

AUSTIN, TX, September 17, 2013 /24-7PressRelease/ -- [John Calvert, DDS](#) understands that the beginning of the school year is a busy time, but he implores parents to consider dental health as a back-to-school "must," promoting a recent

[article](#)

in The Detroit News that highlights this importance. The report notes that along with the busy schedules filled with homework and activities, parents should make sure their child's new school year "gets off to a good start with the right school supplies, proper immunizations, and doctor visits." However, the article expounds on a very important item on the to-do list that should not get overlooked during this busy time, and that's a trip to the dentist: "Good oral health and school success are connected."

John Calvert, DDS wholeheartedly concurs, adding that healthy, beautiful smiles lead to a thriving school year. According to a recent study conducted by the Ostrow School of Dentistry at the University of Southern California, "children who have experienced recent oral health pain are four times more likely to have lower grade point averages than their counterparts who have not."

The article also points out that the U.S. Department of Health and Human Services estimates that "kids miss 51 million hours of school each year due to oral health problems. While research showing that good attendance is an important factor in school success, regular dental visits [along with good oral health habits], can go a long way to ensuring that children do not miss critical instruction time due to dental issues. Good oral health is also connected to good overall health."

John Calvert, DDS weighs in on the importance of oral health in terms of overall health. "Dental health is often viewed as a window to overall health," he said. "I always tell patients that their oral health is more important than they may realize. Oral health serves as an indicator for overall health in that problems in the mouth can often affect the rest of the body. It's important to protect yourself from gum disease and other mouth-related issues. Diligently flossing and brushing and seeking out regular dental appointments and proper hygiene will help keep bacteria in the mouth in check, avoiding tooth decay and disease."

The article notes that because a healthy mouth is important for a healthy body, it is crucial to establish excellent oral health habits early in a child's life, including regular visits to the dentist: "Not only can dentists help avert painful dental problems in their early stages; they are, in essence, disease detectives. Your dentist can detect the signs and symptoms of more than 120 diseases through a routine dental examination." John Calvert, DDS encourages parents and children to make an effort for brighter, healthier smiles and brighter futures.

ABOUT:

[John Calvert, DDS](#) has more than 28 years worth of experience as a dentist. He is the owner of Smile Creations, a high level dental practice in Austin, Texas. Dr. Calvert is passionate about educating patients on the importance of oral health, using a variety of cosmetic dentistry techniques to address a number of dental concerns. He strives to help others feel confident and happy because of their healthy smiles.