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# YOUTH HEALTH BULLETIN

APRIL 2009

## Hello Wild Cubs and Wild Cats,

As always, I would like to thank all of my Wild Cat and Wild Cub friends who keep sending me emails.

### R.R. from Jefferson County wrote...

Dear Wally,

*Also eat five fruit and vegetables a day like an apple and orange juice for breakfast. You can join a team like baseball and after games choose water instead of sugary drinks...Bye, Your Friend.*

Thank you R.R. for that great advice.

It is time to put away your snow boots, gloves, and ear muffs until next year. Can you help me in letting out a great big Wally Cat "Hoooooowwwel" for Spring?

Spring is a time for flowers that are bright and beautiful, warmer temperatures, and green grass. Spring is also a time for picnics, and bugs that light up after dark.

Spring is a time to plant your own garden, get involved in team sports, and enjoy just being outside.

Springtime always makes me smile. Healthy teeth are the key to a great smile. Your teeth are important for many reasons. Healthy teeth help you to chew your food properly, speak clearly, and look your best.

Wally Cat 



## POEM CONTEST!

Write a poem about what spring means to you. Send your poem to [Wally.Cat@uky.edu](mailto:Wally.Cat@uky.edu).

I will pick two poems and put them in the May newsletter for everyone to see and enjoy.

## THIS MONTH'S TOPIC: HEALTHY TEETH

### TIPS FOR HEALTHY TEETH AND GUMS:

#### Brush at least two times a day — especially after breakfast and before bedtime.

Brush your teeth and gums with toothpaste. Fluoride is a natural element and may be added to drinking water and toothpaste. Your body uses fluoride to make your teeth stronger. Toothpaste with fluoride helps to make tooth enamel (the hard outer covering around each tooth) strong.

#### Brush each of your teeth, not just the ones in front.

The American Dental Association recommends you use a soft toothbrush. Tilt the toothbrush slightly towards the gums, and use short gentle strokes to remove plaque from your teeth and gums.

#### Visit the dentist twice a year.

The dentist will help you to keep your teeth healthy and strong.

#### Floss your teeth at least once a day.

There are some spots the toothbrush can't reach, such as between the teeth and below the gumline. These are places where plaque can build up. Plaque is a clear sticky film that covers your teeth. Bacteria and sugar stick to the plaque on your teeth and turn into an acid that can cause a cavity or decay in your tooth.

#### If you have a snack, make it healthy.

Choose snacks low in sugar and fat and high in vitamins, minerals — like calcium, and fiber. Snacks high in sugar increase the chance of tooth decay.

#### When you play sports, protect your teeth by wearing a mouthguard.

A mouthguard will help to protect your teeth if an accident should happen while you are playing a sport. Mouthguards can help limit injuries to your lip or tongue and help prevent chipped, broken, or lost teeth. Mouth guards can also be worn at night to prevent you from grinding your teeth when you sleep.



### ACTIVITY

Unscramble these words, they spell out a special message for you!

QELAUP    \_ \_ 2 \_ \_ \_ \_

TAVEICSI    \_ \_ 7 \_ 8 \_ \_ \_ 4

NETSDTI    6 \_ \_ \_ \_ 5 \_

EDIROULF    1 9 \_ 3 \_ \_ \_ \_

BHTOHRSUOT    \_ \_ \_ \_ \_ \_ \_ \_

Message:    1 2 3 4 5 6 7 8 9 **Y!**

#### SOURCES:

<http://www.healthyteeth.org/>  
<http://www.ada.org/public/topics/diet.asp>  
<http://www.cdc.gov/OralHealth/topics/child.htm>  
<http://www.webmd.com/oral-health/mouth-guards>

## YOUTH HEALTH BULLETIN

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