



JUNE 2011

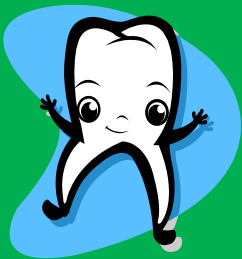
VOLUME 4, NUMBER 6

Morris' MINUTES

MONTHLY FOCUS:
Education

CONTENTS:

Toothpaste
We Have a Winner!



FUN STUFF:

Coloring pages



Is it important to use toothpaste?



- It is. Toothpaste protects, cleans and polishes teeth. It makes [oral](#) hygiene more efficient.
- It has a fresh taste and smell, and freshens the breath.
- Modern toothpastes contain ingredients which are crucial to oral health. Brushing twice a day with toothpaste is essential to maintaining a healthy mouth.

Why is fluoride an important ingredient of toothpaste?

- [Fluoride](#) can reduce and even prevent tooth decay:
 - It [remineralises](#) (hardens) the initial softening of tooth enamel in the decay process.
 - It increases the resistance of teeth to decay.
 - It decreases the formation of decay-inducing acid in dental [plaque](#).
- Most toothpastes contain fluoride.

Should I share my toothbrush with another member of the family?

- Toothbrushes should not be shared as they can harbour infectious bacteria.
 - Using the same toothbrush can transmit hepatitis and other diseases.
 - Mothers should not share their toothbrushes with their children.
 - The initial immunity to [infection](#) that the child shares with the mother does not last indefinitely.
 - Toothbrushes should also be kept separately, as an added precaution. (<http://www.simplyteeth.com/>)



And the Winner Is....April's winner for guessing the correct number of Easter eggs is Caitlyn Travis! She guessed there were 95 - and she was exactly right! Caitlyn the winner of a \$25 gift card!



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On the web!
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Have a great
summer



from the Little
Smiles Team!



 **We Want to See You!**

Dr. Barlow recommends you visit him twice a year for check-ups! See you soon!