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# DAILY SMILE NEWS

THE DENTAL EXPRESSION NEWSLETTER

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## In This Issue:

- Happy 4th of July
- Tooth Decay in Children
- Coffee & Healthy Teeth
- Myth vs Fact
- Feature of the Month

We celebrate America's birthday on the Fourth of July every year. On July 4, 1776, we signed the Declaration of Independence and gave birth to the idea of the United States of America as an independent nation. The Fourth of July is also an occasion to come together with friends and family for barbeque and having lots of fun. Here at Dental Expression, we salute America and celebrate with a SMILE.



## Tooth Decay in Children

Tooth decay is a serious problem for everyone, especially children.

According to *Dentistry Today*, a new study suggests that tooth decay may push back growth in children. The study was conducted at University College London.

The research team wanted to explore the relationship between oral health and growth. They studied children between the ages 6 and 8. The children were rated on a scale according to the severity of their teeth.

After close research, the team concluded that there was in fact a relationship between low height/weight and a greater number of cavities. Children with severe decay had a higher chance of being underweight and shorter when compared to their peers.

Of course different demographics and other factors may yield different results. So, further research will need to be done. This still does not lessen the fact that we need to watch and be mindful of tooth decay in our children.

## Coffee & Healthy Teeth

There may be a newly discovered benefit to drinking coffee. According to *Dentistry Today*, studies at the Federal University in Rio de Janeiro suggest that regularly



drinking coffee keeps teeth healthy and clean. The caffeine helps to eliminate harmful bacteria and plaque by getting rid of a film of bacteria on the teeth. This may help to deter plaque growth.

This information is important because plaque is a top cause of gum disease and decay. Therefore, any substance that can battle plaque is very beneficial.

Despite the results, it is still not recommended to drink an outstanding amount of coffee. Consuming coffee can still stain teeth. When consumed with milk or sugar, the coffee may raise the risk of enamel erosion.

## MYTH vs FACT

**MYTH:** Grinding your teeth may lead to cavities.

**Fact:** You can over time, lose protective enamel which can leave your teeth susceptible to decay.

## MESSAGE CHAIR

Comfortable  
Waiting

