

KAREN D. BARWICK, DDS PA

# THE TOOTH BE TOLD

CHRISTOPHER D. BERRY, DDS

April 2019



HELLO  
my name is

**Cassidy**



After graduating from our Dental Assistant Training Center, Cassidy joined our team in December 2016. She is a Dental Assistant II, but just one step away from being a Certified Dental Assistant. Her favorite pastimes include spending time with her family, singing, and playing the mandolin and piano.

- What is your must-have or go-to morning beverage? *Dr. Pepper*
- What is your favorite movie? *I Can Only Imagine*
- Do you collect anything? *Finger nail polish*
- What was the last non-work-related thing you read? *Bible*
- Have you ever met anyone famous? *Baseball player – don't know his name*
- What TV show do you never miss? *The Voice*



Happy Birthday  
Quinn!

April 6<sup>th</sup>



Happy Birthday  
Dr. Chris!

April 25<sup>th</sup>



Happy Birthday  
Rolla!

April 29<sup>th</sup>

ICYMI

In Case You Missed It

<https://www.facebook.com/karenbarwickdds/photos/a.131890856842862/2292837390748187/?type=3&theater>

# APRIL

IS



*Oral Cancer*  
**AWARENESS**

# MONTH

## Be Mouthaware

& check for changes in the mouth

### HEAD & NECK

Do both sides look the same? Look for any lumps or swellings that are only on one side of the face.

### LIPS

Pull down the lower lip & look for any sores or change in colour. Use your thumb & index finger to feel the lip for lumps or changes in texture.

### TONGUE

Look for any changes in colour or texture of the surface. Check the sides for any swellings or changes in colour or ulcers. Examine the underside.

### CHEEK

Look out for red, white or dark patches. Put your index finger inside the cheek & your thumb on the outside. Gently squeeze & roll the cheek to check for any lumps, tenderness or ulcers.

### MOUTH

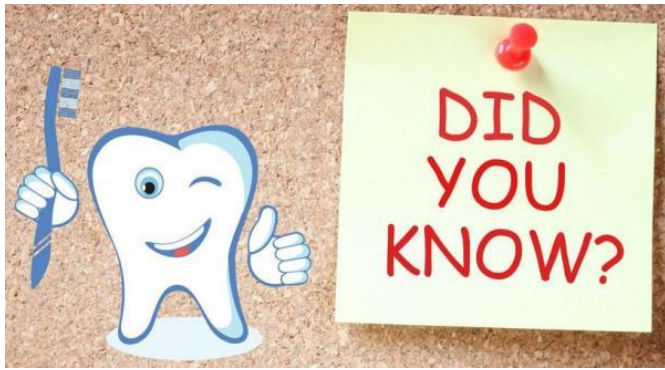
Run your finger on the roof of the mouth to feel for any lumps. Repeat on the floor of the mouth.

### NECK

Feel & press along the front & sides of the neck. Can you feel any lumps?







## How to Choose Easter Candy for Better Dental Health

Many of us have fond memories of Easter. Hunting for Easter eggs is often a rite of passage along with enjoying large helpings of Easter candy. But, when it comes to dental health, not all these seasonal treats are created equal. So, before you purchase any Easter candy for your children (or yourself), here are some tips for making the healthiest choice possible for their teeth.

### **Sugar-Free Candies**

Candies that are high in sugar can lead to significant problems when it comes to your oral health. In fact, sugar feeds the harmful bacteria which can lead to plaque, tooth decay, and even gum disease. Candy that is sugar-free can be a great compromise – it's a smarter option for your teeth and still allows you to indulge a little.

Sugar-free candy is still sweet, but with the lower sugar content, you are less likely to promote the negative bacteria. And since they stimulate the salivary glands, they can even help fight off cavities instead of causing them.

### **Dark Chocolate**

Dark chocolate has larger amounts of cocoa than milk or white chocolate, making it a better option for children who enjoy chocolate. It is important to be sure your child consumes dark chocolate in moderation to prevent the overconsumption of sugar.

When it comes to controlling their sugar intake, choose smaller candies instead of large candy bars. This helps limit the portion size through individual pieces and presents less of a temptation than a full bar. If you want to give a chocolate bunny, look for one that is hollow in the middle, limiting the amount of chocolate they consume.

### **Chewy Candies**

Most dentists agree that chewy candies are one of the worst offenders when it comes to sugar and plaque buildup. These are more likely to linger on the teeth and can even get stuck in the spaces between teeth or other crevices, exposing the surfaces to sugar over a longer period. That means treats like gummy candies, jelly beans and taffy should be avoided, along with sweets featuring caramel or marshmallow.

### **Hard Candies**

Hard candies that aren't sugar-free present a similar issue to chewy candies. Since hard candy takes time to dissolve, it exposes teeth to sugar for an extended period. Additionally, children who chew on hard candies may end up with pieces stuck between their teeth, exposing even more of the surface to sugar. In the worst of cases, biting down on a hard candy can even lead to a cracked tooth.

### **Sour Candies**

Sour candies are a double-edged sword in regard to tooth damage. Unless they are sugar-free, they can have the same amount of sugar as the previously discussed hard and gummy candy. They also contain a type of acid that produces the sour taste. Acid can damage tooth enamel, making your child's teeth more susceptible to damage and decay long-term.

Easter and candy often go together, especially if you have children. However, by making smarter choices, you can help keep your kid's teeth healthy between visits to your dentist while still enjoying some fun, seasonal treats.