



Notes from the School Nurses

Dental Health



ORAL HEALTH = GOOD OVERALL HEALTH



Parents play an important role in guiding kids' good oral hygiene habits that help keep the rest of their body healthy too. Make it a habit to practice good oral hygiene.

- Brush twice daily for 2 minutes and floss.
- Drink water out of the tap (fluorinated to help strengthen and protect teeth)
- Visit your dentist every 6 months for a professional cleaning, exam and x-rays.
- Limit intake of sugar-filled sodas, sweetened fruit and sport drinks and other unhealthy snacks which cause tooth decay and have little nutritional value.
- Your child's first dental visit should be at 1-year-old.



Children who have medical assistance or those who do not have dental insurance can be seen at Oral Health Partnership(OHP). OHP sees children in the Green Bay School District age 1 through 18 years old. If your child is in need of dental care, please call OHP at 965-0831 to schedule an appointment. OHP does have clinics in many of the Green Bay schools so you can check with your school office and complete a consent form. This consent will allow OHP to see your child during school hours.

Adults with medical assistance or those who are underinsured may receive care at the NWTC Dental Clinic. NWTC does have 2 dental clinics. One clinic is at NWTC and the other clinic is on the east side of Green Bay near downtown. Call 272-9300 to schedule an appointment. NWTC offers services at a reasonable price.

Brushing your teeth twice daily is an easy, cost effective way to protect your teeth and a person's overall health. It will help prevent future problems for you and your child. Research has found that there is a link between gum (periodontal) disease and a variety of health conditions including diabetes, heart disease and stroke, pregnancy complications and prostate cancer.