

UCSF VALENCIA HEALTH SERVICES

PEDIATRIC AND ADOLESCENT HEALTH CARE
VOLUME 3, NO. 2 CLINIC NEWSLETTER

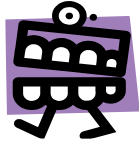
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DENTAL HEALTH INFORMATION

Did You Know?



- ◇ 5–10% of 2 year olds have at least one decayed or filled tooth!
- ◇ Cavities are the most common chronic childhood disease (5 times more common than asthma!)
- ◇ Cavities are partially caused by bacteria in the mouth that can be passed from parent to child!

Dental Health Tips

- ✓ Brush your child's teeth in the morning and at bedtime every-day.
- ✓ Clean your infant's teeth as soon as they get one! Use a wet cloth or a baby brush, with water.
- ✓ Help your child brush their teeth until they are 8 years old (they need supervision and/or help until then.)
- ✓ Get regular dental care (a check-up with a dentist at least once a year; twice a year is better.)
- ✓ Don't share toothbrushes.
- ✓ Change your toothbrush every 3 months.
- ✓ Avoid sugary snacks and liquids (plain water is best; fruit is better than fruit juice.)



Dental Quiz

1.) How old should your child be for their first Dental Check-up?

- a. 4 years old
 - b. 2 years old
 - c. 1 year old
 - d. When entering kindergarten
- (Answer: c, 1 year old.)

2.) How many times a day (minimum) should your child brush their teeth?

- a. Once
 - b. Only if they eat sugar
 - c. At bedtime
 - d. Twice
- (Answer: d, twice a day minimum.)



3.) True or false: You must use infant toothpaste when cleaning your infant's teeth. (Answer: false, toothpaste is not recommended until 2 years old; plain water is fine until then.)

4.) Which snack or snacks would be the healthiest for your child's teeth?

- a. An apple
 - b. A fruit roll-up
 - c. A piece of cheese
 - d. A glass of fruit punch
- (Answer: a, an apple, and c, a piece of cheese. Fruit roll-ups stick to the teeth and fruit punch is too sugary.)

5.) Which of the following promote cavities?

- a. Mouth bacteria
 - b. Babies falling asleep with a milk bottle in their mouth
 - c. Drinking water
- (Answer: a and b.)

(a: Don't "clean" pacifiers or bottle nipples with your mouth, don't share utensils, and don't chew your child's food.) (b: Sugars in milk promote cavities when bottles are left in the baby's mouth.)

References/Resources:

American Academy of Pediatrics Dentistry: www.aapd.org, California Childcare Health Program: www.ucsfchildhealthcare.org, First 5 Oral Health: www.first5oralhealth.org

Welcome to Our Clinic!

UCSF Valencia Health Services provides comprehensive care for infants, children, and teenagers.

- Well-Baby and Well-Child Exams
- Bilingual Staff (English/Spanish)
- Check-Ups and Sports Physicals
- Confidential Services for Teens
- Immunizations
- Family Planning
- Tuberculosis and Anemia Screening
- Health Education
- Sick Visits
- Nutrition Counseling
- Mental Health Counseling
- Referrals to Specialists
- Case Management for Clients with Chronic Conditions
- After-Hours Telephone Consultation for Urgent Problems
- Affiliation with Local Hospitals and UCSF

VHS Staff

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It's Flu Shot Time Again!

First Priority Group:

6-23 month old children
anyone with asthma on daily medication
children living in a household with an infant 6 months of age or younger

Second Priority Group:

anyone with asthma
siblings of children with asthma

Third Priority Group:

all healthy children who desire the vaccine

Check with staff for vaccine supply updates

WE WOULD LIKE TO THANK THE FOLLOWING ORGANIZATIONS FOR THEIR HELP WITH THE OPEN HOUSE ON MARCH 16TH, 2005.

Barnes & Noble at Fisherman's Wharf
Boys and Girls Club of San Francisco
Community Health Resource Center
VHS Community Advisory Board
The San Francisco Public Library
San Francisco State University's Pre-Dental Club
The Reading Tree
Safeway on Mission
Rainbow Groceries
UCSF Bookstore



Many Thanks to:
California Association for Nurse Practitioners (CANP) Region 7
and
Salvatore Ferragamo
for their fundraising efforts on July 19, 2005 at the
Union Square Ferragamo Store
benefiting UCSF Valencia Health Services!

This was the second very successful fund raiser this year from CANP Region 7 on behalf of UCSF **CARLOTTE**

Reminders

- ◆ **PARKING:** If you park in the parking lot, you must park only in a VHS Parking Spot. Once in the clinic, please write the make, model, and color of your car next to your child's name when you sign in so that your car will not be towed.
- ◆ **PARENTS:** If you cannot accompany your child to an appointment, you must send (with a responsible adult) written permission for us to see and treat your child—and include a contact number.
- ◆ **URGENT CARE:** If your child is sick and it is not an emergency, please call us for advice or an appointment during business hours. We can often fit your child in with a clinician the same day.