

PORTLAND, OR, September 19, 2013 /24-7PressRelease/ -- [Dr. Mo Saleh](#) realizes that the beginning of the school year is a busy time. Parents are rushing around trying to ensure that they have everything set for their children to have a successful year. One item on this checklist should include having their child's teeth cleaned and examined. A recent

[article](#)

in The Coeur d' Alene Press examines the impact of dental health on learning and some preventative measures that parents can take to promote good health.

The mouth is a very sensitive area and plays an important role in overall health. When children have cavities and other conditions that are left untreated, it can result in pain and infection. This can lead to problems with eating, speaking, socializing, and sleeping. These are all essential components of success, so working to treat and prevent problems can go a long way. Also, when children are having dental issues it can affect their attendance and performance.

Scheduling routine dental exams every six months can help to prevent problems and treat them before they become more serious. Regular visits also help the child to become more comfortable with going to the dentist and establish a trusting, positive relationship. Positive, enjoyable experiences can promote continued care throughout their life.

Parents should help children to develop healthy habits from an early age and ensure that they are properly brushing and flossing each day. Young children may need help brushing their teeth, but by the time they are around the age of six, they have often developed the skills necessary for brushing. Parents should continue to monitor their child to make sure they are using proper technique and are brushing for at least two minutes. Having children's teeth sealed with a protective sealant can help to prevent cavities. This process seals the small pits and crevices where food and bacteria may gather. The coating is clear so it is not even noticeable, but it provides a protective barrier over the chewing surfaces of teeth.

Parents should also stay alert for any problems with children's permanent teeth. Thumb sucking can result in speech and bite problems later in life. Addressing an under-bite, overbite, or cross-bite before they become more severe can help to prevent future problems. The dentist can recommend effective ways of dealing with these issues.

For children who play sports, wearing a mouth guard is essential. This specially designed plastic guard can help to prevent children's teeth should they engage in physical contact and get hit in the mouth. They are available for purchase at most drug stores, or the dentist can have one specially ordered.

Dr. Mo Saleh Advocates for Back-to-School Dental Check-Ups

Written by Australian Business

"Having a healthy, beautiful smile can make the school year even more of a success," says Dr. Mo Saleh. "Parents can rest easier knowing that their child's dental health is taken care of, and their teeth are protected. The dentist can also recommend preventative measures to help further promote good oral hygiene and care. They can work proactively to prevent future problems." Dr. Mo Saleh reminds parents that the entire family should have their teeth cleaned and examined every six months.

ABOUT:

Dr. Mo Saleh is the owner of two Portland area practices: Dental Dynamics and Optima Dental. He is focused on providing patients with innovative and up-to-date treatment and care and offers state-of-the-art services. He was the first dentist in the United States to use Prexion 3D Cone Beam technology, a practice that has become standard in the industry. Dr. Saleh offers a wide range of services including implant, cosmetic, sedation, and general dentistry.