

Smile with DOC LEO and be part of the Club!

PLAY AND GET TO KNOW YOUR TEETH WITH
DOCTOR CALIARI'S ASSISTANT



A fun and educational method which puts in contact kids
with the orthodontic world



Donating a smile is a gesture which passes through important values such as prevention, taking care of ourselves and teaching healthy and virtuous behaviours which, if learnt as kids, become good habits that we will remember for the rest of our life.

Smile with us is not just an educational project, but also a fun and interactive method we like to suggest in order to grow together and learn how to take care of our mouth, by measuring ourselves with small activities and games to do together with family or friends.

We believe that serenity transmitted to our young patients during their first approaches with the medical world and health, will enable us to "grow" an adult patient just as calm and aware of his/her health. This small book represents our first step in the delicate process of eliminating patient anxiety.

We hope it becomes a useful tool to establish a dialogue on important topics with pediatricians and parents and to also give small and simple notions to be used to periodically verify the health condition of our kids' mouth.

Doctor Leonella Caliarì, Doctors Giuseppe and Costantino Vignato

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DOC LEO - Doctor Caliarì's assistant



Visit our site

www.dentistivignato.it/docLeo
and find out everything about DOC LEO!



DOC LEO Club

ROOOAR ROOOAR!!

I am friends with kids and DOC LEO is my name,
perfect smiles and white fangs are my aim.

Some loud ROOOARS in the jungle you will hear
if you join the club over here.

Wear the colored bracelet and give us your paw,
be part of the team and everyone your smile show.

I am DOC LEO's friend and trusty assistant,
she will take care of your smile and make it resistant,
after the retainer your teeth will be bright
and in the SuperROOAR race you will win with your white!

She will teach her cubs how to use toothbrush,
toothpaste and floss,
without acting like a boss,
the king-of-the jungle-smile is guaranteed
and any other bad smile will disappear, indeed.

It's time to scream your ROOOAR out loud
and make DOC LEO of you proud!

ROOOAR ROOOAR!! ROOOAR ROOOAR is our magic word
so be part of our herd!



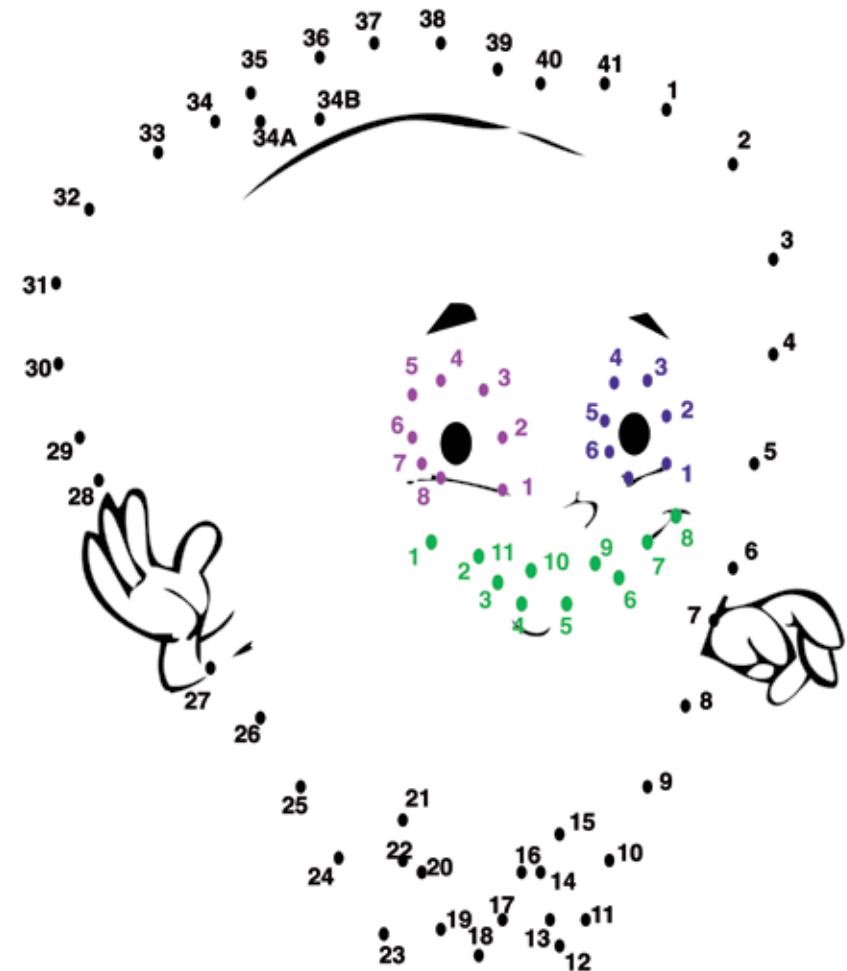
What is a tooth?

It is like a small “bone” which develops in our mouth and is covered with enamel. It grows both on the upper part (jaw) and on the lower one (mandible or lower jaw).

Teeth come out of small “holes” digged in the jaw’s bones and called **ALVEOLUS**. Teeth grow, change and can sometimes get sick over time.

That’s why we should always take care of them and keep them clean as the rest of our body, so that they can grow healthy and strong.

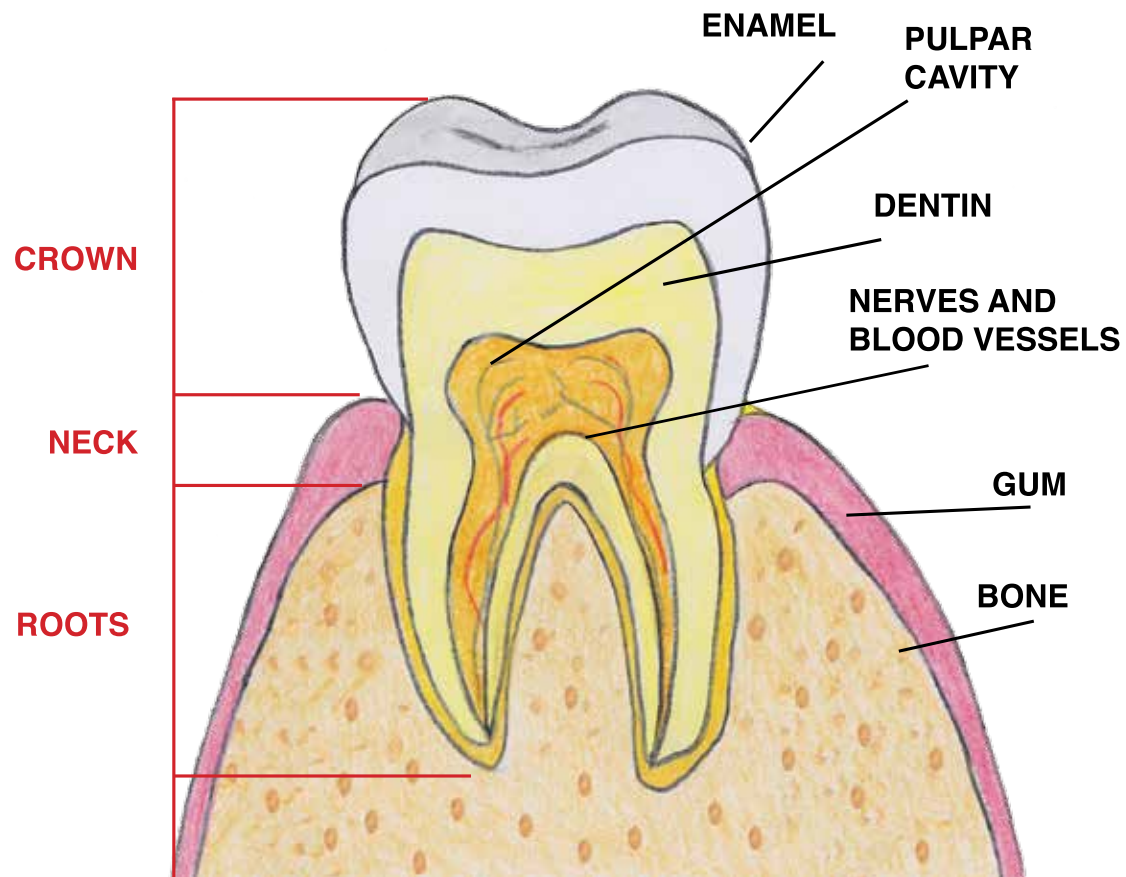
Join the dots together and find out what a tooth is made of



But what is a tooth made of?

Teeth are not all the same, they have different shapes in order to chew the different food we eat, so that we can ingest it and digest it.

Their structure, though, is the same:



When we are born we do not have teeth because we do not need to chew, but when we are between 6 and 8 months old small *baby teeth* start to grow. They enable us to eat solid foods like adults do.

We have 20 baby teeth and when we are around 6 they gradually

8

leave room for permanent teeth which will then last for all our life.

Our new teeth are 32, 16 for each arch.

If baby teeth are 20 and permanent ones are 32, what is the difference between them?

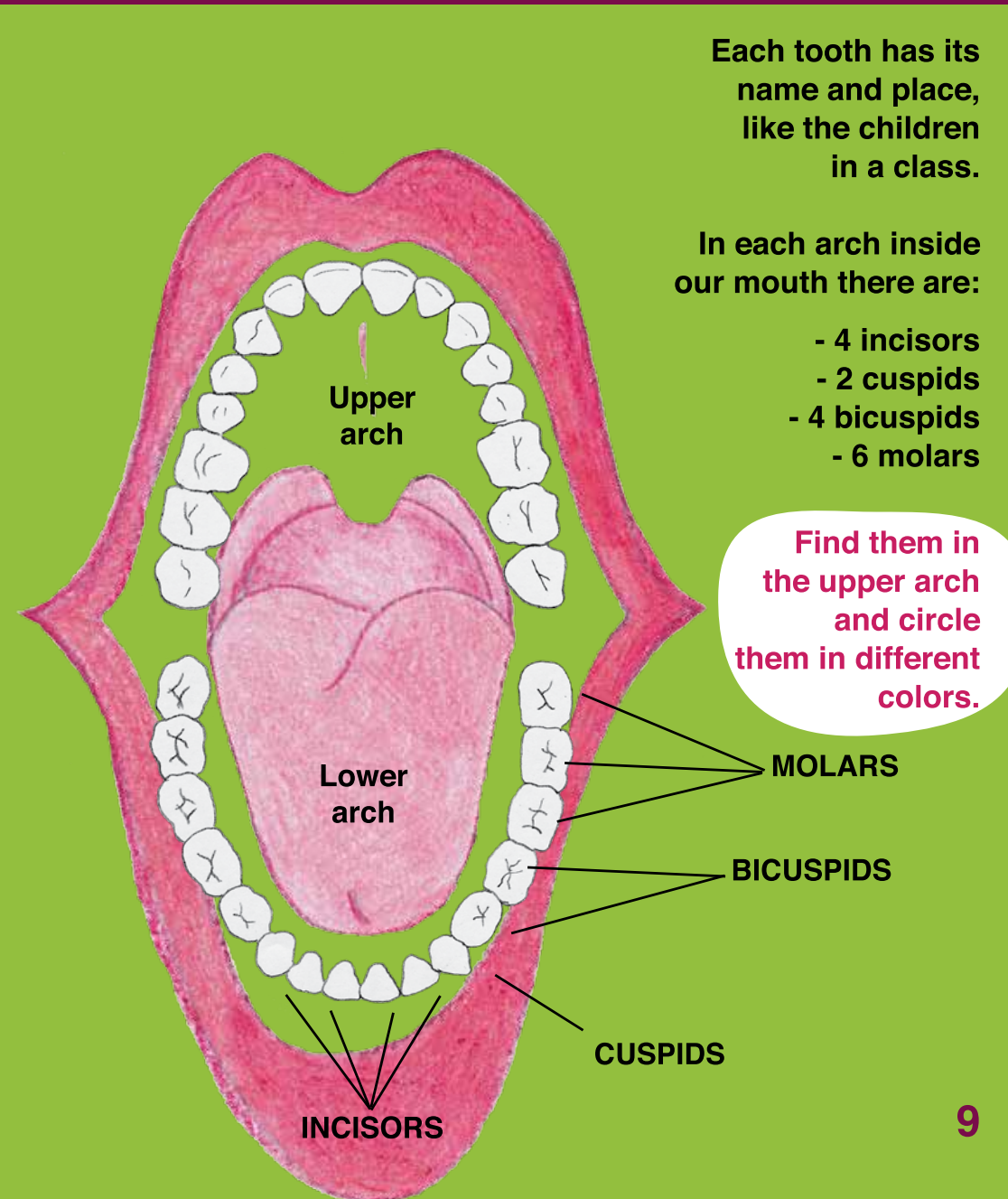
Cross the correct answer:

10

8

12

13



9

Combine the right tool with the different teeth and connect them with an arrow

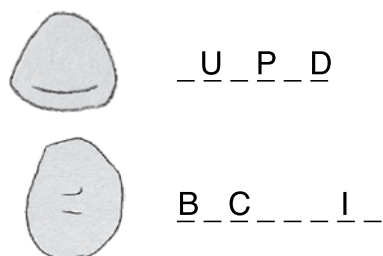
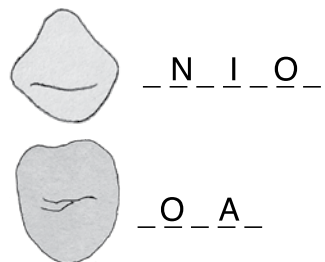
Each tooth, thanks to its shape, has a **specific role on the food** we eat. Indeed:

- **INCISORS** cut it
- **CUSPIDS** tear it
- **BICUSPIDS** break it into small pieces
- **MOLARS** grind it thinly



- **INCISORS** have a shovel shape with a thin edge
- **CUSPIDS** have a sharp and cutting edge to tear food strongly
- **BICUSPIDS** have a rough edge and are cube-shaped
- **MOLARS** have an even rougher edge than bicuspids and are very strong. They are also cube-shaped.

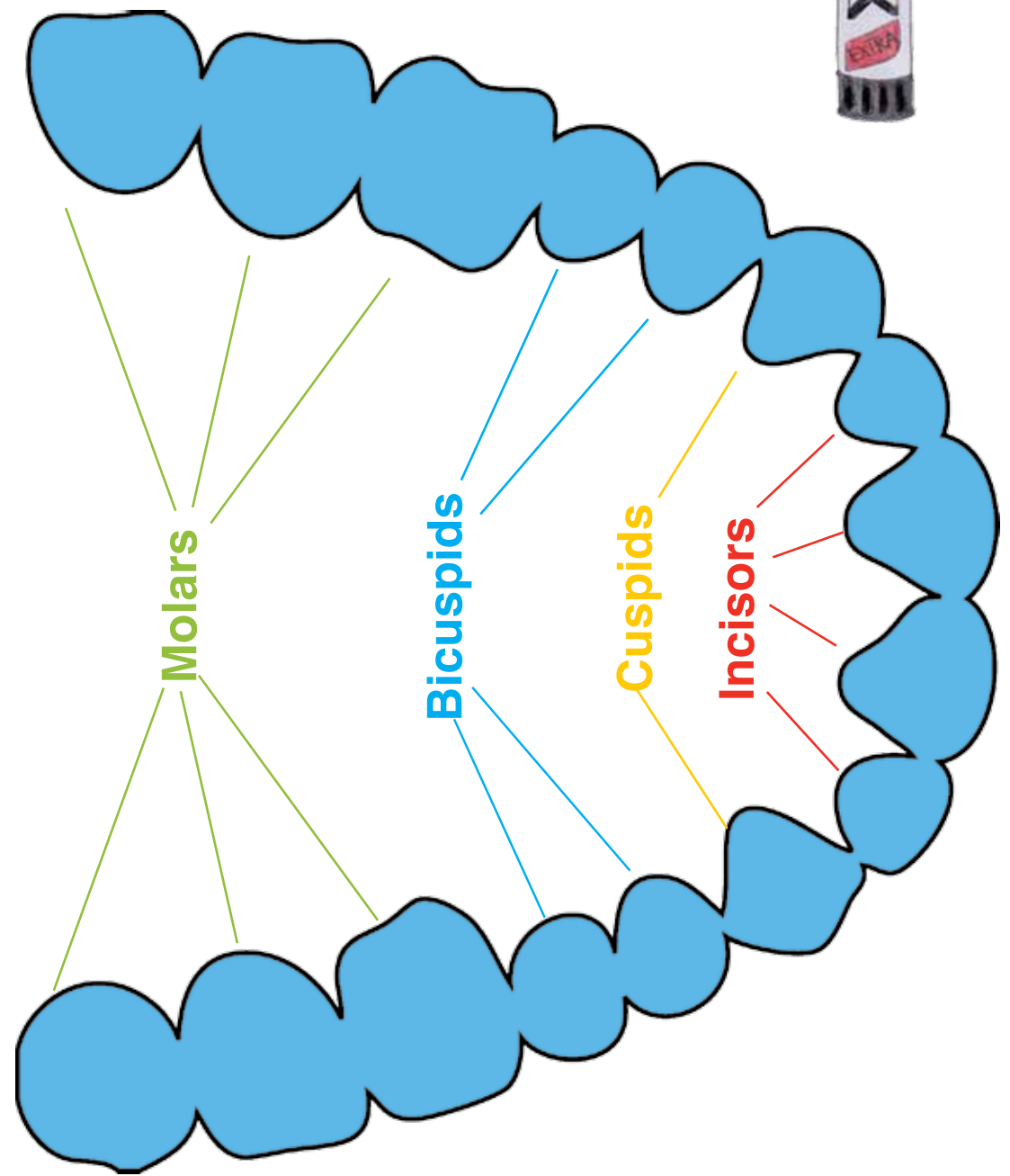
Remember the drawing from the previous page and complete the teeth name according to their shape:



What a chaos! All teeth are out of place... Help the dentist put them in the right place.

Cut them out and put them correctly in the following page.





Who is a dentist?

Our teeth's best friend!

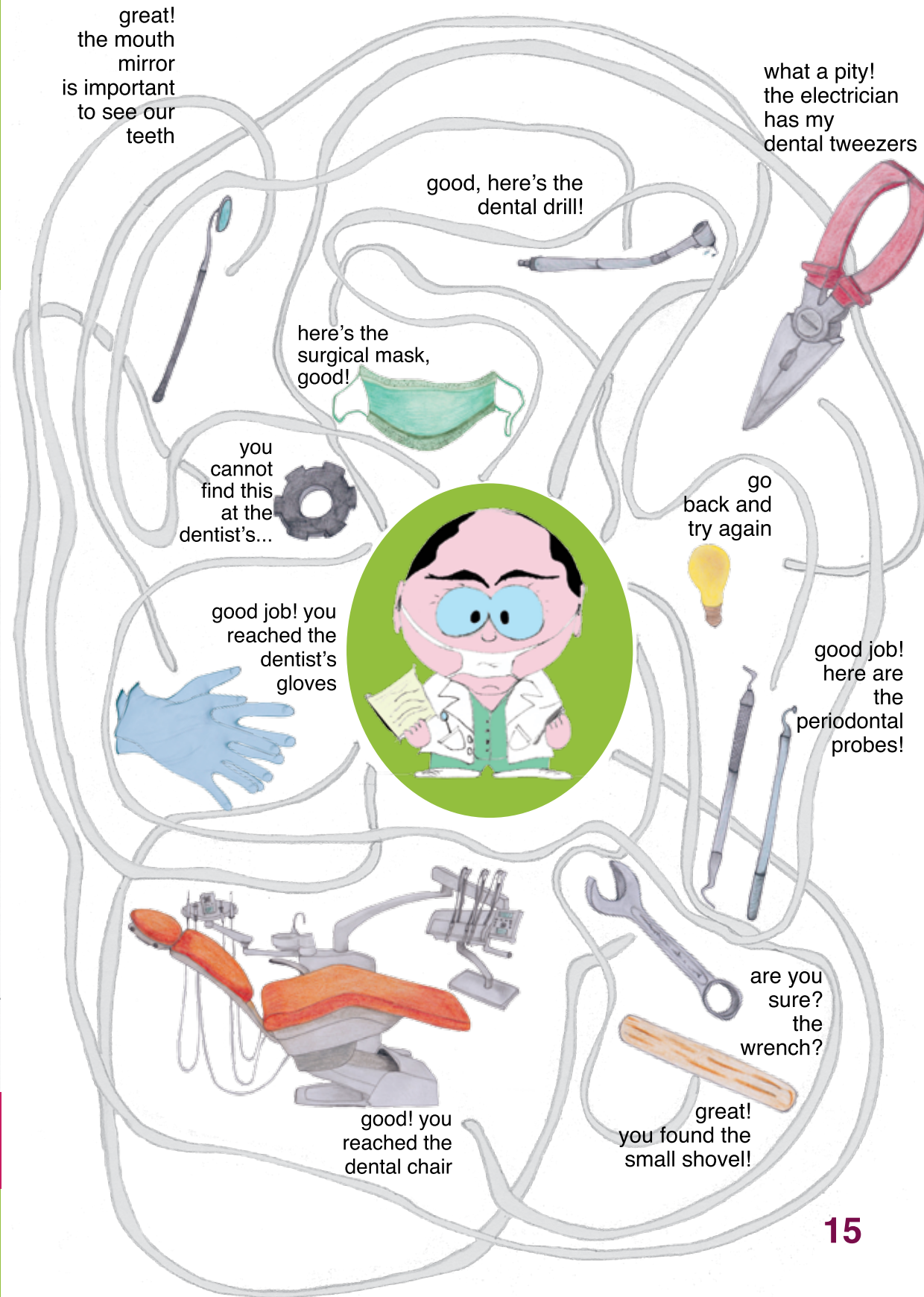
The dentist tells us if our teeth are ok and, in case they get sick, he can cure them. He/she works at the **dental office** where we can find every instrument he/she needs to cure and clean teeth.

Color the dentists in their doctor uniforms!



The dentist is also our friend, he/she gives us advice and teaches us how to take care of our teeth and smile.

Help the dentist find his/her tools!



The dentist has some **COWORKERS** who help him/her visit you and his/her **COLLEAGUES** have specific tasks. Here are the ones you will often see when you will go visit him/her.

I am the dentist' ASSISTANT. I help him/her while he visits you and treats your teeth.



I am the ORTHODONTIST. I straighten teeth and make your smile beautiful and harmonious...



...but I also help you to chew and speak well!

I am DOC LEO, I assist the orthodontist who treats kids!



if your teeth are overlapped the dentist sends you to me to align or shift them



REMEMBER: A BEAUTIFUL SMILE WITH TEETH IN THEIR CORRECT POSITION IS IMPORTANT!

WHY DO WE NEED TO CORRECT OUR TEETH POSITION IF IT IS INCORRECT?

Not only to have a beautiful smile, but also to be able to brush our teeth better, to talk and chew easily.

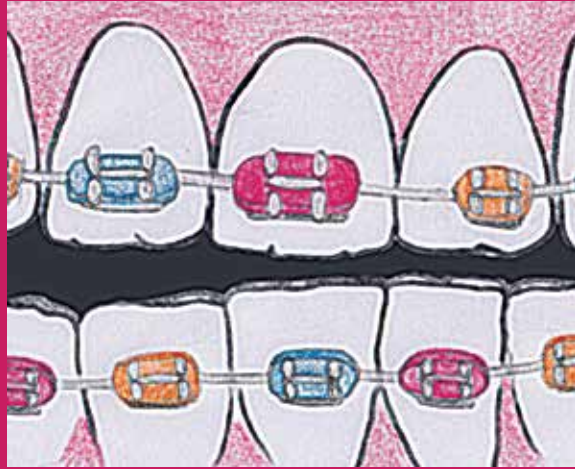


The orthodontist is friends with your smile, he/she gives you advice and teaches you the best way to take care of your teeth.

Crooked, overlapped or too close teeth need to be treated and the orthodontist can do it with the use of special appliances.

Your orthodontist can suggest 2 different types of **APPLIANCES** depending on your problem:

The **fixed appliance** is checked and removed by the orthodontist once the treatment is over.



The **removable appliance** can be removed every time you need to brush your teeth or eat.

Wearing an appliance enables you to have a beautiful and healthy smile.



Poor sick tooth!

Do you remember? We taught you that brushing your teeth well, at least twice a day and after a sweet snack, is very important.

Brushing our teeth regularly and being dedicated is not always enough because **teeth can get sick anyways.**



It's what happens when you get the flu. The tooth gets sick, your mouth hurts and you might feel lots of pain.

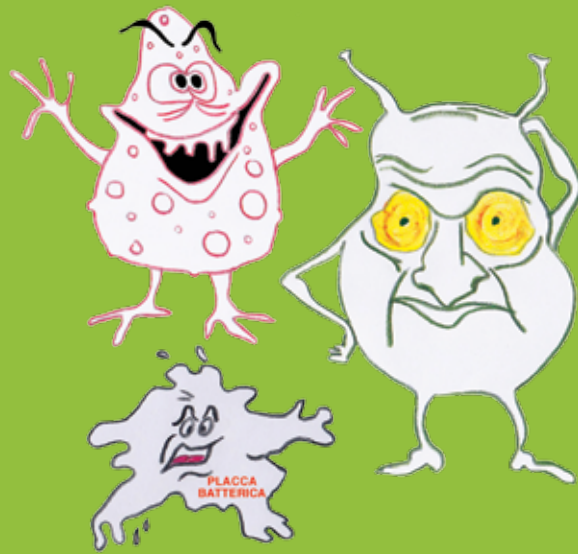
Color your teeth's enemies.



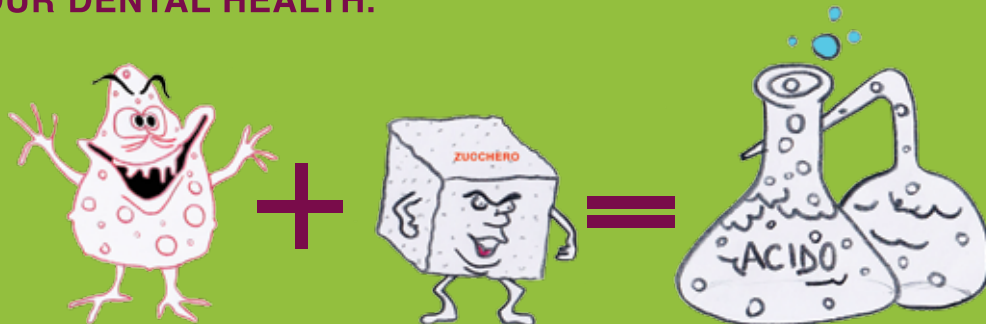
Sometimes, when a tooth gets sick, there can be a **CAVITY**, which looks like a **BLACK OR BROWN HOLE**.

BACTERIA are the ones causing it. They live inside our mouth, on the teeth surface and in food residuals.

BACTERIAL PLAQUE helps bacteria transform sugars we ingest with food into a damaging **ACID** for teeth which attacks them and decays them by corroding their enamel.



THIS IS WHY WE SHOULD NEVER FORGET TO BRUSH OUR TEETH AFTER MEALS. IN THIS WAY WE CAN KEEP BACTERIA UNDER CONTROL AND GET RID OF SUGARS WHICH ARE DANGEROUS FOR OUR DENTAL HEALTH.



Who are the enemies of our teeth?



Our **ENEMIES** are mainly **BACTERIA** and too **SWEETENED** and **CHEWY FOODS** which stick to our teeth.

and their friends?



They are **SIMPLE AND LOW SUGAR FOODS**, but also our **TOOTHBRUSH** and everything that helps us keep our mouth clean.

keep in mind that:

- you can eat **ANYTHING** but without exaggerating;
- you should not eat **TOO MANY TIMES** during the day, especially if you cannot brush your teeth;
- it is important to drink **WATER** during meals.

so how do I brush my teeth?



Always brush them **3 TIMES A DAY**, after each meal and every time you eat sweet foods.

In order to brush your teeth correctly, it is important to know how to use a toothbrush:



1 Do **NOT** brush your teeth **HORIZONTALLY** because you wouldn't be able to brush them well.

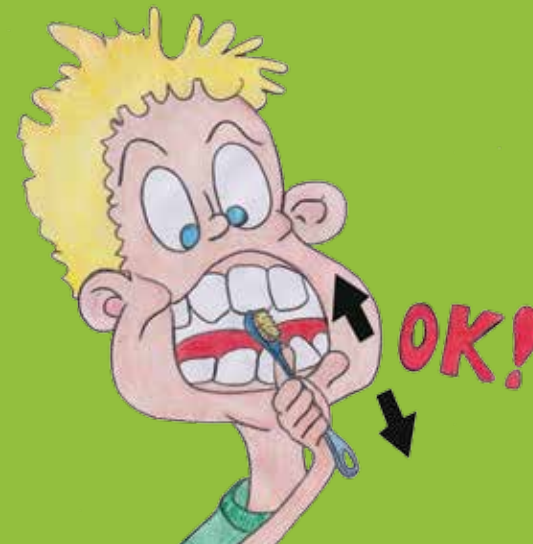


2 if you brush them **VERTICALLY**, from the gums to the tooth, you will be able to clean them correctly.

3 rub them doing a **SEMI TURNING MOVEMENT** without going towards the gums.



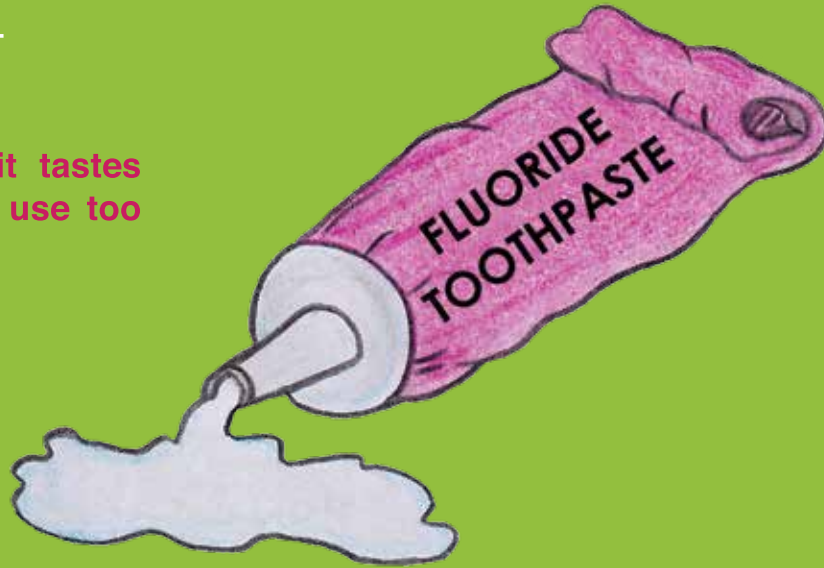
4 remember to brush them **ALSO ON THE INSIDE AND IN THE BACK**, both from top to bottom and doing a turning movement.



then what else?

5 remember to use a **FLUORIDE** toothpaste which helps to **REMINERALIZE THE ENAMEL.**

and even if it tastes good, do not use too much of it!



6 USE THE **DENTAL FLOSS** ONCE A DAY, BETTER AT NIGHT BEFORE GOING TO BED.

Roll a piece of floss around your indexes...



7 then pass it gently back and forth between each tooth.



8 remember to suck a **FLUORIDE PILL** every day after brushing your teeth.



FLUORINE will protect your teeth against bacterial plaque and strengthen the enamel.



FOR YOU TO DRAW

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We thank for their medical advice:

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