



# Kidz Care Dental Group

June 2014

## MEET THE STAFF

## First Dental Visits are Important, Why?

By: Ariana Rivera

Most Parents don't know this, but visiting the dentist should happen as soon as your child gets their first tooth. In order to maintain healthy teeth and healthy smiles, children should visit the dentist from an early age.

A First visit is important in helping both parents and children understand the importance of Dental Hygiene. You and your children will learn new tips for brushing, flossing as well as dietary tips to prevent cavities and tooth decay at an early age.

### WHAT HAPPENS AT YOUR FIRST VISIT?

#### The check-up:



Healthy teeth and gums

Your dental professional will check for cavities and to see if there is plaque or tartar on your teeth. Plaque is a clear, sticky layer of bacteria. If it is not removed, it can harden and become tartar. You cannot remove tartar with brushing and flossing. If plaque and tartar build up on your teeth, they can cause oral diseases.



Plaque and tarter build up

Next, your gums will be checked. This will be done with a special tool to measure the spaces between your teeth and gums. With healthy gums, the spaces are shallow. When people have gum disease, the spaces may become deeper.

#### The cleaning:

Brushing and flossing help clean the plaque from your teeth, but you can't remove tartar at home. During the cleaning, your dental professional will use special tools to remove tartar.



After your teeth are cleaned, they may be polished with a special paste is used for this. It helps to remove any surface stains on your teeth.

The final step is flossing. Your dental professional will use floss to make sure the areas between your teeth are clean.

### WHAT SHOULD YOU DO BETWEEN VISITS?

Be sure to take care of your teeth and gums between regular dental visits. Plaque is always forming on your teeth, but you can get rid of it by brushing and flossing regularly. Here are some tips for good oral care at home:

- Brush your teeth at least twice a day. Be sure to use toothpaste that contains fluoride.
- Floss at least once a day.
- Use a mouth rinse to help get rid of plaque bacteria and freshen breath.
- Avoid sugary, sticky foods that cause cavities

**From the first visit, Patients will go home with new insight and children will feel better about future trips to the Dentist. It is suggested that Patients return to their dentist office in six months for a check-up or sooner if treatment is necessary.**

**Your first visit will determine if you and your family have found the right Dentist.**

Source: <http://www.dentalcare.com/en-US/dental-education/patient-education/regular-english.aspx>



### Dr. Tahir Paul

Dr. Tahir Paul has been in the dental practice for over 20 years. He earned his residency training and Masters in children's dentistry at the University of London. He also obtained fellowships in dentistry from the Royal Australasian College of Dental Surgery in Sydney, Australia, and then later from the Royal College of Surgeons in Edinburgh, Scotland. He was awarded a fellowship by the American Society of Dentistry for Children in recognition of his achievements and his ability to serve the needs of children.

In addition to his clinical experience, Dr. Paul published several articles and research papers about children's oral health and management of children with special needs. He has brought his expertise here to San Diego and has been serving the community since 2004. Dr. Paul is concurrently a staff member at Rady Children's Hospital of San Diego.

To stay abreast with the latest advancements in dentistry, Dr. Paul maintains memberships with American Academy of Pediatric Dentistry, California Society of Pediatric Dentistry, International Association of Pediatric Dentistry, American Dental Association, California Dental Association, and San Diego County Dental Society.

Away from the office, Dr. Paul enjoys playing golf, spending time with his wife and three children, and travelling all around the world. He has been to five out of seven continents! If Dr. Paul could be any animal in the office, he would be the Lion—the King of the Jungle.

## Fun Facts & Stats

By Breanne Reguly

### Elephants

An elephant has two upper molars and two lower molars. Its molars are one foot across and weigh about 9 pounds. Elephants don't chew their food, they grind it. After about 10 years of grinding down at least a hundred pounds of vegetation daily, their teeth are worn down to the gum line and they fall out. New teeth then reappear. An elephant may go through six sets of teeth in its lifetime.

- The average American spends 38.5 total days brushing their teeth over a lifetime
- The most valuable tooth belonged to Sir Isaac Newton. In 1816 one of his teeth was sold in London for \$3633, or in today's terms \$35,700. The tooth was set in a ring!
- Like fingerprints, everyone's tongue print is different
- Dogs have 42 teeth, cats have 30 teeth, pigs have 44 teeth, and an armadillo has 104 teeth.
- The Blue Whale is the largest mammal on earth, but it eats only tiny shrimp because it has no teeth.
- There are 10-12 teaspoons of sugar in a single can of soda.

Now some facts about the office...

- Our office is in Escondido, CA but upon entering the office one will discover a new-world, with Safari Themed rooms, animals everywhere!
- Kidz Care Dental Group opened in 2009
- Dr. Paul and his staff offer the best experience possible to our patients and their families, ALWAYS in EVERYWAY.
- More than half of our patients are existing patients from when our office first opened! This is one of many rewarding opportunities here at Kidz Care Dental.

### Cavity Free Club Winner!!! (May 2014)



Miyah Rehdeldt

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