



HEALTH TIPS

from Rosie Roo



Hi Friend!

It's almost time for Halloween! Are you planning to dress up and go trick-or-treating? This month we're going to talk about something that can seem scary...

Have you ever visited the dentist? Your dentist would tell you before you eat all of your Halloween candy to remember to brush and floss your teeth.

If you've never been to visit the dentist, you may be scared or wonder what it's like.

Here's what you need to know:

A dentist is a doctor who cares for your teeth and gums. It's important to get a checkup at the dentist once **every six months**. *Why do I need a checkup?* Just like the rest of your body parts, the dentist needs to make sure that your teeth are growing and working properly.

Deep Cleaning

The first person you will meet when you go for your visit is a dental hygienist. Dental hygienists help the dentists during your visit. They will clean and polish your teeth using tiny dental tools that remove plaque from your teeth. Plaque is a sticky layer of bacteria that can coat your teeth and create [cavities or decay](#). After the plaque is scraped off, it's time to brush your teeth with an electric, spinning toothbrush to really get a deep clean. Then you'll finish with flossing between your teeth!

X-rays and Fluoride

Once a year you will need to get an [X-ray](#) of your teeth. X-rays are a really cool way for the dentist to see what's happening underneath your teeth and below your gums. All you have to do is bite down on a little piece of plastic while they take your picture.

The last thing you might do with your dental hygienist is a [fluoride treatment](#). Fluoride is really good for your teeth and gums. This is a flavored foam applied to your top and bottom teeth. Sometimes you get to choose your flavor!

Meet Your Dentist

After your mouth is nice and clean, you will meet your dentist. Your dentist will also look at your teeth and your bite to make sure everything looks the way it should. They will take a look at your X-rays to tell you

what they see. Then you can ask your dentist any questions you have. Your dentist will tell you if they see any cavities or teeth that may need looked at during your next visit.

Before you leave, you will pick a day for your next visit and leave feeling squeaky clean.

Halloween can be scary, but going to the dentist doesn't have to be! Have a safe and Happy Halloween!

Parents! Did you know you will earn \$20 in My Health Pays rewards just for making sure your child gets a dental check up each year? Learn more at mhsindiana.com/rewards.



ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746.

Find out more at aboutspeciallykids.org.



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