

2A



Brushing and flossing

6A



What's happening around town?

11A



New on DVD

PLANO *insider*

In the Community. With the Community. For the Community.

SUNDAY, FEBRUARY 15, 2009

DON'T BE LEFT OUTSIDE THE *insider*

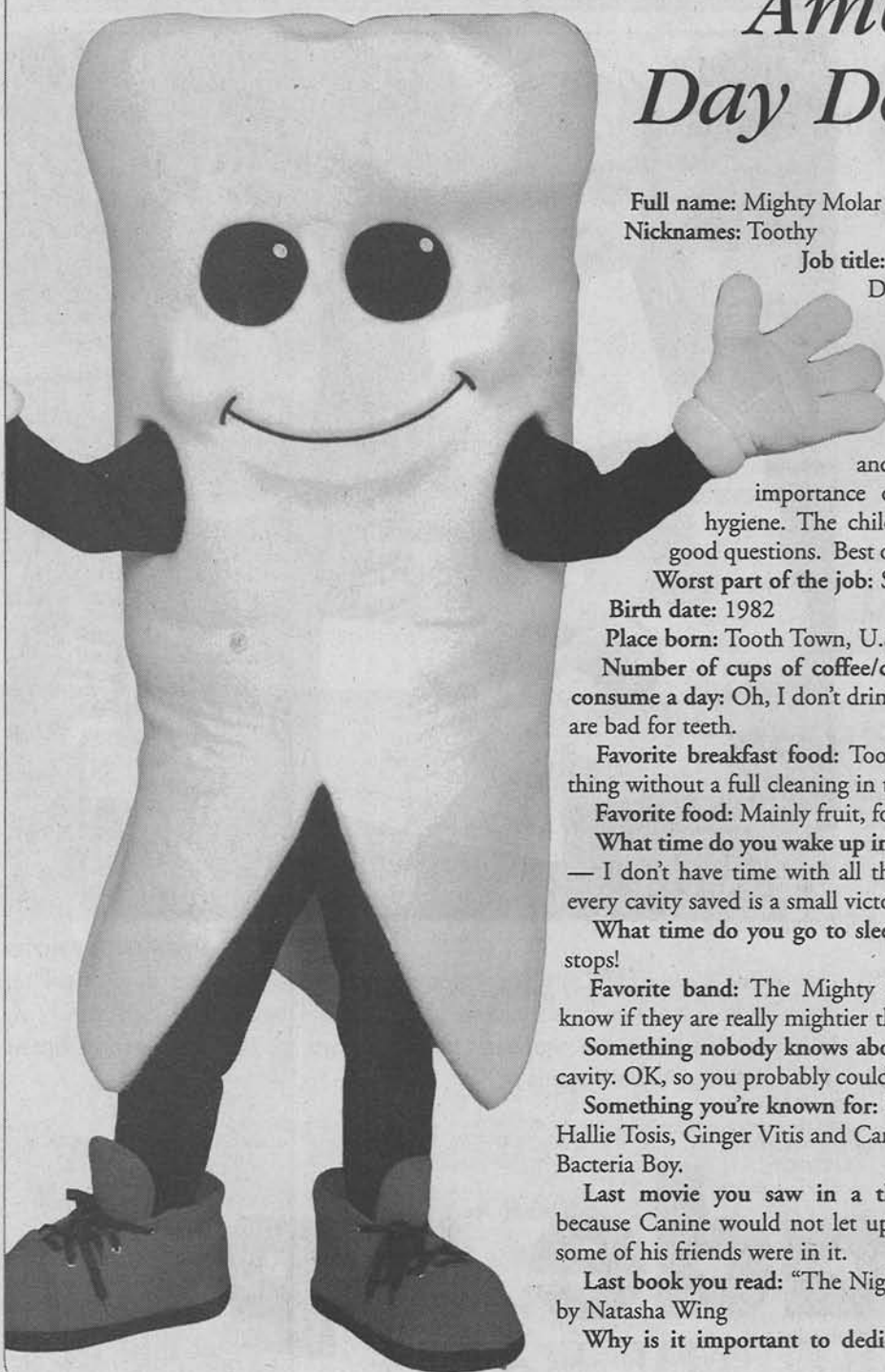
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insidePULSE

MOVERS & SHAKERS

Mighty Molar Man

Ambassador of Smiles, 6 Day Dental and Orthodontics



Full name: Mighty Molar Man

Nicknames: Toothy

Job title: Ambassador of Smiles for 6 Day Dental & Orthodontics

Best part of the job: Tooth be told, meeting with my favorite people, the hundreds of children around the Metroplex, and educating them about the importance of practicing good dental hygiene. The children always listen and ask good questions. Best of all, they're always smiling!

Worst part of the job: Seeing cavities!

Birth date: 1982

Place born: Tooth Town, U.S.A.

Number of cups of coffee/caffeinated soft drinks you consume a day: Oh, I don't drink coffee or soft drinks, they are bad for teeth.

Favorite breakfast food: Toothpaste — I can't do anything without a full cleaning in the morning.

Favorite food: Mainly fruit, followed by a good brushing!

What time do you wake up in the morning? I never sleep — I don't have time with all the people I try to reach — every cavity saved is a small victory for me!

What time do you go to sleep? Dental education never stops!

Favorite band: The Mighty Mighty Bosstones. I don't know if they are really mightier than me, but I like them!

Something nobody knows about you: I have never had a cavity. OK, so you probably could have guessed that yourself!

Something you're known for: Hanging out with my pals, Hallie Tosis, Ginger Vitis and Canine, as well as my nemesis, Bacteria Boy.

Last movie you saw in a theater: "Hotel For Dogs" because Canine would not let up until we went — I think some of his friends were in it.

Last book you read: "The Night Before The Tooth Fairy" by Natasha Wing

Why is it important to dedicate February as National

Dental Health Month and devote a whole month to dental education? In our current economy, people are trying to cut back anywhere they can, and this includes visits to the dentist. But this can be a grave mistake that can ultimately cost people more in the long run. Teeth must be cleaned and checked by a professional to ensure cavities are not forming and to get rid of any plaque build-up. Healthy teeth and gums can go a long way to prevent other illnesses from forming.

At what age is it time for parents to start encouraging dental health with their kids? Children should first visit the dentist by age two — to get them comfortable with the dentist and to check for baby-bottle decay and other early problems. Encouraging dental health should start at the first signs of teeth growth. As soon as teeth begin to emerge, they should be brushed and taken care of.

The statistics show that 40 percent of 5-year-olds already have decay in their baby teeth. Why do children have a harder time getting their teeth clean? Children do not understand the importance of taking care of their teeth, even though dental decay is the most chronic disease found in children — five times more common than asthma. Children do not spend enough time caring for their teeth, and they are more likely to want to consume foods that are not good for teeth, such as candy and sodas.

What can parents do to prevent this problem? Parents must get children used to a regimen every morning and night, where they are required to brush and floss their teeth. By instilling a routine, children are more likely to continue this throughout life. Parents also must make sure the kids spend an adequate amount of time brushing their teeth. The "rule of thumb" is to spend around two minutes brushing.

How do you and your friends Canine, Hallie Tosis and Ginger Vitis and your nemesis Bacteria Boy help children understand the importance of proper dental hygiene? We educate in a fun way with song and dance in order to show children what could happen if they do not take care of their teeth. We travel to schools throughout North Texas, bringing our positive message and encouraging good oral hygiene through brushing, flossing and regular visits to the dentist.