

Oak Park  
Dentistry for  
Children

# Nothing But the Tooth

Written especially for our patients and  
colleagues!

Oak Park  
(818) 889-5440  
\*\*\*\*\*  
Newbury Park  
(805) 376-1822

Inside this issue:

Pediatric Dental News	2
Peek-A-Boo!	2
Kidz Page	3
Flavor Contest	4
Meet the Specialists	4

## Brushing Up

The toothbrush was invented by the Chinese in 1000 A.D. and created "Love Your Teeth" Day. Ask our dentists for the toothbrush that's best for you and *Love Your Teeth!*

## We're 25 and Growing! By Dr. Lisa Brennan

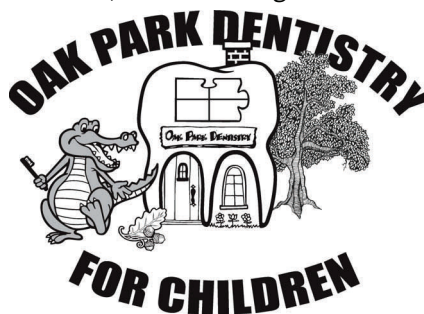
Oak Park Dentistry for Children was founded in 1983 with a singular vision that remains unchanged today:

***"Provide the education and preventative treatment required so children grow up 100% cavity free."***

In 25 years, our vision and goal of creating a positive, fun dental experience have provided the foundation for good dental health to more than 25,000 children throughout the Conejo Valley. Many of our first patients' children are patients of ours today.

At Oak Park Dentistry for Children, our hygienists, clinical assistants and dentists are all specially trained in pediatric dentistry.

We've just turned 25 and we'll be celebrating our silver anniversary all year, starting with the premier of our newsletter, "**Nothing But the Tooth,**" the unveiling of



our new logo...

... and our search for the Ultimate Toothpaste Flavor Recipe Contest (see Page 4).

So check in often to get the latest news from our web site, in our newsletter, or by stopping by the office.

As we start our next 25 years we want to thank you for the many referrals you've sent our way. We firmly believe that referrals are the finest compliment we can ever receive and we appreciate your confidence in our care.

## Ask the Pediatric Dentist

**Q:** Do children need systemic fluoride treatments?

**A:** According to the American Academy of Pediatric Dentistry fluoride supplements should be considered for all children drinking fluoride-deficient water. The

majority of our patients do not need systemic fluoride treatments because we live in an area where the tap water contains optimal fluoridation. The exception is for families using a reverse osmosis water system. If

you aren't sure, bring a sample of your tap water to our office and we'll use our fluoride test kit to measure the fluoride levels and determine whether or not your child needs treatments.

—Dr. Yazdan Alami

# Pediatric Dental News

By Dr. Ellen Stone

## Why should I bring my child to a Pediatric Dentist?

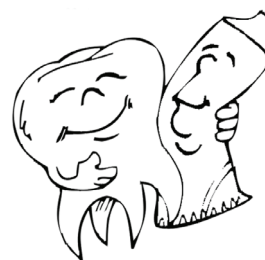
A pediatric medical doctor is specially trained to care for your child's medical needs. In the same way, a pediatric dentist is specially trained for your child's dental needs.

The pediatric dentist is a specialist who has received additional training, for two or more years, in the oral health care of children from infancy through adulthood. All children are different, and the pediatric dentist has been trained

in dealing with all types of child behavior. In addition they are highly qualified in various approaches of guiding dental growth and development, to avoid future problems, and also experts in the treatment of special patients who may have emotional, physical, or mental handicaps.

## How often should my child come for dental check ups?

To maintain optimal dental health, your child should be seen every six months unless otherwise



© Copyright by Pediatric Education - Pediatric Learning Book. All rights reserved.

instructed. Regular check-ups help your child stay cavity-free by emphasizing preventive measures and catching problems while they are still small and easily treated.

Regular cleanings remove plaque that builds up on the teeth, cause gum infections and decay. Oral hygiene education reinforces proper brushing and flossing techniques, thus leading to a healthier mouth and the prevention of dental decay.

# Peek-A-Boo!

By Dr. Karen A. Sue

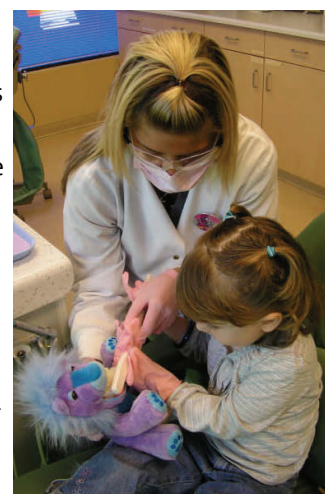
Oak Park Dentistry for Children offers "Peek-A-Boo" appointments to introduce parents and children to dental health care in a supportive, fun environment. These appointments give families the foundation for lifetime habits for bright smiles and strong, cavity-free teeth.

Peek-A-Boo appointments promote early preventative dental care and education. Along with regular cleanings and check ups, this has been proven extremely effective in limiting the number of cavities and dental problems throughout a child's growth.

These appointments include an examination by one of our pediatric dentists who evaluates growth and development, checks for oral lesions and evidence of early childhood cavities. Pediatric dental assistants or hygienists provide information on a variety of dental health issues like fluoride, nutrition, and oral habits.

The American Dental Association and the American Academy of Pediatric Dentistry recommend that all children have their first dental check up by the age of one.

These programs meet this recommendation and provide valuable information on cavity prevention for parents concerned about their



children's overall dental and physical health.

To schedule a Peek-A-Boo appointment call either the Oak Park or Newbury Park office.

# Kidz Page

## science corner

Soak three hardboiled eggs overnight in tea and coffee. They will turn brown. Brush one with toothpaste, one with baking soda, and one with water.



- ? What happens?
- ? How is this like brushing your teeth?
- ? Not sure? Ask us on your next visit!

## What's Different?

Find the 8 differences between these two pictures.



- Answers:
1. Shorter floss
  2. Line missing on cup
  3. Toothbrush cap black
  4. Shadow missing from end of paste tube
  5. Floss printed on container
  6. Label missing from toothpaste tube
  7. Line missing on floss container
  8. Pattern missing on right toothbrush handle

## Fun Fact:



## Flossing tips

- Try using a loop of floss. Tie the ends of a 10-inch piece of floss, forming a circle.
- Hold the floss tightly between the thumbs and forefingers.
- Floss your teeth the same way each time, so that you don't miss any teeth.
- Floss gently, so you don't hurt your gums.

# Doctor's Corner

## Oak Park: Dr. Lisa Brennan



Dr. Brennan has two grown children, Louise and Andy. She enjoys gardening and hiking and is the past president of Conejo Valley

Garden Club. She volunteers at the Kids Adventure Garden in the Conejo Valley Botanic Garden. Dr. Brennan adds her personal touch of creativity to every endeavor, from making a three-layered pesto dip to arranging flowers in her favorite style, Sogetsu Ikebana.

- ☺ **Schools:** San Francisco State College & U. C. San Francisco
- ☺ **Favorite Snack:** Almonds
- ☺ **Favorite Tune:** The Music of the Night—Phantom of the Opera
- ☺ **Favorite Team:** LA Lakers



☺ **Favorite Toothpaste:** Mint

## Newbury Park: Dr. Karen Sue

As a young girl, Dr. Sue was catcher on a soft-

ball team. Today, she stays fit by swimming, walking, bicycling and hiking. As part of a closely-knit family, she loves to spend time with her nieces and nephew when she isn't traveling with her husband, Curtis. Dr. Sue is a great bowler and a fantastic cook—her fried rice and Chinese chicken salad are always a hit. Ask her for her recipes.

- ☺ **School:** USC
- ☺ **Favorite Snack:** Mangos
- ☺ **Favorite Tune:** When I Fall in Love



Oak Park Office  
368 N. Kanan Rd.  
Oak Park, CA 91377  
(818) 889-5440

Oak Park Dentistry  
for Children

Newbury Park Office  
2277 Michael Drive, Ste. 2  
Newbury Park, CA 91320  
(805) 376-1822

Visit us online:

[www.oakparkdentistryforchildren.com](http://www.oakparkdentistryforchildren.com)

## Ultimate Toothpaste Flavor Recipe Contest

If you could invent an entirely new flavor of toothpaste, what would it be? We want to know. So get your imaginations going and start inventing. The Oak Park Dentistry for Children staff will pick their favorite as the grand prize winner! The Grand Prize winner will receive their choice of an iPod Shuffle or a gift card to Toys R Us. To enter, fill in the form below and bring it in or mail it to our office by **February 28th**—during Dental Health Month!

**Toothpaste Name:** \_\_\_\_\_

**Ingredients (be sure to tell how much of each):**

\_\_\_\_\_

\_\_\_\_\_

**Your Name:** \_\_\_\_\_