



DENTAL DEVELOPMENTS

SPRING/SUMMER 2012

DENTAL CARE FOR KIDS—FAQ'S

6443 W. 10th St
Suite 204
Indianapolis, IN
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317-247-9512
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Dr. Brent Barta
General Dentistry

Dr. Mark Lewis
General Dentistry

Dr. Jay Bowling
General Dentistry

Dr. Misti Langmaack
Children's Dentistry

Dr. Edmund Rapp
Endodontics

Dr. Robert Hindman
Periodontics

Dr. Peter Chapman
Orthodontics

Office Hours

Monday: 9am-6pm

Tuesday: 7:30am-4:30pm

Wednesday: 7:30am-4:30pm

Thursday: 9am-6pm

Friday: 8am-2pm

We are open 1 Saturday a month for our adult patients & 1 Saturday a month for children's appointments.

As children grow from toddlers to teens, their dental care needs continue to evolve. Between contact sports, sugar-laden sweets and sodas, how can you protect their teeth and preserve their smiles? Here are some rules of thumb for concerned parents from the Academy of General Dentistry:

At what age should my child see a dentist?

The general rule is 6 months after the eruption of the first tooth. Some children might require a bit more time to be comfortable. If an area of concern is noticed, then your child should see Dr. Misti in our children's department as soon as possible. The AAPD recommends that your child see the dentist by age one.

Why is it important to fix baby teeth that have decay? Aren't they just going to come out anyway?

It is very important to maintain the baby teeth because these teeth hold space for the future eruption of the adult teeth. If a baby tooth decays or is removed too early, the necessary space for the adult tooth is lost and

can only be regained through orthodontic treatment. Premature loss of baby teeth decreases overall functionality and can result in shifting and crowding, therefore making orthodontics that much more of a necessity. Infected baby teeth can cause the adult teeth to develop improperly resulting in stains, pits, and weaker teeth.



New patient, Amara, is all smiles after her first dental check-up.

When will my child lose his/her baby teeth?

Children usually begin losing their teeth between the ages of 4-6. They will usually lose their front teeth first. Children continue to lose baby teeth until the age of 12 or 13 when all of the adult teeth finally erupt.

When does thumb-sucking become damaging to teeth?

Generally, if your child has stopped sucking his/her thumb by age 6, there is no permanent damage. If your child is a vigorous and constant thumb sucker, however, there can be moderate to severe movement of the teeth and prevention of normal bone growth.

What should I do if my child's tooth gets knocked out?

If the tooth is an adult tooth, time is extremely crucial. Immediately rinse the tooth with water, but do not scrub it, and then place the tooth back in the socket. Don't worry about getting it straight or having it turned backwards, just get it in the socket and immediately call our office. If you are uncomfortable placing the tooth in the socket, put it in a *glass of milk* and get your child to our office as quickly as possible. If the tooth is a baby tooth, do not put the tooth in the socket because it could cause damage to the adult tooth. When in doubt, put the tooth in milk and see one of our dentists immediately.

COMMUNITY CORNER

West 10th Dental Group was proud to participate in directly to the victims, along with 100% of the proceeds from the event.

"Zumbathon", held on Sunday, March 25th. 12 Zumba instructors, and individuals from all over the city, came together to shake a tail feather and raise money for the Tornado Victims in Southern Indiana. In addition to raising money, the event also collected non-perishable food and hygiene items. West 10th Dental Group donated 300 toothbrushes and tubes of toothpaste which went



For the 3rd year in a row, West 10th Dental Group will also be participating in the 2012 Race for the Cure. The "Dental Divas" will be walking to show their support for friends, family, co-workers, and patients who have fought, survived, or been taken by breast cancer. You too can show your support by registering for the walk taking place in Downtown Indianapolis on April 21st.

Visit our website: www.west10thdentalgroup.com





New Additions!

EARTH DAY—APRIL 22ND

Congratulations to 3 members of our West 10th Dental Group family who recently added new additions to their families!

Children's hygienist Melissa Wood, gave birth to her son, Tate Kilgore, on January 25th.



Brittany Washington, Hygiene Assistant, welcomed her son, Tyson Terrell, on March 2nd.



And last, but certainly not least, Dental Assistant Rachel Spear delivered her daughter (finally a girl!), Braelyn Danielle, on March 23rd.



Babies and Moms are all doing well. Congratulations ladies!!!

In an effort to maintain a clean and healthy environment, and the beauty of our great city, West 10th Dental Group is also partnering with Keep Indianapolis Beautiful, Inc. on the Great Indy Clean-Up. As part of our efforts to help clean-up the city of Indianapolis, we will be volunteering at Rosalie Park on Indy's Westside, April 7th. The project will include trash pick-up, replacing benches, adding new plants, and many other improvements. Be sure to check out the before and after pictures on our Facebook page!

We're looking forward to partnering with KIBI on future projects to not only keep Indianapolis clean, but also to educate ourselves and our patients on easy ways to **Go Green**. In addition to recycling and using compact fluorescent light bulbs, here are a few more tips to get started:

Don't Rinse—Skip rinsing your plates before putting them into the dishwasher. In average you will save 15 gallons of water per load. Plus, you will save time.

Hang Outside to Dry—Get a clothes line or rack to dry your cloths. Your cloths will last longer and you will save money.

Use Both Sides of Paper— If you have a printer with a double sided print option, *use it*. You will save half of the amount of paper you would have normally used. Then when you're done, take it to the recycle bin.

Turn the Water Off When You Brush— Your parents always said it—You will save 4 gallons of water doing this alone.

Turn Down Your Thermostat— Every degree lower in the winter or higher in the summer you set it can decrease your energy bill by 1-3%

Go Online— Use online directories instead of getting a paper phone book. Request online statements from your bank, and pay bills online. You can also receive your West 10th Dental Group statements online— ask us how! Remember when you are finished with your computer, instead of leaving it in sleep mode, power it all the way down.

Inflate your Tires— If your tires are inflated at all times your car will run more miles on less gas.

Plant a Tree— It's good for the air, can keep you cool, and can increase your property value.

Buy Local Produce— Consider how much energy it takes for produce from other states and countries to come here. If you have the option to buy local, do it.

Share your Green Tips with us on our Facebook page!

STAFF FAVORITES— SHANNON'S EASY FRUIT PIZZA

Ingredients:

- 1 package sugar cookie dough
- 1 8 oz package cream cheese
- 1/3 cup sugar
- 1 tsp Real Vanilla Extract
- Fresh, sliced fruit of your choice (Kiwis, strawberries, and blueberries make a great combination!)



This sweet, delicious pizza is a perfect addition to an Easter or Mother's Day brunch. For a thicker crust, use 2 tubes of cookie dough, but leave plenty of room on your tray for the dough to expand.

Directions:

Smooth cookie dough evenly onto a well greased pan or tray. Bake at 375 for 10-14 minutes until lightly browned. With a hand blender, blend cream cheese, sugar and vanilla into a smooth consistency. Keep cool until ready to use. Once the cookie crust is cool, frost with the cream cheese mixture. Top with sliced fruit in your desired pattern and refrigerate until ready to eat!