

# Dr. Kelsey's Tooth Treats



## ★★Tooth Decay Facts★★

- Most common chronic disease of childhood.
- 25 million children/adolescents account for 80% of tooth decay.
- Almost 53 million school hours are missed annually because of oral problems.
- Children as young as one year old experience untreated dental cavities.
- The greater the amount of time food remains in the mouth, the greater the chance for decay.

## 5 Things to do to Extend Your Life!

1. Have a best friend or pet.
2. Exercise at least three times a day.
3. Drink eight glasses of water a day.
4. Avoid too much sun.
5. Have a dental checkup twice a year.

## Sports Drinks vs. Energy Drinks

Sports drinks, such as Gatorade and PowerAde have a specific role for young athletes engaged in prolonged vigorous activity and can be safely used in that context. However they do contain large amounts of sugar and contribute to childhood obesity and tooth decay if used in excess.

Energy drinks, such as Monster Energy and Red Bull contain stimulants and high doses of caffeine. The dose of caffeine they deliver is both potentially dangerous and unnecessary for children and teens.

The damage to tooth enamel is evident after only five days of steady consumption of either, although energy drinks have a significantly greater potential to damage teeth than sports drinks. Damage to tooth enamel is irreversible, and without the protection of enamel, teeth become overly sensitive, prone to cavities, and leads to decay.

Parents are advised to monitor their children and teen's use of sports and energy drinks and provide water as an alternative.

A tooth that has been knocked out starts to die within 15 minutes, but if you put it in milk or hold it in your mouth, it will survive longer.

## COKE

- \*Use Coke to remove erosion from car batteries.
- \*Pour Coke over a rusted bolt for easy removal of the bolt.
- \*A T-bone steak will disappear in 2 days when placed in a bowl of Coke.
- \*Use coke to remove road haze from windshields.
- \*Coca-Cola distributors have been using their product to clean the engines of their trucks for about 30 years.