

# Let's Talk Teeth!



## Join us for patient appreciation day!



Dr. Dunne is collaborating with Chvatal Orthodontics to put together a patient appreciation day. It will be held on Friday, August 10th in the parking lot of our building here on Suzanne Way.

We will have games, hot dogs and ice cream. It is our way of saying thank you to all the wonderful children that come to see us. We are nothing without our patients and do sincerely appreciate each and every one.

Our mission statement here at Dr. Dunne's office is to provide the best quality of care for your child and to maintain an atmosphere of superior assistance, understanding and professionalism.

We strive to make your child's dental experience the very best available. In return, our patients give us the very best experience as practitioners.

Please bring your family and join us in celebrating your children.



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We are open to serve you, answer questions or schedule an appointment during the following hours: Mon-Thurs 7:20am-4:30pm and Friday 8am-12pm. Pediatric Dentistry is an age-defined specialty where we provide both primary and comprehensive preventive and therapeutic oral health care of infants and children through the adolescent age of 15- including those with special health care needs. By being an age-specific specialty, pediatric dentistry encompasses disciplines such as behavior guidance, care of patients with special needs, decay prevention, sedation and hospital dentistry as well as other traditional fields of dentistry.

## Diet and Nutrition

**A good diet is essential for a child's growth and development.** Like the rest of the body, the teeth, bones and soft tissues of the mouth need a well-balanced diet. The pre-school years are an important time to help your child establish good eating habits. Children should eat a variety of foods from the five major food groups in line with the food pyramid:

- Fruits
- Vegetables
- Breads, cereals and other grain products
- Milk, cheese & yogurt
- Meat, poultry, fish and alternates, such as dry beans and peas, eggs & nuts

**What you eat and how often you eat can affect your teeth.** Tooth decay is still the most common disease of children; it can be a problem for all ages. That's because plaque, a sticky film of bacteria, constantly forms on our teeth. When we eat food or drink beverages that contain sugar or starch, the bacteria produce acids that attack tooth enamel. The stickiness of plaque keeps the harmful acids against the teeth, which can contribute to tooth decay. Frequent snacking may mean frequent acid attacks and an increased risk for tooth decay. Other factors that promote tooth decay are the amount of bacteria in your mouth and lack of exposure to fluoride.

