



JEFFREY M. BARLOW DDS, PA
SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS

October 2016 Quarterly Newsletter

Upcoming Contests:

September 26th-October 31st

Guess how many eyeballs are in the jar



November 1st-November 30th

Guess the weight of the Turkey

Dr. Jeffrey Barlow

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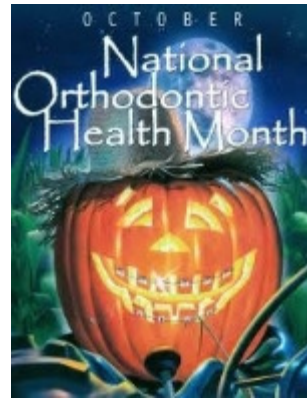
[Our Website](#)

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December 1st-December 31st

Christmas Trivia



Celebrating Anniversaries this Quarter:

October 7th, **Jill 20 years**

December 3rd, **Cristine 3 years**

December 13th, **Lisa 9 years**

December 15th, **Peggy 13 years**

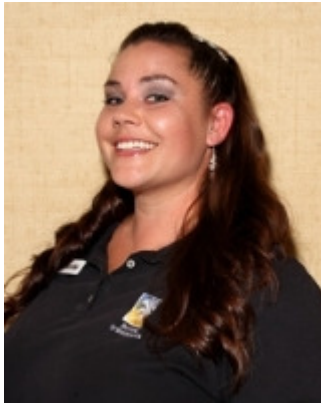
Celebrating Birthdays this Quarter:

Debbie, November 7th



Debbie is one of Dr. Barlow's orthodontic assistants and marketing coordinators. She has two grown children and enjoys spending time with them, her husband, and her beautiful granddaughter. In her spare time, she enjoys camping, traveling, and gardening.

Jennifer, November 16th



Jennifer is one of Dr. Barlow's orthodontic assistants. She enjoys hanging out with friends, fishing, and going to the beach. In her spare time, she likes to sing Karaoke.

Dr. Barlow, November 24th



Dr. Barlow enjoys tennis, boating, and fishing during his leisure time. He and his wife Emily, who is also a Dentist, have two children Jake and Addison.

Donette, December 3rd



Donette is one of Dr. Barlow's orthodontice assistants. She enjoys spending time with her family, shopping, and going out to eat. In her spare time, she

likes reading home decor books and taking care of her home.

In This Newsletter:

[Halloween Safety Tips For Kids](#)

[Growing Up Cavity Free](#)

[Oral Hygiene Do's and Don'ts](#)

Halloween Safety Tips For Kids

By www.halloween-safety.com



Anytime a child has an accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and the family.

There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

- Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.
- If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire. Better still use PumpkinLights.com to light pumpkins. They make a light that looks like a flickering candle flame!
- Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on.

- Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.
- Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.
- Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!

For more on Halloween safety, see www.halloween-safety.com.

Growing Up Cavity Free



In many countries, tooth decay (and gum disease) is the second most common disease, with only the cold more common. Studies have linked poor oral health in children to poor performance in school, poor social

relationships and less success in later life. But whether you're six or sixty, with today's technology and advances in dental medicine, it's easier than ever before to prevent cavities and gum disease.

To help your kids grow up cavity free, here are a few tips...

- Don't make the mistake of thinking baby teeth don't need as much care as permanent ones. Even though they're eventually lost, they do an important job of holding a place in your child's mouth for the permanent teeth.
- Until they're old enough for an infant-sized toothbrush, clean your baby's teeth with a dampened piece of gauze or washcloth.
- Once your child is old enough, help her/him to use a child-sized toothbrush. (Use only a 'pea' sized dot of fluoride toothpaste and don't allow your child to swallow it.)
- Around age six your child should be coordinated enough to brush her/his own teeth with an appropriate sized, soft-bristled toothbrush.
- Brush at least twice a day, supervising while your child is young.
- Replace toothbrushes every three months and never allow sharing.
- If your child has been ill, replace their toothbrush as soon as they're feeling better.
- Check to make sure that your child is brushing properly. Don't let them brush too fast or hard or miss areas.
- Your child's teeth should be flossed at least once a day. By age nine, most children will have the skill to floss on their own.
- Eat nutritious foods and drink healthy beverages. Limit snacks, especially sugary or sticky sweets that cling to teeth. The best time to eat sweet foods is with a meal or at the end of a meal, when natural salivation will wash most of them away.

- By age one, have your child checked by a dentist. There are many books that can help you make your child's first dental visit a treat instead of a scare.
- Your child should have an orthodontic check-up by age seven. Many potential problems can be more easily and economically fixed during growing years.
- Once permanent teeth have come in, talk to your dentist about dental sealants and fluoride treatments.
- Get regular dental check-ups and cleanings.
- Gums should not bleed after flossing or brushing. (This can be a sign of poor oral hygiene or nutritional deficiency.)
- Eat a balanced diet and limit between meal snacks.
- If your child has trouble using dental floss, try an interdental cleaner. Your dentist can recommend one and instruct your child on proper use.
- Make sure your child uses a professional mouth guard for sports and play. While it won't prevent cavities, a guard can keep your child's teeth from being damaged. (Almost one third of all dental injuries happen in sports accidents.)

Perhaps most important of all...set an excellent example. Let your child see you taking excellent care of your teeth. Show your child how to have a healthy smile for life.

Oral Hygiene Do's and Don'ts



The mouth is the gateway to the body... good health begins with good teeth. Tooth decay, infection and/or gum disease can lead to a variety of ailments and just generally 'feeling bad.' Here's a

list of Do's and Don'ts for keeping your oral hygiene the best it can be:

Oral Hygiene Do's

- Visit your dentist regularly for check-ups and cleaning.
- Visit an orthodontist for an evaluation if you see any of the early warning signs of orthodontic problems.
- Have your child(ren) evaluated by an orthodontist by age seven. Many orthodontic problems can be more easily corrected before tooth and facial growth is complete.
- Brush your teeth at least twice a day using a soft-bristled toothbrush and a fluoride toothpaste.
- Floss between your teeth at least once a day, after dinner and before bedtime. (Tip: Use toothpaste on your floss for extra fresh breath.)
- Rinse and gargle with the mouthwash, ideally right before bedtime.
- Eat a balanced diet, limit between-meal snacks and eliminate sugary foods.
- Clean your tongue when you brush your teeth. (Tip: Instead of using toothpaste to brush your tongue, dip your toothbrush in mouthwash.)
- Drink plenty of liquids, especially water to keep your mouth moist. (Tip: If your mouth is dry, try sucking in your cheeks as if eating something sour to increase flow from the salivary glands.)

Oral Hygiene Don'ts

- Don't forget to clean behind your back teeth.
- Don't give mouthwash or fluoride toothpaste to young children, as they can swallow it.
- Don't clean your tongue so hard that it hurts.
- Don't rely on mouthwash alone to keep your teeth and gums clean and your breath fresh. Practice complete oral hygiene.
- Don't ignore your gums - you can lose your teeth as well as have bad breath.
- Don't drink too much coffee.

- Don't smoke.

For those wearing braces or other orthodontic appliances, keeping teeth and gums clean may be a bit more difficult, but the resulting smile will be worth the effort. If you wear braces...

Braces Do's

- Brush after every meal. If you can't brush right away, rinse your mouth (and removable appliance) with water.
- Floss every day. Your orthodontist can give you a floss threader if you're having difficulties.
- Chew only sugarless gum.
- Call your orthodontist if anything is loose or broken.

Braces Don'ts

- Don't miss your orthodontic appointments. Missed or delayed appointments mean you'll have to wear your braces longer.
- Don't eat hard, sticky or chewy foods, crunchy foods.
- Don't chew on pens, pencils, ice, fingernails or anything that might break your braces.

Shiny clean teeth and fresh breath are good reasons for practicing good oral hygiene, but the most important reason is that keeping your gums and teeth clean and healthy will help you keep your teeth throughout your life. Although some diseases and conditions can make dental disease and tooth loss more likely, most of us have a great deal of control over whether we keep our teeth into old age. Wouldn't you rather be chewing with your own natural teeth?

