

CHILDREN'S DENTAL HEALTH MONTH



by Benjamin Margalit/Margalit Studio

Here's how to keep your kids from EVER getting cavities—with no needles and no drilling.

The Youthful Tooth

Young patients at Dr. Marc Asmar's *Advantage Dental Arts*, in Olmsted Township, enjoy the latest dental breakthroughs in a fun, nonjudgmental environment.

by MimiVanderhaven

Being a good mom used to mean taking your kids to the dentist every six months and making sure they brushed their teeth. But advances in dental science make caring for the youthful tooth a little more complicated—and a lot more effective.

"Today we offer non-invasive procedures like sealing the teeth," explains Dr. Marc Asmar of *Advantage Dental Arts* in Olmsted Township. "Fluoride in toothpaste and in drinking water protects the smooth surfaces of teeth, but back teeth need extra protection. Sealants cover the chewing surfaces of the molars and keep out germs and food, which can cause decay."

Sealing Your Child's Teeth

Studies by the National Institute of Dental and Craniofacial Research and others have shown that dental sealants are both safe and effective. And in spite of government recommendations and outreach programs—including applying sealants in schools—fewer than one-third of children in the United States have sealants on their teeth.

"We have to get the word out," Dr. Asmar explains. "The process is simple, pain-free and affordable. All we do is apply a special liquid plastic to the back teeth. It dries hard in seconds and typically lasts a lifetime."

In fact, if Dr. Asmar seals your child's teeth and he or she EVER gets a cavity, he will fill it at no charge as long as the child is an existing patient. Most children should have their back four molars sealed at age 6 and their back 8 molars sealed at age 12.



Dr. Marc Asmar
GENERAL AND COSMETIC DENTISTRY

"Applying sealants to teeth before they decay will avoid problems down the road for your child," Dr. Asmar says, "including the time, cost and discomfort associated with fillings, crowns or caps we have to use to fix decayed teeth."

Remineralization Breakthrough

In addition to sealants, another recent breakthrough is remineralization paste, and *Advantage Dental Arts* is one of the few Northeast Ohio practices to offer it. "Remineralization paste repairs damaged enamel before it decays," Dr. Asmar explains. "This is a major breakthrough. It's especially effective with post-orthodontic patients because of the damaged enamel that can result from wearing braces. Remineralization will repair that damage."

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What Else You Should Know

The ADA recommends that children first visit the dentist within six months of the

eruption of their first tooth, and Dr. Asmar adds, "No later than age two-and-a-half." An orthodontic determination should be made as young as age seven.

And what about fluoride?

"Studies show that not exposing your teeth daily to fluoride has the same damaging affects as sugars and acids," Dr. Asmar cautions. "If you and your family drink bottled water instead of fluoride-enhanced tap water, just make sure you use a fluoride supplement, including a fluoride toothpaste and mouthwash."

Unlike the cranky, smelly, judgmental dental offices of the past, Dr. Asmar's practice is modern and fun with a non-threatening open floor plan. He has three children of his own—ages 7, 11 and 12—so he understands that kids need to be encouraged, not admonished.

Convenient hours and pain-free anesthesia make a trip to the dentist less stressful parents, too. Weekend and evening appointments are available for existing patients.

Your child's examination with Dr. Asmar will likely include a cleaning and fluoride treatment, plus an orthodontic determination, an evaluation of dietary habits, and any recommended procedures.

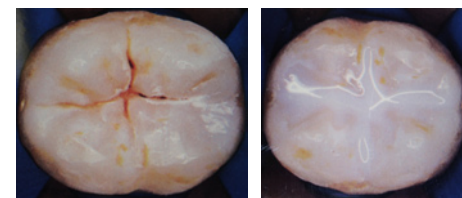
Imagine...never having a cavity.

Dr. Marc Asmar's Advantage Dental Arts has been located at 26924 Cook Road in Olmsted Township for the past 17 years. Look for it at the corner of Cook and Fitch Roads. Office hours are by appointment. To schedule, call 440-235-1180. The website is www.OlmstedDentist.com. Former All-Care patients are welcome.

The Green Dentist

Among the steps *Advantage Dental Arts* takes to protect the environment is the proper handling of old fillings that contain mercury. "We don't use mercury-containing fillings," Dr. Asmar assures. "And we have installed a special filter that traps any mercury found in the old fillings we remove from the teeth of our patients. We filter out all of the mercury from the waste that leaves our building."

Mercury is highly toxic to humans and it never breaks down. Released into the environment, it can contaminate the soil, the water table, and when incinerated it returns to the earth through rainfall.



BEFORE AND AFTER: Remineralization repairs damaged enamel before it decays.