

ORAL HEALTH NEWSLETTER



SPRING 2015

FROM THE OFFICE OF DR. MICHAEL LEACH

Meet Laurie Front Office



Laurie located with her family to Dahlonaga six years ago from Florida. She grew up in Ohio and Florida. She has been married for 17 years and has two sons. She has been with the practice for almost two years

and in the dental office profession for 13 years. Laurie loves to thrift shop and watch movies with her family.

RECIPE FOR STRAWBERRY TWISTS

Ingredients

- 1 cup sliced fresh strawberries
- 1 cup sugar
- 1/4 cup fresh lemon juice
- 1 (17.3-ounce) box (2 sheets) frozen puff pastry, thawed
- Powdered sugar, for garnish

Helpful Tip

You may sub 1/3 cup store-bought strawberry jam

How To Make It

Combine strawberries, sugar, and lemon juice in a small saucepan over medium heat. Mash mixture with a potato masher until the berries are softened and sugar is dissolved.

Increase heat to high, and bring the mixture to a full rolling boil. Boil, stirring often to prevent mixture from sticking to pan, until thick, about 5 minutes. Cool to room temperature.

Place one sheet of puff pastry onto a lightly floured, movable, flat surface, such as a lightweight cutting board. Lightly dust surface of pastry with flour and roll to smooth creases.

Spread pastry sheet with 1/3 cup of the strawberry mixture. (Refrigerate any remaining strawberry mixture for up to 5 days.)

Roll the second sheet of puff pastry on a lightly floured surface to smooth creases; place on top of first sheet and press down gently.

Place filled puff pastry in refrigerator for 15 minutes.

Preheat oven to 400°F. Line a baking sheet with parchment paper or a nonstick silicone mat.

Using a ruler as a guide, cut into pastry into 1 1/2-inch strips. Carefully pick up strips and place on baking sheets, twisting 3 times before laying down.

Bake 20 to 22 minutes, or until puffed and golden brown. Cool 10 minutes and finish with a dusting of powdered sugar.



Why Baby Teeth are Important

Baby teeth, or "Primary teeth" may be small, but they're extremely important for your child's oral health and development. This first set of teeth begin to develop beneath the gums during the second trimester of pregnancy, and teeth begin to emerge above the gums approximately four to six months after birth. Typically, preschool aged kids have a complete set of 20 baby teeth, including four molars on each arch. While the front four teeth last until 6-7 years of age, the back teeth (cuspids and molars) aren't replaced until age 10-13.

Speech Development – Learning to speak clearly is crucial for cognitive, social, and emotional development. The proper positioning of primary teeth facilitates correct syllable pronunciation and prevents the tongue from straying during speech formation.

Eating & nutrition – Healthy primary teeth promote proper chewing and can facilitate more nutritious eating. Digestion of many foods begins in the mouth. The process of chewing helps to break food down into digestible sizes. If your child has pain in his or her mouth because of cavities, sores, loose teeth or sore gums, they may only choose to eat foods, which are of the least disturbance to their mouth, possibly eliminating many healthy foods from the diet. A child whose diet consists of great variation of textures of foods gets stimulation and exercise for the gums and cleansing action for the teeth. Chewing also permits normal development of the jaw bones and muscles.

Self-confidence – Even very young children can be quick to point out ugly teeth and crooked smiles. Taking good care of primary teeth can make social interactions more pleasant, reduce the risk of bad breath, and promote confident smiles and positive social interactions.

Straighter smiles – One of the major functions of primary teeth is to hold an appropriate amount of space for developing adult teeth. In addition, these "spacers" facilitate the proper alignment of adult teeth and also promote jaw development. Left untreated, missing primary teeth cause the remaining teeth to shift and fill spaces improperly. For this reason, pediatric dentists often recommend space-maintaining devices. Having healthy baby teeth now can help your child have a straighter smile in the future.

Excellent oral health – Proper hygiene by brushing, flossing and professional cleaning of primary teeth is essential for the development of healthy permanent teeth. Decay and neglected cavities can affect the development of permanent teeth and lead to other problems such as pain and infection which can affect the developing permanent teeth.

Badly decayed primary teeth can promote the onset of childhood periodontal disease. As a result of this condition, oral bacteria invade and erode gums, ligaments, and eventually bone. If left untreated, primary teeth can drop out completely – causing health and spacing problems for emerging permanent teeth. It is definitely healthier, less painful and much less expensive to care for primary teeth.

If you have questions or concerns about primary teeth, please contact us.

Our Most Recent Contest Winners



Tommy - winner of tickets to College Football Hall of



Alexandra - winner of ipad mini

4895 Windward Pkwy, Suite 201 • Alpharetta, GA 30004 • (770) 521-8855
www.thekidstoothdoc.com