

Dental Sealants Save Teeth!

What are dental sealants?

- Dental Sealants are tooth-colored coatings that fill in the grooves of back teeth (molars).
- Most tooth decay in children occurs in the molar teeth.
- Sealants keep out food and germs that cause cavities.

Before Dental Sealant



Food and germs become trapped in grooves and pits.

Which teeth should be sealed?

The chewing surfaces of the molars should be sealed. These are teeth that get the most cavities.

After Dental Sealant



Grooves and pits are sealed off so food and germs cannot cause cavities in the molars.

How are sealants put on the back teeth?

- Teeth that need dental sealants are cleaned.
- The sealant material is painted on the tooth and quickly hardens.
- Applying sealants is painless and takes only a few minutes.

When should my child receive sealants?

Sealants provide the most protection when applied soon after permanent molars come into the mouth (around age 6 for 1st molars and age 12 for 2nd molars). Although it could be sooner or later than those ages.

How long will sealants last?

Research shows that dental sealants can last for many years, and will protect your child's teeth through their most cavity prone years. Once sealants are placed on the chewing surfaces of the back teeth, they will be rechecked during dental visits, and more sealant will be applied if it is missing.



HOW CAN TOOTH DECAY BE PREVENTED?

1. Brush and floss daily.
2. Drink fluoridated water and use fluoride toothpaste.
3. Have dental sealants applied.
4. Eat a well balanced diet and avoid sugary and sticky foods.
5. Visit the dentist regularly.



HEALTHY TEETH HELP CHILDREN:

- Do better in school and miss less days of school.
- Stay healthier and have less sick days.
- Have shiny smiles, which makes them feel good about themselves.



HOW CAN YOU GET DENTAL SEALANTS?

Ask your dentist about getting dental sealants.

For additional information on dental sealants, visit www.vibesolano.com

Source: Michigan Oral Health Program



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Fluoride Varnish

What Parents Need to Know



What is fluoride varnish?

- Fluoride varnish is a coating that can be applied to the teeth to help prevent tooth decay.

What are the benefits of fluoride varnish?

- It makes the tooth surface stronger. If there are signs of early tooth decay, it can help repair the tooth.



Is it safe?

- It is safe for children and babies.

How can my child get fluoride varnish?

- Your child can get fluoride varnish at the dentist's office, or in some school, community, or medical places.
- Fluoride varnish can be applied 2 to 4 times a year.

Be sure to ask your doctor, nurse, dentist, or dental hygienist about what you can do to prevent your child from getting cavities.

Source: www.ada.org

1. Place the bristles of the toothbrush where the gums and teeth meet. Gently brush in small circles, and then sweep away from the gum. Repeat method to all outside (cheek side) surfaces.



2. Brush the inside (tongue side) surfaces using the same method.



3. To clean the inside surface of the front teeth, tilt the toothbrush vertically and sweep away from the gum.



4. Scrub the top (chewing) surfaces back and forth.

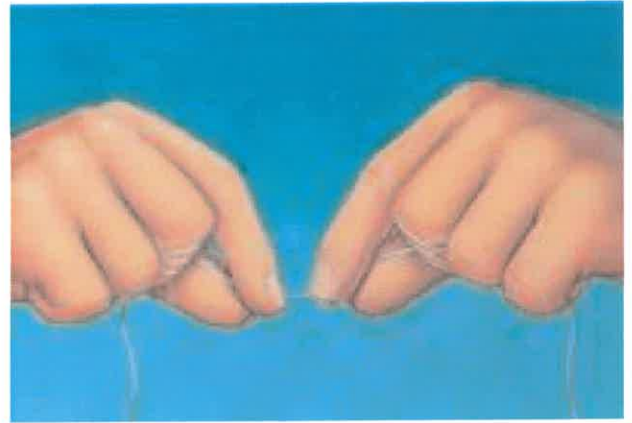


5. Brush your tongue gently from back to front.

Flossing Method

1. Measure and cut a piece of floss equal to the distance of your hand to your elbow. Wrap the floss three times around the tip of the middle finger and the remaining floss around the opposite middle finger.

2. Use the index finger or the thumb to guide and slide the floss between your teeth.



3. Gently insert the floss between the teeth by moving it back and forth in a see-saw motion. Do not press down hard, you may cut the gum.



4. Create a "C" shape with the floss by curving it around the tooth. Gently move the floss up and down the surface of the tooth, and then reverse the C-shape to repeat the process with the neighboring tooth.



Medi-Cal Has Dental Covered

As a Medi-Cal member, your benefits and your child's benefits include dental coverage. See the chart below for an overview of the dental care that is covered by Medi-Cal.



SERVICES	BABIES	KIDS	TEENS	PREGNANCY	ADULTS	SENIORS
Exam*	✓	✓	✓	✓	✓	✓
X-rays	✓	✓	✓	✓	✓	✓
Teeth cleaning	✓	✓	✓	✓	✓	✓
Fluoride varnish	✓	✓	✓	✓	✓	✓
Fillings	✓	✓	✓	✓	✓	✓
Tooth removal	✓	✓	✓	✓	✓	✓
Emergency services	✓	✓	✓	✓	✓	✓
Sedation	✓	✓	✓		✓	✓
Molar sealants**		✓	✓			
Root canals		✓	✓	✓	✓	✓
Orthodontics (braces)***			✓			
Crowns****			✓	✓	✓	✓
Partial and full dentures			✓	✓	✓	✓
Denture relines			✓	✓	✓	✓
Scaling and root planing			✓	✓	✓	✓

*Free or low-cost check-ups every six months for members under the age of 21, every 12 months for members over the age of 21.

**Permanent molar sealants are covered for kids and teens up to age 21.

***For those who qualify.

****Crowns on molars or premolars (back teeth) may be covered in some cases.

BABIES

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are critical to your child's health and development. They help him or her chew, speak and smile.

KIDS

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist for molar sealants to help protect your child's molars from cavities.

TEENS

Eating sugary foods and drinks, as teens often do, puts them at a higher risk for gum disease and tooth decay. Teenagers who continue to get regular check-ups ensure good oral health well into adulthood.

PREGNANCY

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 12 months after the birth of your baby.

ADULTS

As you age, taking care of your health becomes more important. Regular dental visits keep your gums and teeth strong, and help with your overall health.

SENIORS

Older adults are prone to gum disease and other oral health problems. You can lower your risk by brushing twice a day, flossing every day, and seeing your dentist regularly.

Learn about your dental benefit and find a Medi-Cal dentist near you at SmileCalifornia.org or by calling **1-800-322-6384**. With Medi-Cal Dental, your visit is free or low-cost. Schedule your appointment today!

SmileCalifornia.org | 1-800-322-6384



TOOTHY TIPS FOR PARENTS



Did you know that healthy baby teeth make way for healthy permanent teeth? Help your children keep their smiles strong and healthy for a lifetime by building good oral health habits now.

- **Brush twice a day.** As soon as your child's first tooth appears, help them brush twice a day, in the morning and at bedtime. You should continue brushing your child's teeth until you are sure they can brush on their own. Once your child can brush on their own, you should continue to supervise, reminding them to use good brushing techniques.
- **Floss daily.** Help your child floss between their teeth as soon as they have two teeth that touch.
- **See the dentist twice a year.** Children under the age of 21 should see the dentist for a cleaning and check-up every six months. If your child doesn't have a dentist, visit SmileCalifornia.org and click on the Find A Dentist button to find a dentist near you.
- **Choose healthy foods and drinks.** A balanced diet is an important part of keeping your teeth and gums healthy. Help your child make healthier food choices. Be sure to limit sugary snacks and drinks, like juice and candy.

Remember, children learn by watching their parents. Be a good oral health role model by taking good care of your own teeth and gums!

Good Oral Health Through the Years

Babies

Your child's first dental visit should take place after their first tooth appears, but no later than their first birthday. Baby teeth are critical to your child's health and development. Kids can get cavities as early as age two, so visit the dentist as soon as possible.

Kids

Children start to lose their baby teeth as early as five years old. This is when their permanent teeth begin to grow in. Ask the dentist about sealants to help protect your child's back teeth from cavities. Sealants are clear, protective coatings that are quick and painless.

Teens

Continuing to eat sugary foods and drinks as teens can put them at a higher risk for tooth decay. Teenagers who get regular dental check-ups maintain good oral health well into adulthood. Keeping a travel-size toothbrush in a locker or backpack to brush after meals can also help reduce the risk of cavities and keep teeth bright — a boost to any teen's self-esteem.

Pregnancy

Good oral health care helps prevent problems during pregnancy. As a Medi-Cal member, you are covered during pregnancy and 12 months after the birth of your baby. Regular brushing and flossing, eating a balanced diet and visiting your dentist regularly, will help reduce dental problems that may accompany pregnancy.



























Parents, California law, Education Code Section 49452.8, requires that your child have an oral health assessment (dental check-up) by

May 31 in either kindergarten or first grade, whichever is his or her first year in public school.

Assessments that have happened within the 12 months before your child enters school also meet this requirement. The law specifies that the assessment must be done by a licensed dentist or other licensed or registered dental health professional.



Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 Soda 227 calories 20 fl. oz.	14 tsp 	49 min. 
 Sports Drink 125 calories 20 fl. oz.	9 tsp 	27 min. 
 Energy Drink 240 calories 16 fl. oz.	15 tsp 	52 min. 
 Juice Drink 305 calories 20 fl. oz.	17 tsp 	66 min. 
 Fruit-flavored Soda 165 calories 12.5 fl. oz.	11 tsp 	36 min. 
 Vitamin-added Water 125 calories 20 fl. oz.	8 tsp 	27 min. 
 Sweetened Tea 213 calories 20 fl. oz.	14 tsp 	46 min. 
 Water 0 calories 20 fl. oz.	0 tsp 	0 min. 

Note: Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4, Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm>. Accessed May 15, 2012.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.



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Snack Ideas



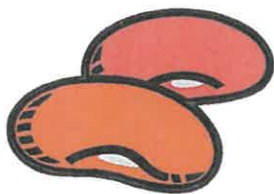
Spoon-A-Snack

Applesauce
Cottage Cheese
Yogurt
Custard
Egg Salad
Tuna Salad
Carrot and Raisin Salad



Bake-A-Snack

Vegetable or Cheese
Pizza
Fruit Muffin
Baked Apple
Tortilla and Cheese



Crunch-A-Snack

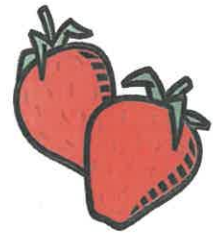
Cauliflower
Pepper Strips
Radishes
Bean Sprouts
Sunflower Seeds
Toasted Pumpkin Seeds
Roasted Soy Beans
Whole Wheat Crackers
Unsweetened Cereal

Slice-A-Snack

Mushroom
Carrot
Pineapple
Melon
Cheese
Persimmon
Banana
Watermelon
Tomato

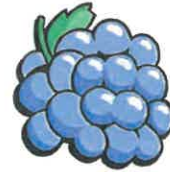
Create-A-Snack

Fruit and Cheese Kabobs
Peanut Butter Rolled in Lettuce Leaves
Celery Stuffed with Cream Cheese
Cucumber or Zucchini Rings with
Cottage Cheese Dip
Deviled Eggs
Banana Chunks Rolled in Wheat Germ
Tuna on Rye Crisp
Refried Beans on Corn Tortillas



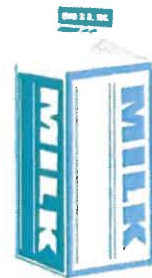
Munch-A-Snack

Apples
Peaches
Plums
Grapes
Strawberries
Pears
Apricots
Cherries
Oranges



Drink-A-Snack

Milk
Tomato Juice
Water
Unsweetened Fruit Juice



Be sure that your child can chew and swallow nuts and skins of fruits before offering snacks of this type