

*As Seen in the Carmel Valley News*

## Ways to maintain dental health during the busy summer season

*This is the third installment highlighting The Super Dentists and its family-friendly approach to dentistry. Past topics have included choosing a pediatric dentist over a general dentist for your child's dental needs and how to find pediatric dentist who is right for your family. This article is focused on educating children – and parents – on the importance of maintaining dental health during the busy summer months.*

Celebrating 20 years in business, Dr. Kami Hoss, co-owner of The Super Dentists with his wife Dr. Keri, is taking time to show appreciation for all of the patients served over the past two decades. “We would like to thank our customers for the support and love they have provided The Super Dentists for the past 20 years,” he said.

One in every 7 kids in the county is a Super Dentists’ kid, making The Super Dentists the largest, most trusted and awarded Pediatric Dentistry & Orthodontic practice in San Diego.

Along with gratitude, The Super Dentists are also giving their patients an education this summer. They are reminding children – and parents – to practice good dental hygiene while school is out of session. It’s a busy time of year full of sports schedules and vacations, so doing so can be somewhat challenging. Here are a couple of ways to stay on track this summer:

### **Avoid sugary foods and drinks**

Foods that are high in acids and sugars can damage the enamel of the teeth. Thus, these foods may put your child’s teeth at risk, making his or her teeth more susceptible to long-term oral health issues like cavities and tooth decay.

Parents should be able to identify the dangers associated with sugary beverages, too.

“Unfortunately, many (parents) are not aware that letting kids sip on sugary drinks for hours or putting children to bed with a bottle of milk can be harmful,” said Dr. Phil Hunke, spokesperson for The American Academy of Pediatric Dentistry. “These habits can expose teeth to sugar for extended periods of time, increasing the risk of tooth decay.”

Filling a child’s sippy cup with water instead of juice or



other sugary beverages may help your child control his or her sugar intake and avoid putting his or her oral health at risk. Also, avoid giving kids sugary products during or after sports games. Instead offer water as their main source of hydration.

### **Find the right mouth guard for sports**

Purchase a mouth guard if your child is involved in sports this summer. Protecting your child’s teeth – as well as any expensive braces – is paramount during contact sports.

The Super Dentists’ protection mouth guard program and sports fundraiser is a great opportunity for schools and sports teams to protect their athletes. “We know sports because we see athletic injuries and the numbers are growing daily,” Dr. Hoss said.

Through the mouth guard program, schools and teams can book a fitting day and receive discounted mouth guards for their athletes at The Super Dentists. This is a great way to keep your kids safe, especially considering that impact to the jaw displaces energy directly to the head and is a major factor in concussion injury. Having the proper mouth guard can lessen the chances of concussions along with other head and jaw injuries.

Visit [www.thesuperdentists.com](http://www.thesuperdentists.com) to find a location near you.