



colorado kids

PEDIATRIC DENTISTRY

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Welcome!

The purpose of our newsletter is to provide our patients and their families with the latest news and updates in dental and oral health as well as any happenings in our offices!

We promise to give you only news you can use and we will keep it brief and informative.

Inside this edition:

- Spring sports and safety
- Tooth decay on the rise

Connect with CKPD!

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Play it Safe: Prevent Childhood Injuries on the Field with Simple Sports Safety Precautions

A child's mouth and face can be easily injured if the proper precautions are not used while playing sports. In fact, according to the Centers for Disease Control, more than half of the 7 million sports- and recreation-related injuries that occur each year are sustained by youth as young as 5 years-old. Last year, the National Youth Sports Safety Foundation (NYSSF) forecasted that more than 3 million teeth would be knocked out in youth sporting events. The NYSSF says that athletes who do

not wear mouth guards are 60 times more likely to sustain damage to their teeth. This raises a question: if mouth guards offer a simple and relatively inexpensive solution to help dramatically decrease the risk of oral injuries, why aren't more kids wearing them?

The simple answer is that children are not required to wear them though they are sometimes required to wear other protective equipment such as helmets and pads.

Mouth guards can be one of the least expensive pieces of protective equipment available. Not only do mouth guards save teeth, they help protect jaws. An effective mouth guard holds teeth in place, resists tearing and allows for normal speech and breathing. It should cover the teeth, and depending on the patient's bite, also the gums.

The doctors at CKPD urge parents/caregivers and coaches to protect young athletes as they head out this spring and offer these important tips:

- * Wear a mouth guard when playing contact sports. Mouth guards can help prevent injury to a person's jaw, mouth and teeth; and they are significantly less expensive than the cost to repair an injury. Dentists and dental specialists can make customized mouth guards.
- * Wear a helmet. Helmets absorb the energy of an impact and help prevent damage to the head.
- * Wear protective eyewear. Eyes are extremely vulnerable to damage, especially when playing sports.
- * Wear a face shield to avoid scratched or bruised skin. Hockey pucks, basketballs and racquetballs can cause severe facial damage at any age.

Are you a Coach?

Give us a call at 303-791-4400 and we will set you up with an on-field emergency kit which includes a "Save-a-tooth" container, cold compress, 2x2 gauze pads, a tooth box for lost primary teeth and emergency instructions.



Tooth Decay on the Rise

There has been a lot of buzz recently on the rise of tooth decay in preschoolers in the United States. We have some articles and videos on this very important subject on our Facebook page that we urge you to look at if you haven't already done so. The bottom line is that tooth decay is on the rise and the result is children are missing more days at school with dental



pain, children are having more cavities diagnosed at the dentist and, in a number of cases, the amount of dental decay is so significant the child must undergo general anesthesia at a hospital to have treatment! So why the increase in this completely preventable disease? There's several reasons that, when combined, can create a "perfect storm" for tooth decay. These include the inclusion of too many sugary snacks and juice or sports drink in the child's diet, combined with poor tooth-brushing habits at home topped off by the a lack of awareness that infants should, according to pediatric experts, visit a dentist by age 1 to be assessed for future cavity risk, even though they may have only a few teeth.

Did you know.....

Toothbrushing tools date back to 3500-3000 BC when the Babylonians and the Egyptians made a brush by fraying the end of a twig. Tombs of the ancient Egyptians have been found containing toothsticks alongside their owners. Around 1600BC, the Chinese developed "chewing sticks" which were made from aromatic tree twigs to freshen breath.

The first toothbrush of a more modern design was made by William Addis in England around 1780 – the handle was carved from cattle bone and the brush portion was made from swine bristles. In 1844, the first 3-row bristle brush was designed.

Drs. Fox and Norwood are once again
being recognized as a "Top Dentist" in **5280**
Look for them in the June issue!