



## We've Got A Bug For Spring!

Next month when you are in the office guess how many creepy crawly insects are in the jar?? You could be the winner of a \$50 giftcard to Target.



### Why Sonicare for Kids?

Sonicare is the #1 power toothbrush brand.

\*Sonicare for kids is designed especially for children ages 4 -10. Sonicare utilizes the same technology as other models, only with features and power levels that are kid-friendly.

\*Sonicare for Kids helps to build good brushing habits at an early age, leading to a lifetime of excellent oral health.

\*Sonicare removes *significantly* more plaque than a children's manual toothbrush or a Crest Spin Brush.

\*Studies also show that children brushed much longer than with a manual toothbrush. The "kidtimer" helps kids reach the recommended two-minute brushing time by progressively increasing the time over 90 days.

### In This Newsletter:

[The Importance of Brushing](#)



### The Importance of Brushing

Today, because of better care and dental treatments, more people than ever before are keeping their natural teeth throughout their lives. Although some diseases and conditions can make dental disease and tooth loss more likely, you have a great deal of control over whether you keep your teeth into old age. The most important thing you can do to keep your natural teeth is to brush and floss your teeth regularly. Most dental hygiene problems are caused by plaque. Plaque is a nearly colorless, sticky layer of bacterial film that forms on your teeth. Composed of microorganisms, food particles and other organic matter, plaque coats your teeth and hides in the nooks and crannies between teeth and below the gum line. The bacteria in plaque produce acids that cause cavities. (Sugary foods, such as candy and cookies, are not the only foods that cause plaque. Starches, such as bread, crackers, and cereal, also cause acids to form. If you snack often, you could be having acid attacks all day long. After many acid attacks, your teeth may decay.) Build-up of plaque also leads to periodontal disease, also called gum disease. Plaque produces substances that irritate the gums, and after a while, gums may pull away from the teeth. Pockets form and fill with more bacteria. If the gums are not treated, the bone around the teeth can be destroyed. The teeth may become loose or have to be removed. In fact, periodontal disease is a main cause of tooth loss in adults. There is even research that suggests that people with gum disease are more likely to suffer from atherosclerosis (a narrowing of blood vessels), a condition that can precede a stroke or heart attack. The best way to remove decay-causing, gum-destroying plaque is by brushing and flossing your teeth every day. Brushing removes plaque from your tooth surfaces. Flossing removes plaque from between your teeth and below the gum line, where your toothbrush can't reach. For good oral hygiene and to keep your natural teeth throughout your life, the American Dental Association recommends that you brush your teeth twice a day with fluoride toothpaste. The size and shape of your brush should fit your mouth, allowing you to reach all areas easily. A worn toothbrush will not do a good job of cleaning your teeth, so replace your toothbrush every three or four months or sooner if the bristles become frayed. By taking care of your teeth, eating a balanced diet and visiting your dentist regularly, you can have healthy teeth and an attractive smile your entire life.

New Legends Location  
Opening Soon

Monday, April 11<sup>th</sup>

10940 Parallel Parkway  
Kansas City, KS 66109  
913-948-8688

Same great staff,  
new state of the art  
orthodontic office!

[www.rothorthodontics.com](http://www.rothorthodontics.com)  
[schedule2@rothorthodontics.com](mailto:schedule2@rothorthodontics.com)

Congratulations  
to January's contest  
winner:

**Blake Beerbower!**

Blake won a \$50 giftcard to Target. His name was drawn from everyone who guessed the Greenbay Packers would be the winners of the 2011 Super Bowl. Great job and thanks to everyone who played!

