

DENTAL DEVELOPMENTS
WINTER/SPRING 2013

TAKING THE FEAR OUT OF GOING TO THE DENTIST

**6443 W. 10th St
 Suite 204
 Indianapolis, IN
 46214
 317-247-9512
 317-484-6393 (fax)**

- Dr. Brent Barta**
General Dentistry
- Dr. Jay Bowling**
General Dentistry
- Dr. Edmund Rapp**
Endodontics
- Dr. Robert Hindman**
Periodontics
- Dr. Laura Juntgen**
Pediatrics
- Dr. Katherine Nichols**
Pediatrics
- Dr. Peter Chapman**
Orthodontics
- Dr. Christopher Howard**
Oral Surgery

Office Hours

- Monday: 9am-6pm**
- Tuesday: 7:30am-4:30pm**
- Wednesday: 7:30am-4:30pm**
- Thursday: 9am-6pm**
- Friday: 8am-2pm**
- Saturdays: 8am-2pm**
(2nd & 3rd Saturday each month)

It's very common for children to be afraid of the dentist. Some are afraid of being separated from their parents, others fear the unknown or the loud noises of the instruments, while others are afraid their procedure will hurt. Whatever the reason, dental fears in children are not only common, but perfectly normal. Parents and dentists play an important role in easing children's dental fears and making their dental appointments a pleasant experience.

West 10th Dental Group takes children's fears of the dentist very seriously, and we offer many solutions to make visits to our office enjoyable for both children and their parents.

Our pediatric department is staffed with 2 pediatric dentists, Dr. Laura Juntgen and Dr. Katie Nichols.

Many people ask what the difference is between a pediatric dentist and a general dentist. Pediatric dentists have at least 2 additional years of training after becoming a general dentist. This specific training provides a variety of behavior management and pharmaceutical techniques to provide quality care for children.

In addition to our children's play area and kid friendly treatment rooms, our practice also provides the option of sedation dentistry. There are three types of sedation we offer—office based anesthesia, oral sedation and nitrous oxide.

Most dental treatment can be completed with the use of nitrous oxide. The child breathes the nitrous

through our "super hero mask". The nitrous oxide allows the child to relax, and they are given the opportunity to choose which scent he or she prefers to smell during treatment.

With office based anesthesia, the child goes to "sleep" and all treatment is completed in one visit. This allows for a positive experience because the child has little or no recollection of being treated. Office based anesthesia is much more affordable



Our pediatric team:

Back row from left, Dr. Laura Juntgen, Dr. Katie Nichols and Jessica Hicks. Front row from left, Brandi Ison, Nicole Denney, and Robyn Brinker

than having the treatment completed at a hospital. Plus, your child is in an already familiar setting, and our pediatric team makes the sedation process easy so your child isn't scared.

With oral sedation, your child is awake, but relaxed. From a cost perspective, this option is significantly less than going to the hospital or than having IV sedation.

Our pediatric department provides a very kid-friendly environment, and our pediatric team takes great pride in helping children have a positive dental experience. At the end of each appointment, children are given a

prize and a sugar-free popsicle as a reward!

While West 10th Dental Group strives to make our child patients as comfortable as possible, there are also many ways parents can help ease their children's fears. Talk to your children about their visits, but limit the amount of details given. Let the dentist answer more complex and detailed questions. Avoid using words like "hurt", "shot", or "pain", etc. and don't share unpleasant dental experiences you've had. Remember to stress to your child how important it is to maintain healthy teeth and gums, and that the dentist is their friend!

Of course, taking steps to prevent dental decay is perhaps the easiest way to avoid traumatic treatment experiences for your children.

According to a survey by the Ad Council, less than half of parents in the US report that their child brushes their teeth twice a day or more. And 60% of parents with children under the age of 12 report that they do not regularly help their children brush or check to see if they did a good job. Teaching your children that it takes just 2 minutes, twice a day to brush their teeth, can help them maintain a healthy mouth and prevent future oral issues.

A new website, 2min2x.org, provides entertaining videos and music from Cartoon Network and My Kazoo! (all 2 minutes in length) for parents and children to watch while they are brushing their teeth. Making this a part of your child's daily routine can be a major step in helping to prevent future mouth disease.



WINTERIZE YOUR BODY



Skiing, sledding and snow boarding are a few great ways to enjoy some sun and elevate your mood this winter.

When winter hits each year, some people act as if the frigid temperatures, the illnesses and winter blahs are something new and unexpected. This year, be prepared to stay fit and healthy by “winterizing” your body.

Seasonal affective health disorders are most commonly caused by the lack of sunlight due to the shorter days of the season. A dawn simulator is a great way to add light to winter days, and can typically be found at a reasonable price. If you prefer a more natural approach, keep your blinds open and let in some of that Indiana sun. If your lunch hour is sunny, take a brisk walk rather and sit and load up with a big lunch. Outdoor activities can be limited this time of year, but Indy has several great trails that you can walk, bike, or jog during cold weather. And skiing and sledding hills provide a great winter opportunity to have some fun in the sun.

Diet and hydration are key elements to staying healthy in the cold weather. Fish is a key resource for vitamin D and Vitamin A, along with seasonal fruits

and vegetables. Supplementing your meals with a good vitamin program can help replenish your body with what winter can take away. Drinking plenty of water will keep your skin and mucus membranes hydrated, which can become dry with the lower humidity levels of the season. A single room or whole house humidifier is a great addition to your home to not only add moisture, but to also decrease the chances of contracting an airborne illness. Preparing for the season and caring for yourself will go a long way towards making winter more bearable. Plenty of sleep, vitamin supplements, exposure to sunlight and fresh air will help boost your mood. Whatever it takes, resist the urge to hole up for the winter. Hibernating is for bears!



How much is your child's smile worth??

According to a recent national survey conducted by Visa, the average amount the tooth fairy pays for a kiddy cuspid is \$3.

February is National Children's Dental Health Month—encourage your kids to stay out of the Valentine's Day chocolates by telling them they can earn even more cash for clean, cavity-free chompers.



COMMUNITY CORNER

West 10th Dental Group was happy to work with the Lord's Pantry this past Christmas season to provide gifts for the Esteban family. We are excited to continue our support of the Women Like Us Foundation by providing dental supplies for their upcoming mission trips to India and Costa Rica in February.

STAFF FAVORITES— JUDY'S CHICKEN AND STUFFING

Warm up this winter with this rich and hearty dish, courtesy of our hygienist, Judy Clark. Try it served with rice or egg noodles—Delicious!

Ingredients:

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 1 10.75 oz can condensed cream of chicken soup
- 1/4 cup milk
- 1 8 oz package dry stuffing
- 1/2 cup melted butter



Make this “comfort food” dish for your family's next dinner on a chilly winter evening.

Directions:

Preheat oven to 350 degrees. Lightly grease a 9x13 baking dish.

Arrange chicken breasts in the baking dish and top each with a slice of Swiss cheese. Combine cream of chicken soup and milk in a medium bowl, and pour over chicken breasts. Sprinkle with stuffing mix, then pour melted butter over the top.

Cover with foil and bake for 50 minutes, or until chicken is no longer pink and juices run clear.

Makes 6 servings