

ORAL HEALTH NEWSLETTER



FALL 2015

FROM THE OFFICE OF DR. MICHAEL LEACH

Meet Fernanda Dental Assistant



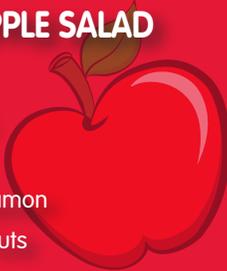
Fernanda is Dr. Leach's Assistant and has been with the practice for almost a year. She's certified in Dental Assisting and Expanded Duties. She loves working

with children and helping them have the best dental experience possible. Fernanda moved to Georgia from Monterrey, Mexico when she was 10 and grew up in the Towne Lake area. In her free time, she loves to spend time with her little sister and go shopping. Her favorite Disney movie is Tangled. You can find her in Las Vegas whenever she has vacation time as she enjoys the hot desert air and beautiful mountains.

RECIPE FOR APPLE SALAD

Ingredients

- 6 medium apples
- 1/2 cup raisins
- 1/2 teaspoon cinnamon
- 1/2 cup chopped nuts
- 1/4 cup white grape juice



How To Make It

Peel and chop the apples. Mix well and add the remaining ingredients.



My Child's Tooth Is Loose! What Should I Do?

Every child loves the tooth fairy. But as a parent, it can be tough to know the proper way to help your child when his or her primary tooth is ready to come out.

First, it helps to understand what's happening in your child's mouth. Children have 20 primary teeth, which are often referred to as "baby teeth." At about age 6, permanent teeth begin to push through the gums, and primary teeth become loose and fall out. By about age 13, your child will have most of his or her permanent teeth.

As the permanent teeth descend, the roots of the baby teeth are gradually dissolved, a process called resorption. So there's only a tiny amount of tissue holding them in place. As you may have noticed, children like to wiggle a loose tooth with their fingers or tongue. This may be all it takes to make the tooth fall out.

If a baby tooth is only slightly loose, you should leave it alone until more of the root dissolves. If a tooth is very loose but won't come out, you can help your child pull it out. Using a tissue or a piece of gauze, grasp the tooth firmly. As you pull, give it a quick twist.

Sometimes small fragments of root that weren't completely dissolved break off and remain in the tissue. These fragments usually work their way out over time. If the remaining piece causes swelling, redness, or pain, contact your pediatric dentist.

Finally, if you or your child aren't able to remove the loose tooth, call your child's pediatric dentist. The dentist may suggest coming in so it can be extracted

"Tooth Eruption: The Primary Teeth." American Dental Association, January 2006. www.ada.org/sections/scienceAndResearch/pdfs/patient_56.pdf Accessed 2013

"When Children Begin To Lose Their Baby Teeth." American Academy of Pediatrics. www.healthychildren.org/english/healthy-living/oral-health/Pages/When-Children-Begin-to-Lose-their-Baby-Teeth.aspx Accessed 2013.

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