

Dental Health

February is Children's Dental Health Awareness Month!

The importance of good dental hygiene cannot be stressed enough, particularly when dealing with hemophilia. The most effective areas where you can make a difference are in regular brushing and flossing. The simple actions outlined below will help you maintain optimum dental health and result in better health overall.

- ✓ Brush your teeth twice per day with a fluoride toothpaste and follow with flossing to control plaque.
- ✓ Keep sugary foods and drinks to a minimum.
- ✓ Establish yourself with a dentist early and keep regular appointments. For children, this should begin as soon as baby teeth begin to emerge.
- ✓ Maintain an open dialog with your dentist regarding your care. Be sure the dentist is aware of a bleeding disorder. For instance, the need for clotting factor, Amicar, or an appropriate choice of pain medication may be particular things to consider with a bleeding disorder.

When should you talk with your Hemophilia Treatment Center (HTC)?

- ✓ When choosing a dentist who will work with you and your HTC to provide optimum care.
- ✓ When an upcoming dental appointment is scheduled so that HTC staff know what the appointment is for, and to ensure that the appropriate treatment is provided to avoid a dental emergency.
- ✓ After a dental appointment to report any swelling, hoarseness or difficulty swallowing. You will also need to report this to your dentist.

* Information used from *Guidelines of the World Federation of Hemophilia, EmbraceLife.ca, and Family Gentle Dental Care by Dr. Dan Peterson.*



Children Dos & Don'ts

- ✓ Don't pull on loose baby teeth.
- ✓ Don't let your child run with anything in his mouth.
- ✓ Do supervise young children, reinforcing good habits and overseeing them until they are capable of assuming responsibility for their own dental health.
- ✓ Do have a comprehensive dental assessment at the age of 12 or 13 in order to plan for future dental concerns, such as overcrowding and third molar (wisdom teeth) alignment.

Remember to be proactive and avoid dental problems before they begin, or minimize their severity, by practicing good dental hygiene and preventive dentistry.

***Contact your BioRx representative for further information or assistance
.....or call us at 1-866-4679!***