



# Wire to Wire

Newsletter for the Patients,  
Family and Friends of

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## Easter Treats & Tooth Decay

Easter is right around the corner and with it a plethora of sugary snacks and candies.

Even for your child's sugar holiday times exceptions are made. No leeway is given. Just remember you are enjoying those pastel baskets of chocolate goodness that are one of the most common causes of children and young adults, is fueled by an increase in sugars in the diet.



### What Exactly Causes Tooth Decay?

The start of the problem is plaque, that sticky deposit that lines the gum, edges of fillings and grooved surfaces of the teeth. Plaque is made up of food debris, saliva and the bacteria that is common in your mouth. If plaque is allowed to remain in the mouth it hardens, thus forming a substance called tartar. Both substances, tartar and plaque are filled with acids which over time dissolves the hard enamel coating that protects teeth. This eventually leads to holes or cavities. These cavities can grow very large destroying the tooth, killing the nerve and blood vessels of the tooth, and can even kill the tooth itself.

### How is Tooth Decay Prevented?

The best prevention is a clean mouth. Regular brushing and flossing prevent plaque build-up. Brushing twice a day is recommended. Use toothpaste with fluoride, which gives the teeth added protection. It is also a good idea to rinse out your mouth after eating sticky foods. Also, don't forget those regular dentist visits! It is recommended that you visit the dentist for a check up every six months to a year!

## fun facts

Each day, five million marshmallow chicks and bunnies are produced in preparation for Easter.

April's birth flowers are the Daisy & Sweet Pea

April's birthstone is the diamond.

The Queen of England, Queen Elizabeth II, celebrates her birthday on April 21st. She was born in 1926.

The Titanic sank on April 15, 1912.

Paul Revere made his famous ride in April of 1775.

# COLOR ME EASTER!

