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FILLING YOU IN

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CARING FOR YOUR TODDLER'S TEETH

According to the Centers for Disease Control and Prevention, **28%** of children ages 5 and under have **visible cavities**. The number skyrockets when you include the ones that are in the early stage of formation. In fact, tooth decay is the most common chronic disease among toddlers, affecting **21% of 3 year olds**.

Why toddlers are at risk: The typical 2 or 3 year olds eating habits create the perfect environment for cavity causing bacteria to flourish. The two major culprits: taking a bottle of juice or milk (which contains sugar in the form of lactose) to bed and snacking on sugary treats and carbohydrates, which break down into simple sugars the minute your toddler puts them in his mouth. And then there's parents' tendency to procrastinate about taking their kids to the dentist. The American Academy of Pediatric Dentistry recommends a first checkup by age 1, though many parents hold off until their children are 4 or 5, often with their pediatrician's okay.

Tooth protection tactics: The good news is that most tooth decay is preventable and some can even be reversed. Making these changes now will pay off big-time later.

1. **Dine for dental health.** Make sweets an occasional treat, and try to limit snacks and meals to five a day. Think beyond carbs; serve food such as cheese, yogurt, veggies, and peanut butter – that stimulate saliva production and don't break down quickly into sugar. Try to offer starchy stuff in combination with other foods to blunt the harmful effects.
2. **Don't slack off on serving water.** Water increases saliva production and washes away sugars in your child's mouth; fluoridated water will also block acid production and re-mineralize teeth.
3. **Do quick touch-ups.** For on the go cleaning after starchy snacks and juice, use a dental wipe. Try Spiffies, they're saturated with xylitol, which helps prevent plaque formation. You can find them at spiffies.com.
4. **Paint on protection.** If your child is cavity-prone or you live in an area without fluoridated water, ask your dentist if he'd recommend a fluoride sealant. The white, protective coating dries almost instantly and fights decay for years.

Get serious about brushing. The number of parents who give up when their toddler whines is amazing. Be consistent and persistent. Say, "I'm sorry that you don't like it, but we have to brush your teeth." Try letting your child scrub your teeth first (or have him tackle his teddy bear's smile). The more fun your child has brushing, the less it feels like a chore.

Source: Parents Magazine

Asian Proverb: **Parents who are afraid to put their foot down usually have children who step on their toes.**

CONGRATULATIONS TO: INES ECHEGARAY-DIER

THE LUCKY WINNER OF THE IPOD IN OUR REFERRAL LOTTERY DRAWING

Thank you to everyone that participated. Word of mouth is the strongest, most reliable source for new patients. We encourage you to continue referring friends, family, and colleagues that are looking for a top-flight dental home. Remember, Dr. Diamond treats patients of all ages.

Dear Friends and Families,

My son once asked me what I wanted to be when I grow- up. My answer to him was “be a grandma.” Now, I’m going to do just that. Katie is 2 ½ and Owen is 3 months. It seems like the perfect time for me to retire from the office and “be a grandma!”

I’ve loved being here for nearly 15 years, getting to know all of you and watching so many kids grow into adults, some with children of their own now. As corny as it sounds, this has been my home and family. I will miss all of you.

Please welcome my “mini-me” replacement, Addie Martinez. She has a great personality and a wealth of knowledge to share with you.

I’ll still pop in from time to time to help out. (Can’t just vanish completely you know!)

For now...Take care...Watch for me on Seal Beach Channel 3, playing drums with Abilene.

*Fondly,
Michel McCarthy*

“To get them listening, get them laughing. “

Allen Klein, Professional speaker and writer

NO CAVITY CLUB

Congratulations to the following lucky winners:

April 2010

Hannah King and Joseph Kennedy

June 2010

Lauren Benavente and Emilie Grimadli

Prizes awarded were:

***Gift Cards for Cold Stone Creamery, Toys R US,
and Subway***

Winners were eligible for the **No Cavity Club** drawing because they take good care of their teeth and gums and were deemed cavity free by Dr. Diamond at their 6 month checkup.

For more information on how to join, call our office or inquire during your next visit.

HOW TO FIND A PEDIATRICIAN WHEN YOU’RE ON VACATION

If only there were trip insurance to guarantee that kids won’t get sick during family vacations! If your child does get sick, first call your own pediatrician or the “ask a nurse” service that some doctor’s offices and health insurance plans offer. They can help guide you as to whether symptoms can be treated with over-the-counter remedies. If they suggest visiting a doctor, ask your pediatrician or local contacts for a recommendation. There’s also an online directory of pediatricians throughout the United States and Canada at the American Academy of Pediatrics website (aap.org). If you won’t have web access during your vacation, print out a few listings of doctors at your destination ahead of time-just in case. If you’re traveling abroad, many international hotels or pharmacists can refer you to local English-speaking physicians and clinics. Be sure to bring your foreign language dictionary along, and know your child’s weight in kilograms to help determine the right medications and dosing.

BUZZ OFF!

To avoid a bee sting don’t dress or smell like a flower. Bright colors and prints can attract bees. So can perfume, scented soap or shampoo, soda, juice, and sweets. Wear shoes in the grass, and stay still if a bee buzzes by. Swatting can increase the chance of a sting.

If a bee does sting you, remove the stinger right away by brushing the edge of a credit card or your fingernail over it. To minimize pain and swelling, apply ice or a cold compress. (Consult your doctor before using an anti-histamine or corticosteroid cream.)

To avoid a mosquito bite, stay away from stagnant water. Apply insect repellent (no more than 30 percent DEET or 10 percent picaridin) sparingly to your child’s exposed skin. Wash off when inside. Insect repellent is not recommended for children under 2 months.

To treat a mosquito bite, apply calamine lotion to soothe the itch. Trim your child’s fingernails and keep them clean to minimize the chance of infection from scratching. *Source: American Academy of Pediatrics*