice.

Unless it is advised by your child's pediatric dentist, do not use fluoridated toothpaste until age 2-3 years. To clean your baby's teeth and gums, use a soft baby toothbrush, and gently rub the infants gums and any teeth with water.

### Adult and Senior Dental Care

Over the years there have been improvements with dental care, and adults and seniors are expected to keep their teeth longer than previous generations.

How do I Find a Dentist?

Check your local yellow pages, ask your family physician or you can click here to find a dentist in New York State.

Below is Information on NYS Initiatives/Programs:

-> Community Water Fluoridation

There are public water systems that provide fluoride in the drinking water. Children in communities with water fluoridation experienced 29% fewer cavities. To find out if your community water system provides fluoridation, click here.

Click here for the "What is Fluoride?" document

-> NY State School Fluoride Program: Ensuring a Lasting Smile

The Self-Applied Fluoride and Education Rinsing Program (SAFER) is a preventive serve that has been successfully implemented in many New York State schools for over 20 years. Participating children, age 6 and older, use 10ml or 5ml of 0.2% sodium fluoride solution, to rinse for one minute in the classroom.

Participating children too young to rinse and are in Head Start Programs or kindergarten chew a daily fluoride tablet or use daily fluoride drops for the prevention of tooth decay.

-> School-Based Sealant Programs

Children receiving dental sealants in school-based programs have 60% fewer new decayed pit and fissure surfaces in back teeth for up to 2 to 5 years after a single application. Among children, 90% of decay is in pits and fissures.

Check with your child's school to see if they offer a sealant program.

Contact Us

To receive more information, call or visit us at:

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