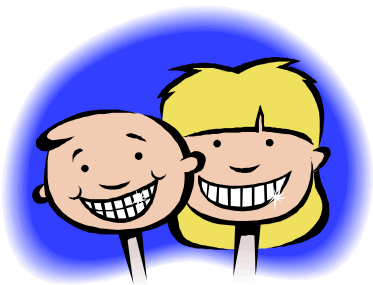


## Module 2: “Extra Protection for Terrific Teeth”



Let's think about ways to protect our teeth.

In addition to keeping your teeth clean, eating nutritious foods and visiting your dentist regularly, there are several other ways you can help your teeth last a lifetime. After your permanent molars have come in—the large adult teeth toward the back of your mouth—your dentist can coat them with a special dental plastic that seals out decay. This is called a *Dental Sealant*. Applying sealants is quick, easy and painless. Sealants can last for several years. Sealants are additional protection from decay that many of your parents didn't have. When your parents were children, getting cavities was much more common than it is today. This doesn't mean that you can stop caring for your teeth. You still need to brush and floss every day! Sealants are added protection.

### SEALANT ACTIVITY:

Let's take the acid test from Module 1 a step further. This time let's see if a plastic coating can protect our pretend tooth from the acid in vinegar. Wrap one Tums® in plastic wrap and seal with transparent tape, leaving the other unwrapped. Place each in the bottom of a paper cup. Cover both with vinegar. Wait five minutes and pour off the liquid. Unwrap the plastic from the Tums® tablet.

Write your observations below:

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The plastic wrap works as the sealant in this case.

Do you like to play sports? Part of staying healthy is to be physically active. Make a list of sports you like to play or ways you stay active on the lines below:



_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

There is something you can wear to protect your teeth from getting broken or knocked out when you play sports. A mouthguard is a piece of soft, molded plastic that covers your upper teeth. Your dentist can make one that fits your teeth exactly, or you can buy an unshaped mouthguard at the store that can be softened in boiling water and then shaped to fit over your teeth. Remember that if your teeth get knocked out, they won't grow back. Non-team sports such as skateboarding, gymnastics and rollerblading can cause injury to your mouth as well. Wearing a mouthguard is smart even if you don't want to wear one.

There are other behaviors that can hurt your teeth. Sometimes NOT doing certain things is just as important as the positive things you do. Avoiding bad habits and unhealthy activities is important too. For instance, chewing on hard objects is not good for your teeth. Chewing on ice cubes, pencils and pens, or even hard candy can crack your teeth. Even though your teeth are made to last a lifetime, they are made for chewing food only!



## **Tobacco is another bad habit that is very dangerous!!!!!!!**

Tobacco is not only bad for your teeth, but for your mouth and your entire body. Tobacco is bad for your total health. All tobacco is bad for you—not just cigarettes and cigars. Smokeless tobacco, also called chew, can cause mouth, tongue and lip cancer, and is sometimes MORE addictive than cigarettes. Tobacco products also stain your teeth and cause gum disease and tooth loss. Tobacco products also cost a lot of money!!!!!! Bottom line: There is nothing good to say about tobacco products. Never starting is your best defense against all the health problems related to tobacco.