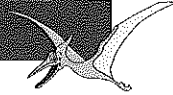


Glenn V. Hemberger, DDS, MS

Dental Speciality for Children and Teens



Pediatric dentists are the pediatricians of dentistry.

As the experts in dental development, pediatric dentists are uniquely qualified to assess your child's changing dental needs and protect your child's dental future.

Because we specialize, we make children feel special.

Kids feel welcome here. Our office is designed for children and the entire dental team likes children.

More sugar in food doesn't mean more cavities.

The cavity-causing bacteria in the mouth can't tell the difference between a small or a large amount of sugar. Low-sugar foods - milk, fruits, even vegetables - can start the tooth decay process.

Cooked starches cause tooth decay.

Cooked starches - potato chips, corn flakes, crackers, bread, pasta - have decay-causing power equal to sugars. Research today shows that almost every meal or snack can lead to acid attacks on your child's teeth.

Your child doesn't have to void sticky sweets.

How sticky a food feels when you chew it does not relate to how long that food remains in the mouth. A caramel feels sticky, but it clears the mouth in minutes. A potato chip doesn't feel sticky, but it can remain in the mouth for hours.

The frequency of snacking is more important than the type of snack.

We can choose snacks based upon nutritional value and our children's preferences, as long as we limit the number of snacks and encourage good oral hygiene.

Snack in moderation.

Your child may snack three to four times a day if he or she brushes at least twice a day with a fluoride toothpaste.

Some foods have anti-cavity power.

Certain cheeses do not promote tooth decay and can even help heal early injury to tooth enamel. Other "friendly foods" are chocolate, licorice and peanuts.

PLEASE SEE OTHER SIDE

Fluoride works right at the tooth's surface.

Tiny quantities of fluoride in saliva prevent tooth decay. Even better, fluoride actually heals tiny breaks in tooth enamel and cures small cavities.

Fill your "fluoride reservoir" to prevent tooth decay.

Because fluoride stays in the mouth for a relatively long time, it works to protect your child's teeth throughout the day. Brush twice a day, after breakfast and before bedtime, with an ADA-approved fluoride toothpaste.

Sealants help keep your child cavity-free.

Sealants protect the chewing surfaces of back teeth where four out of five cavities in children are found.

Early intervention can help prevent crowded teeth and bite problems.

As we watch children grow, we can identify malocclusion right away and actively intervene to guide the teeth as they emerge in the mouth. Many times, orthodontic treatment early on can prevent more extensive treatment later.

Your young athlete needs a mouth guard.

Mouth guards hold top priority as sports equipment. Tomorrow's Olympic stars should wear mouth guards anytime they are in an activity with possible falls, head contact or flying equipment.