



WEST METRO
PEDIATRIC DENTISTRY
DR. BRYAN SAVAGE
DR. JOSH JENKINS

ARVADA • GREENWOOD VILLAGE • CENTENNIAL

Fall 2013 Newsletter

 *The Latest Oral Health Information for You and Your Child!*

Wondering About Mouth Guards?

By Dr. Josh Jenkins

Professional boxers during the early 1900's were some of the first to recognize the importance of using mouth guards. These early mouth guards were often made out of a combination of tape, cotton, sponge, or small pieces of wood. The boxers would clench these between their teeth during the match, and complained of difficulty breath-

ing while wearing them. Can you imagine sending your child onto the field with a mouth guard like that?!

We have come a long way since the introduction of the mouth guard. Mouth guards have been repeatedly proven to help protect teeth, gums, bone, and most recently have been linked to aiding in concussion prevention. While there is little argument about the effectiveness of wearing a mouth guard, we often get the question: what type of mouth guard should my child wear?

There are three basic categories of mouth guards:

1. **Custom-fabricated** are made after taking a model of the teeth and adapting the material to the model. This type of mouth guard tends to be more precise, more secure, and provides the highest protection. We can make these mouth guards for children of all ages. Generally, we wait until

the front permanent teeth are present.

2. **Mouth-formed**, also known as "boil-and-bite." These are available at all sporting goods stores and vary greatly in their comfort, retention, protection, and cost. For younger children still losing many teeth, these can be a great option. When forming these at home it is important to make sure the mouth guard stays in place and they can breathe while wearing it.

3. **Stock** mouth guards are purchased over the counter and are designed to be used without modification. These mouth guards are held in place by clenching teeth together and make it difficult to communicate or breathe. This type of mouth guard is often reserved for children with certain types of orthodontic appliances.



**Interested in a custom-fabricated mouth guard?
Send us an email or give us a call for details!**

While we generally think of mouth guards for contact sports, we have seen many trauma cases from soccer, skate boarding, basketball, etc... It won't be possible to have your child wear a mouth guard all of the time, but we do recommend one for most sporting activities. Find a mouth guard that works and wear it. No chewing on them during games like LeBron! A well-fitting mouth guard will make all the difference in your child's willingness to wear it during activities.

Good luck with all of your sporting events, and remember you always have a fan base here at WMPD.

By the Numbers

- * Approximately 15 million children participate in organized sports in the United States.
- * Of that number, there is a 10% chance each season that they will suffer an orofacial injury.
- * Athletes are 60 times more likely to suffer damage to the mouth when not wearing protective mouth guards.

From the Massachusetts Dental Society's Grin and Wear It program website



Halloween Candy Buyback
November 1st, 3pm-5pm

OPERATION GRATITUDE
SENDING CARE PACKAGES TO OUR TROOPS

Who: West Metro Pediatric Dentistry patients and siblings

When: Friday, November 1st from 3:00pm-5:00pm

Where: Our Arvada Office and our Greenwood Village Office

What: Your child can bring in their Halloween candy and we will buy it back from them for \$1.00 per pound (up to 5 pounds)!

Then What?: We will be mailing care packages with candy and toothbrushes to the troops overseas.

Want to send something extra?: Ask your child to write a card or draw a picture to be included in the care package!

Teething Hurts! Frequently Asked Questions and Ideas for Comforting Your Baby

By Dr. Bryan Savage

Question: When do children start teething?

Dr. Bryan: Infants typically start to get their primary teeth between 4-12 months of age. These teeth continue to come in through 2-3 years old. Babies usually get their bottom two front teeth first, followed by their top two front teeth. Symptoms of teething can start several weeks before the teeth actually erupt.



Question: What symptoms are associated with teething?

Dr. Bryan: The most common symptoms of teething are irritability, excessive salivation or drooling, and some localized discomfort or gum swelling. A secondary side effect of excessive drooling are patches of irritated or dry skin on your child's chin

and/or cheeks.

Question: My child has a fever; isn't that a symptom as well?

Dr. Bryan: No, normally it isn't. Fever, diarrhea and rashes are often thought of as symptoms of teething but actually are not related.

Question: My baby seems uncomfortable—what can I do to help?

Dr. Bryan: Try wetting a washcloth and putting it in the freezer for a bit, and then letting your child suck or bite down on it. The cold will help reduce some of the gum inflammation and reduce the pain. Cold teething rings also work great, as well as rubbing his/her gums with your finger while applying light pressure. Sucking on foods like frozen bananas, bagels, or popsicles also seem to offer comfort.

Question: Okay, I tried all of that, but my child still seems to be having some trouble eating and sleeping. What else can I try?

Dr. Bryan: When a child is having trouble eating or sleeping from teething symptoms, try giving them the appropriate dose of children's ibuprofen or acetaminophen to help.

Question: What about teething tablets or topi-

cal gels?

Dr. Bryan: There are a number of homeopathic teething gels and tablets on the market that are thought to relieve pain. However, these products are not well-researched and not controlled in a way that is consistent with other medications you give your child. Some contain ingredients that can be potentially toxic to infants. Because of the unknown potential side effects, I would not recommend these products.

Question: My friend told me to try an amber necklace. Do they work?

Dr. Bryan: Amber necklaces are thought to release succinic acid, an acid that naturally occurs in the body. Supporters believe that this acid is a natural pain reliever. However, there is no research to support that succinic acid is actually released from amber and/or absorbed by the body. The real concern with these necklaces is that they are a choking/strangulation hazard. Because of that, I do not recommend these.

Preschool or Kindergarten Students? We Love to Visit!

Each year we visit over 2,000 preschool and kindergarten students in their classrooms to teach them about oral hygiene! We have such a great time doing this—we talk about healthy eating, great brushing and flossing habits, and going to the dentist. If you know a school that would be interested, send us an email at info@westmetrokidsdental.com!

West Metro Pediatric Dentistry

Dr. Bryan Savage

Dr. Josh Jenkins

Phone: (303) 422-3746

Email: info@westmetrokidsdental.com

Website: www.westmetrokidsdental.com

15530 W. 64th Avenue, Suite H, Arvada, CO 80007

5972 S. Holly Street, Greenwood Village, CO 80111

15454 E. Orchard Road, Centennial, CO 80016

Let Us Buy You a Coffee

We love meeting your friends and family—thanks so much for all of those great referrals! Remember, every time a family you referred comes to our office for new patient visits, we will send you a \$20 Starbucks Card! As the cold weather sets in, what a great treat for you...and you don't even have to share it with your kids—we won't tell!

On The Web

#BrushWithMe

Check out Delta Dental of Colorado's new website, brushwithme.com. You can get and share tips for brushing with your child, and vote on the ones you like the best!

In The News

5280 Magazine: Get Well: The April issue of 5280 Magazine printed a great article about talking about the overall health of Colorado's children, and some of the standout issues. <http://www.5280.com/magazine/2013/04/get-well?>

What Next?

What dental questions or concerns would you like to learn more about in the Winter edition of our newsletter? Email us at info@westmetrokidsdental.com and let us know!



Like us On Facebook!

As we continue to transition to the digital world, we are using Facebook to help build a community for our patient parents!

Check us out at

www.facebook.com/westmetrokidsdental

"Autumn, the year's last, loveliest smile." —William Cullen Bryant