

# Connect the dots

Connect the **ORANGE** dots to see what happens when the robot brushes daily

Connect the **YELLOW** dots to see what happens when he doesn't.



# Tongue Twisters

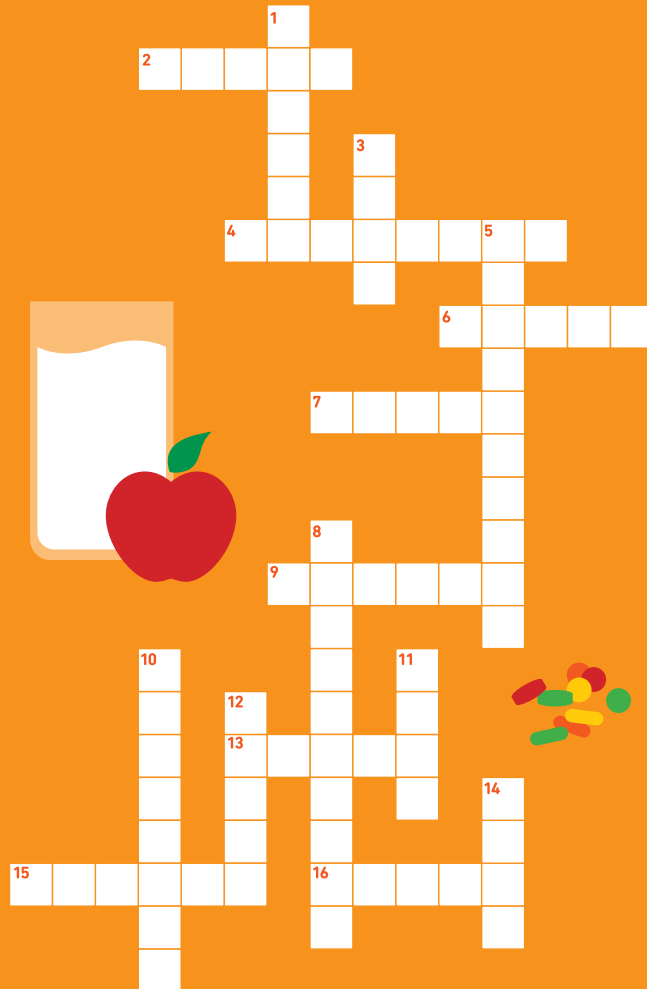
If you think regular tongue twisters are hard, try saying these three times fast when your mouth is numb!

**Tommy tickled his tongue twice trying to treat his teeth to a toothbrush.**

**The lips, the teeth, the tip of the tongue, the tip of the tongue, the teeth, the lips.**

**A bit of brushing bans bad bugs beautifully, a bit of beautiful brushing bans bad bugs.**

# Crossword Puzzle



## ACROSS

- Happy people \_\_\_ a lot.
- Your dentist can put \_\_\_ on your teeth to help protect them from cavities.
- You have to open your \_\_\_ wide so the dentist can see all of your teeth.
- \_\_\_ your teeth at least two times a day.
- The big teeth in the back of your mouth are called \_\_\_.
- An \_\_\_ is a round, red fruit that's good for you.
- A hole in your tooth is called a \_\_\_.
- Replace your toothbrush at least every \_\_\_ months.

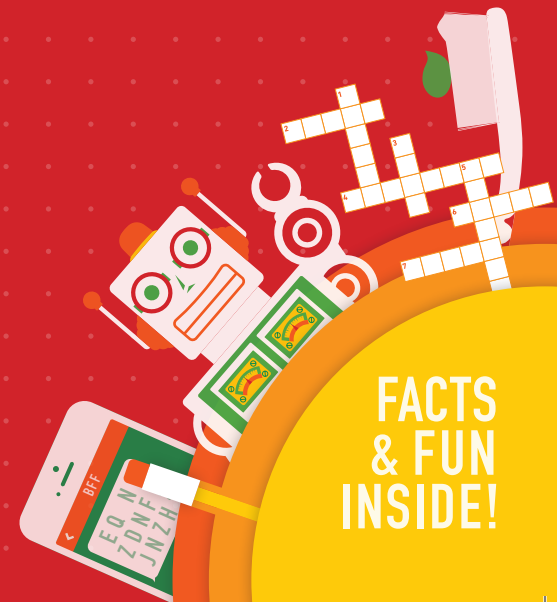
## DOWN

- \_\_\_ is a sticky film of bacteria that constantly forms on your teeth and produces acids that attack tooth enamel.
- Drink \_\_\_ to help build strong, healthy teeth and bones.
- A \_\_\_ has bristles that help clean your teeth.
- You only need a pea-sized amount of \_\_\_ on your toothbrush to help clean your teeth.
- Toothpaste should have \_\_\_ in it to help strengthen teeth and fight cavities.
- A well-balanced \_\_\_ can keep you healthy.
- Don't eat too much \_\_\_ because it can cause cavities.
- Teeth help you \_\_\_ your food so you can digest it properly.

ACROSS 2. smile 4. sealants 6. mouth 7. brush 9. molars 13. apple 15. cavity  
DOWN 1. plaque 3. milk 5. toothbrush 8. toothpaste 10. fluoride 11. diet  
12. candy 14. chew

# Prevent and Protect with Dental Sealants

UltraSeal XT<sup>®</sup> hydro<sup>™</sup>  
UltraSeal XT<sup>®</sup> plus<sup>+</sup>



FACTS & FUN INSIDE!

# How Do Sealants Work?

Sealants are placed in the hard-to-clean pits and grooves of teeth to help prevent decay. The fast, painless procedure is one of the "most cost-effective means of preventing cavities."<sup>1</sup>

The AAPD recommends sealants as an effective method for cavity prevention.<sup>1</sup> Children can be more susceptible to tooth decay than adults, and sealants applied to new, permanent teeth help prevent decay. UltraSeal® XT hydro and UltraSeal® XT plus also release small amounts of fluoride on the tooth, providing even more long-term benefits.



# Word Scramble

Unscramble the words for some good advice about oral hygiene.

SRHBU  
WECTI  
YLIDA



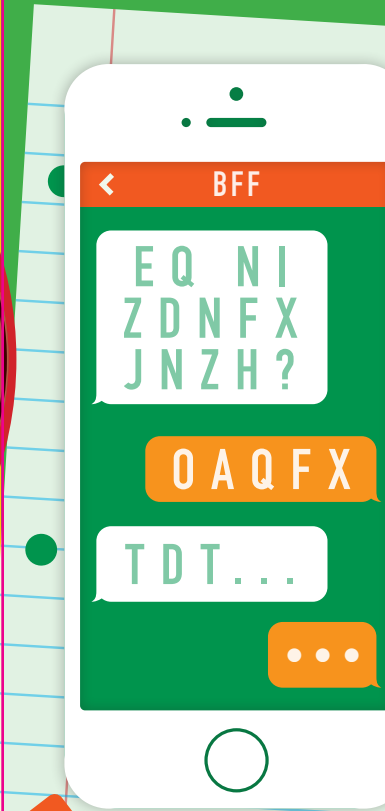
# Maze Game

Help the dentist check the patient's mouth.



# Secret Message

Use the code on the right to decipher the message from your friend.



|   |   |   |   |
|---|---|---|---|
| A | E | N | U |
| B | Q | O | Y |
| C | K | P | J |
| D | O | Q | S |
| E | I | R | A |
| F | T | S | Z |
| G | W | T | L |
| H | B | U | G |
| I | R | V | X |
| J | N | W | P |
| K | D | X | H |
| L | V | Y | C |
| M | F | Z | M |

Write the secret message here

# Facts About Tooth Decay



- Tooth decay is the single most common chronic childhood disease<sup>2</sup>
- Safe and effective measures for preventing oral disease are underused, including water fluoridation, dental sealants, and regular professional care<sup>2</sup>
- More than 50% of children between the ages of 5 and 9 have at least one cavity or filling (increasing to 78% among 17-year-olds)<sup>2</sup>
- Nearly 23% of children aged 2 through 5 have cavities in their primary teeth<sup>3</sup>
- UltraSeal XT hydro and UltraSeal XT plus help to protect teeth from cavities by preventing cavity-causing bacteria from getting to the hard-to-clean areas of the tooth

1. American Academy of Pediatric Dentistry. "Sealants." 2002-2007. AAPD.org. 3 May 2007. <<http://www.aapd.org/publications/brochures/sealants.asp>>. 2. U.S. Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General. Rockville, MD: U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000. 3. Dye BA, Thornton-Evans G, Li X, Iafolla TJ. Dental caries and sealant prevalence in children and adolescents in the United States, 2011-2012. NCHS data brief, no 191. Hyattsville, MD: National Center for Health Statistics. 2015.



Improving Oral Health Globally