

FOREVER SMILES BRACKET CHATTER

Official Newsletter from Dr. Yan Razdolsky Specialist in Orthodontics for Children & Adults

FRUIT JUICE... *Not as 'healthy' as you may think.*



We all want what's best for our children, and their health is of particular concern and focus. Often, we see articles and news reports that advocate eating certain foods over others or warning us to watch out for hidden sugars in snacks. Recently another warning has been issued, this time directed at the hidden dental health risks for infants and children triggered by fruit juice. If your infant is at the stage where they are developing teeth, they are old

enough to have tooth decay. That's right. For toddlers and even infants, the biggest threat to dental health is tooth decay and it's often exacerbated by surgery fruit juice and fruit juice drinks.

In a 2017 study published by American Academy of Pediatrics (AAP), fruit juice and juice drink sales have declined. Likely this is due to competing beverage options, as well as increasing public awareness of healthier options like consumption of whole foods and fruits, rather than sugary substitutes. However, the study does suggest that children and adolescents continue to be the highest consumers of juice and juice drinks. In fact, their data suggests that children 2 to 18 consume nearly half of their daily fruit intake as juice which lacks dietary fiber. Taking that a step further, the American Academy of Pediatrics recommends no fruit juice for children under one year as it affords no nutritional benefit.

So why is fruit juice bad? Most parents simply do not monitor their child's dietary intake to ensure proper consumption and often turn to fruit juice and juice drinks as a go-to solution to pacify a thirsty child thinking it is better than soda. In fact, most fruit juice drinks can have as much sugar as a soda.

So, what is the proper guideline? The AAP recommends that human milk or prepared infant formula be the only nutrient fed to infants until about 6 months of age. They also suggest to completely avoid the introduction of juice for an infant before the age of 1 unless otherwise medically indicated. If then, the recommendation is to only give the juice in a cup, not a bottle to help protect the infant from baby bottle tooth decay.

Just about everything young children drink, from milk or formula to apple juice contains sugar. Most often, when a child drinks from a cup, the sugar in these drinks moves quickly through the mouth, past the teeth and causes little harm. However, when a child consumes these beverages by sucking them from a bottle, the sugars linger in the mouth and quickly form into harmful bacteria. Over time, these bacteria develop into acid which eats away at tooth enamel. This can be particularly damaging to newly emerging baby teeth.

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YAN RAZDOLSKY D.D.S., L.T.D.



O R T H O D O N T I S T

FOREVER SMILES

Visiting Portugal Travelling Orthodontist

On a recent trip to Portugal, the Razdolsky's discovered the beauty of the culture and the people. Just bordering Spain on the Iberian Peninsula, Portugal is founding member of the North Atlantic Treaty Organization (NATO) and several other cooperative and developmental agencies including the European Union.



Hailed as enjoying its highest economic growth in nearly 20 years, the country enjoys millions of international and domestic tourists to its beautiful beaches and historic landmarks, some which date as far back as 1500s! Fascinated in not only partaking of the beautiful vistas and seeing first-hand the country's emerging growth, Anna notes as she visits the sites and interacts with locals how many of them are wearing braces.

Surprisingly, a study released July 24 by OralMed Medicina Dentaria suggests that half of the Portuguese population have never heard of Orthodontics or have an incorrect

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FRUIT JUICE...


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Not as 'healthy' as you may think.

If you must put baby down at night or for a nap with a bottle, the recommendation is plain water. To help protect teeth, parents can should also wipe baby's teeth and gums with a clean, damp gauze pad or washcloth after having milk. When a child's first tooth comes in, they should gently brush with a child-size toothbrush and non-fluoride toothpaste and schedule their first pediatric dentist or at least by age 1.

The AAP also suggests that fruit juice and fruit drinks are over consumed in toddlers and young children aged 1 to 6 because it is assumed these drinks are nutritious, they are convenient and they "taste good." In most instances however, children should be encouraged to consume better options. The introduction of proper dental hygiene habits, and regular dental checkups are crucial to good oral health and parents should schedule their child's first visit to the orthodontist by age 7.

What about older kids, age 7 to 18? Juice consumption presents fewer nutritional issues for older children because they typically

consume less of these beverages. Nevertheless, intake of juice should be limited to 8 ounces a day, or half of the recommended daily fruit servings. Kids should be reminded to brush their teeth twice daily (especially if they have braces) and always, encouraged to drink lots of water. 



Visiting Portugal

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Travelling Orthodontist

perception of what this clinical area entails. In fact, one in 10 respondents confuses "dental braces" with "removable prothesis" or a denture like brace to replace missing teeth.

"It is astonishing that half the population does not know what orthodontics is," said Dr. Razdolsky. "Even shocking is that those that do, do not have enough understanding of what it is about and the benefits it affords."

The emergence of orthodontics as a specialty is only beginning to take hold in Portugal and at the cornerstone of its development is communicating and education through more effective visual and verbal means to the patient.

"This is such an exciting time for the people here," said. Dr. Razdolsky. "I am like a kid in a candy store talking with people about the importance of orthodontics and the value it brings to the patient and their overall health."

Despite this misunderstanding however, orthodontics and braces do not carry a negative stigma in the country. In fact, as part of its addition to the European Union, Portuguese citizens can often receive subsidized orthodontic care up to the age of 18 when referred by their dentist. Perhaps that's why there are so many people now sporting braces in Portugal. 



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In Closing

Thank you for being part of our Forever Smiles Family. If you have any questions about this newsletter or anything else, please do not hesitate to contact us at our Buffalo Grove office: 847-215-7554 or via email: yan@razdolsky.com. We look forward to providing you and our community with even more reasons to smile!

Truly,

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