Preventive dentistry can save teeth, cut expenses

By Doreen Livingstone

Feb. 15 to 22 has been designated Dental Week in Ontario.

Although everyone at one time or another has them, many people know too little about their teeth: how to care for them and how to use them.

Eventually, of course this is the reason we lose them.

If you are constantly complaining about large dental bills, as we all are, the answer is preventive dentistry.

See a dentist every six months, brush teeth correctly as many as four times a day and use dental floss at bedtime before brushing. These are the basics of 'preventive dentistry.

Children should start using a toothbrush as soon as the first front teeth emerge. Even a baby's teeth can fall victim to bacterial plaque, the colorless film that forms constantly on everyone's teeth. Since it may be difficult to brush an infant's teeth, a parent can remove the plaque from the teeth by using a cotton swab or piece of gauze wrapped around a finger.

Parental participation and supervision is necessary for several years, although some pre-school children can be taught to brush effectively.

Since children are prone to tooth decay, they should brush their teeth after each meal and every night before going to bed.

Early start

Plaque-disclosing tablets or solution, which may be obtained at a drugstore, can be used after brushing to check the effectiveness of the child's brushing methods.

Your child's first dental appointment should be at age 3.

As part of the examination, X-rays are very important.

The dentist can give the best possible care only by making detailed X-ray examinations of the teeth and supporting structures.

In recent years there have been several innovations in modern dentistry, two of these being fluoride and dental floss. Children should have a fluoride treatment at their six month dental examination. Fluoride tablets are also available at your drugstore.

It is particularly important for children in the Thornhill to have these treatments because we do not have fluoride added to the drinking water and many residents new to the area are unaware of this fact. Stannous fluoride, when applied to the tooth surface, combines with enamel minerals to form new compounds more resistant to tooth decay.

Floss helpful

Dental floss is a thin, strong "ribbon" of synthetic fibre, designed specifically to clean between teeth. It is generally available either waxed or unwaxed, in convenient dispensers, although some dentists recommend the unwaxed variety.

By cleaning between the teeth and under the gum margins where a toothbrush cannot reach, dental floss helps prevent the accumulation and growth of bacterial plaque. This plaque is extremely harmful. In fact, among adults it is the chief cause of gum tenderness, bleeding, and periodontal disease more commonly known as Pyorrhea. This is a gum infection that attacks the underlying bone in which the teeth are set. If this plaque is not removed, the bone can be destroyed and tooth loss will follow.

Sweets cause decay

Many foods can lead to dental decay, the chief one being candy. Others are cakes, cookies, sweetened drinks, candied popcorn and even breath sweeteners.

Each time foods containing sugars are eaten, certain bacteria in the mouth are stimulated to create acids that attack the tooth enamel, eventually causing decay.

The most serious damage to the teeth is done within about 20 minutes after eating sweetened foods. The more often the sweets are eaten, and the longer they remain in the mouth, the longer the decay process continues.

If your child must eat between meals, select items such as fresh fruits, raw carrots and celery, potato chips and popcorn, or milk and cheese for snacks.

The best person to consult if you have questions about care of teeth is your family dentist, especially if you haven't been to see him or her for a while.

An appointment made today, may cut down on dental bills tomorrow.

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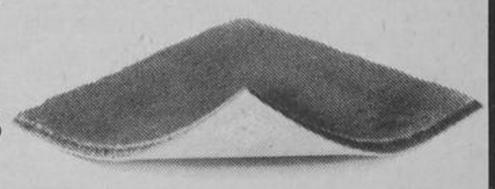

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Steel plant proposal aired

BUTTONVILLE — Rexnord (Canada) Ltd. has proposed building an industrial plant south of Unionville. The plant would employ 250 to 350 people.

The land, 31.5 acres, is located south of the Old Village of Unionville on the west side of Kennedy Road, bounded by the CNR tracks to the west.

Robert Jarvis, solicitor for Rexnord, a manufacturer and assembler of steel products such as bucket elevators and conveyor belts, described the industry as being "a clean operation".

Jarvis said it is necessary for Rexnord to expand, but they can't expand because the land is frozen (Airport Order).

"The proposal is compatible with the new draft plan of the Parkway Belt East," stated Jarvis.

"The lifting of the freeze is contingent on a decision by Markham council."

Councillor Peter Grosskurth said "council should be actively working to bring this type of industry to Markham.

"We should accommodate an application like this, if not in the parkway belt, then somewhere in Markham," said Grosskurth.

Councillor Carole Bell wanted solicitor Jarvis to substantiate his claims in report form.

Planning committee received and referred the proposal to staff for comment.

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TOWN OF VAUGHAN

NOTICE RE: ONTARIO HOME RENEWAL PROGRAM

The Town of Vaughan is participating in the Ontario Home Renewal Program (OHRP).

The purpose of the program is to assist owner occupants of residential property to repair their homes to standards developed locally and acceptable to the Ministry of Housing. It is particularly directed to the rehabilitation of sub-standard dwellings, with emphasis on faulty structural and sanitary conditions, and the up-grading of plumbing, heating and electrical systems. Exterior painting along with required repairs will also be considered eligible. Non-essential items such as a second bathroom, recreation rooms, garages, fences etc., are not eligible. Nor is the re-financing of existing loans or encumbrances permitted.

A system of loans (repayable and forgivable) to pay for the property rehabilitation is available to individuals whose "adjusted family income" does not exceed $12,500.00. The maximum amount of the loan shall not exceed $7,500.00 and the maximum amount of the forgivable portion shall not exceed $4,000.00. Both the interest rate on the repayable portion and the amount of the forgivable portion of the loan are geared to the family income.

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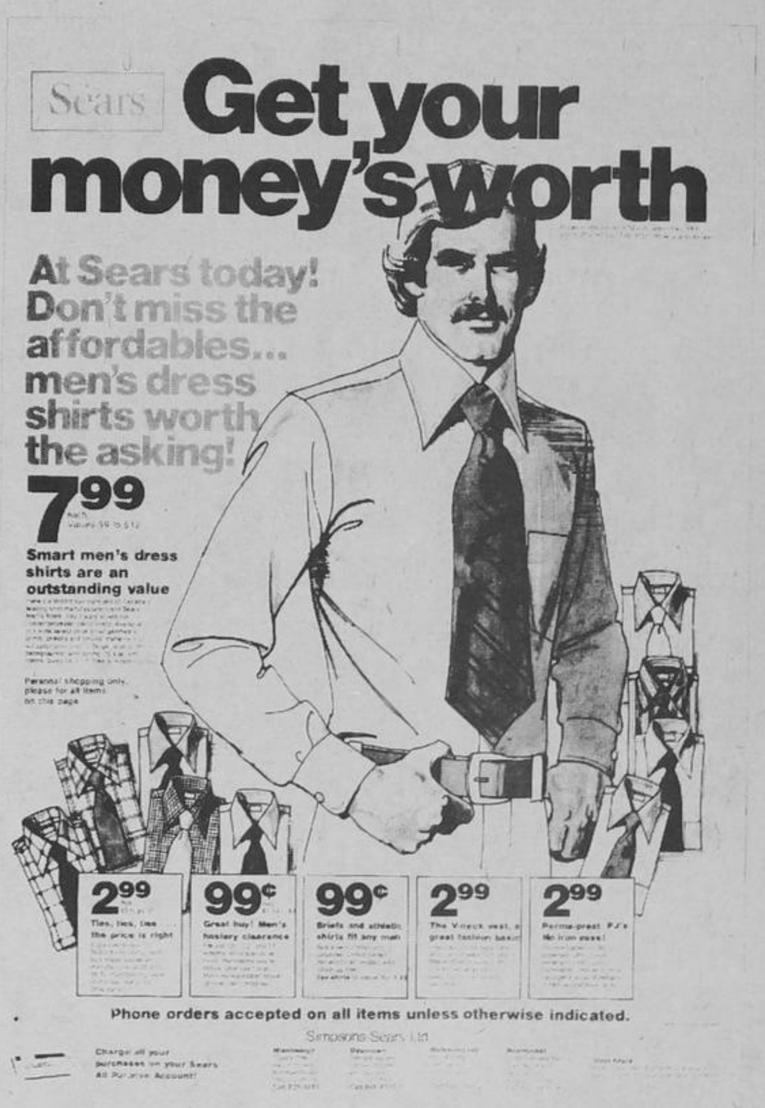

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