

Smile Tips for Teens

part I by the American Dental Association

Your smile is one of the first things people notice when they meet you. It gives you confidence and makes you feel your best. Your smile is meant to last a lifetime, so it is important to take care of it.



Healthy Habits

Now is the time when you are making choices that will have an impact on the rest of your life. Good choices are reflected in your smile. Start healthy habits now, and they will stick with you for a lifetime.

Snacking

Snacking a lot during the day can increase the risk of developing tooth decay. Plaque, a sticky film of bacteria, forms on your teeth all the time. When you have foods or drinks that contain sugar, the bacteria in plaque produce harmful acids that attach to your tooth enamel. These acids can stay in your mouth for up to 20 minutes after you eat. Frequent acid attacks can break down the enamel and cavities can develop.

To keep your smile healthy, limit snacks and eat well-balanced meals made up of foods from the five major food groups:

- breads, cereal, pasta and other grains
- fruits
- vegetables
- meat, fish, poultry, dry bean, eggs and nuts
- milk, yogurt and cheese

If you need a snack, choose wholesome foods for good overall and oral health. Skipping soda can cut down on both tooth decay and empty calories. Try water or skim milk instead. Crave something crunchy? Eat an apple or a handful of nuts instead of chips.

Eating Disorders

Eating disorders damage the entire body, including your teeth. Two such eating disorders are Bulimia Nervosa and Anorexia Nervosa.

Bulimics binge-eat and then purge, or rid, the food from the body by vomiting or other means like using laxatives, diuretics or diet pills. The digestive system contains strong acids that break down food. When bulimics use vomiting to purge food from the body, these acids attack tooth enamel. If the vomiting continues over time, the acid can erode tooth enamel.

Bulimia can cause:

- worn and translucent teeth
- a swollen and tender mouth, throat or salivary glands
- bad breath

Anorexics do not use bingeing and purging to control their weight. Instead, they starve themselves. This robs the body of necessary nutrients, including calcium. This can cause osteoporosis, an thinning of the bones and loss of bone density. Bones in the jaw that support teeth can weaken, leading to tooth loss.

Talk to your dentist or physician if you think you or someone you know may have an eating disorder. [ADA](#)

IT'S PARTY TIME!



Mark your calendars and tell your friends - it's Dr. Barrowes' 12th Annual Patient Appreciation Pool Party on Friday, August 12th from 6:30 to 9:30 pm. We've got tons of awesome prizes to give away including two iPod Touches, a Kindle, gift certificates to University Mall, restaurants and movies, games, DVDs, sports equipment and more! And as always, you can plan to enjoy great live music, plenty of fresh watermelon and cantaloupe, diving for gold coins, the company of good friends, and a general sense of well-being. We look forward to seeing you there!

GUESS WHO

Can you guess who on Dr. Barrowes' team is described here:

*Loves to go camping, snowmobiling, and horseback riding

*Her only brother is deaf, so she knows sign language

*Has been dating the same person for six years

*Has an excellent memory (I bet she knows your name!)

PATIENT SPOTLIGHT



Emma's family has

been coming to Dr. Barrowes office for long enough that it's practically tradition. She doesn't mind having braces because her brothers and sisters have ended up with great teeth, so now that it's her turn, she's willing to do what is required to get a lovely smile too. Emma is getting ready to start high school, which is the main thing she's looking forward to as school begins again. She likes to draw and write, so naturally her favorite classes are Art

and English. Emma also enjoys playing basketball and piano. Her favorite piece to perform is *Claire de Lune*. She has been spending her summer swimming and reading. Her current favorite book is *Peasant Queen*, and her favorite food is Teriyaki Bowl. And of course, her favorite holiday is Christmas. We think Emma already has a beautiful smile, and love that she's quick to share it, and happy to let us try to improve upon an already great thing.