



Smile

YOUR TEETH AND YOU

Tampa Bay
Times
NIE
newspaper in education
tampabay.com/nie

DentaQuest
FOUNDATION



WEST COAST
DISTRICT DENTAL ASSOCIATION

A COMPONENT OF THE
AMERICAN & FLORIDA DENTAL ASSOCIATIONS

Do you love to smile? I hope that you do! Your smile can say so much about you and your overall health. Did you know your dentist and dental hygienist are specially trained to keep you smiling? Your smile is just the first thing that a dentist learns about you from your mouth. There is so much more to see inside.



Dr. Fred Grassin,
President,
West Coast District
Dental Association

Part of being a healthy person is to have a healthy mouth. Dentists have learned that a healthy mouth is not only important for eating and speaking, but also important to your overall health. You owe it to your whole body to take good care of your mouth.

Having a healthy mouth is usually easy if you make a consistent and focused effort to avoid dental problems before they start. Dentists know that their most important work is to educate you and help you learn how to prevent problems in your mouth.

The information provided here is a great starting point for kids and families to begin the journey to a lifetime of healthy mouths. The dentists of the West Coast District Dental Association are interested in helping you learn even more about how to do the best job taking care of your mouth. It is one of our goals to help make sure that you have the tools and resources to get the dental care you need. Your West Coast District Dental Association Member Dentist can work with you and your family to develop a customized plan to keep your mouth feeling good and looking great. Our Member Dentists have made a professional promise to put your health and well-being first. These dentists know that by having a good relationship with you they can help you have a healthy mouth.

Please work on your healthy mouth every day, do your best to get to know your dentist better and always remember that your dentist loves to see you SMILE!



Oral health is important

Having a healthy mouth and teeth is really important for your health, speech, appearance and self-esteem.

Poor oral health can result in pain, difficulty eating and speaking, and embarrassment about stained or broken teeth. Children with oral health problems are more likely to feel shy, sad and depressed. Untreated tooth decay results in pain and infection, leading to problems with eating, speaking and learning.

Children with oral health problems are more likely to have problems at school and miss more days of school than children with good oral health.

Throughout this publication, you'll find information about how to care for your teeth and mouth. Follow these tips for a happy and healthy mouth!

Source: National Maternal and Child Oral Health Resource Center, Georgetown University

T

Learning with the *Times*

Learning new words

When you study new things, you often come up against some tough vocabulary words! Most vocabulary words are learned from context clues or good old-fashioned dictionary work. While you read this publication, be sure to highlight or circle words you don't know. Try to figure out the words' meanings by looking for clues in the sentences around them. Write down your best guess, and then look the words up in a dictionary. As a group activity, make a list of the words your classmates identified and see which ones stumped the class. Next, use these words for a news scavenger hunt. See if you can find these words in the *Tampa Bay Times*. The group that finds the most words wins the game.

About your mouth

Without your mouth, you wouldn't be able to eat or talk. Your mouth is the first step in the body's digestive process, and it is essential for speech.

Your lips surround the opening of your mouth. The skin of your lips is unique, because it does not have any sweat glands or hair follicles. Your lips are red because the blood vessels in your lips are very close to the surface.

The top, or roof, of your mouth is called the palate. The bony front part, called the hard palate, divides your mouth from your nose. The back part, called the soft palate, divides your mouth from your throat.

The dangling thing at the back of your mouth is called the uvula. Scientists aren't quite sure what it does. Humans are the only mammals with uvulas!

Your tonsils are two oval-shaped pads on either side of the back of your mouth. Tonsils

help to keep you from getting sick from the bacteria and viruses in your mouth.

Your tongue is a muscular organ that helps you to eat and speak. Your tongue also helps you to taste. The four main types of taste buds — sweet, salty, sour and bitter — are located on the top of your tongue.

Sources: How Stuff Works, kidshealth.org, Mayo Clinic, National Institutes of Health



Taste test

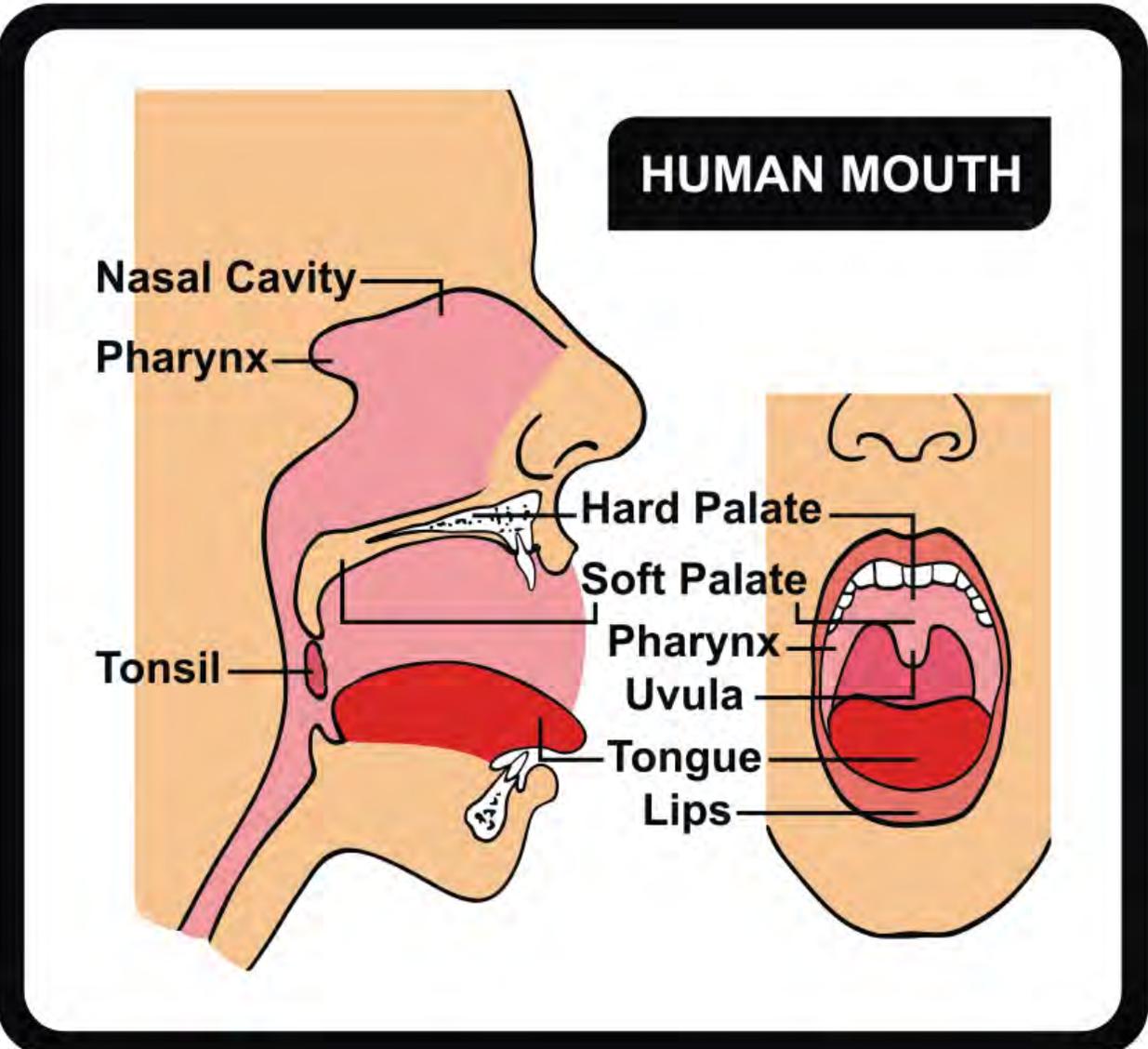
The taste buds on your tongue are important to detect the flavor of food. Different parts of the tongue are sensitive to salty, bitter, sour and sweet tastes. Find out where each set of taste buds is located with this simple experiment. First, gather examples of each taste: salty water for salty, sugary water for sweet, vinegar or lemon juice for sour and onion juice or tonic water for bitter. Dip a toothpick into the first solution and lightly touch the front, back and sides of the top of your tongue. Repeat this test with each liquid. Draw a diagram of your tongue, showing the areas that are most sensitive to the different tastes.

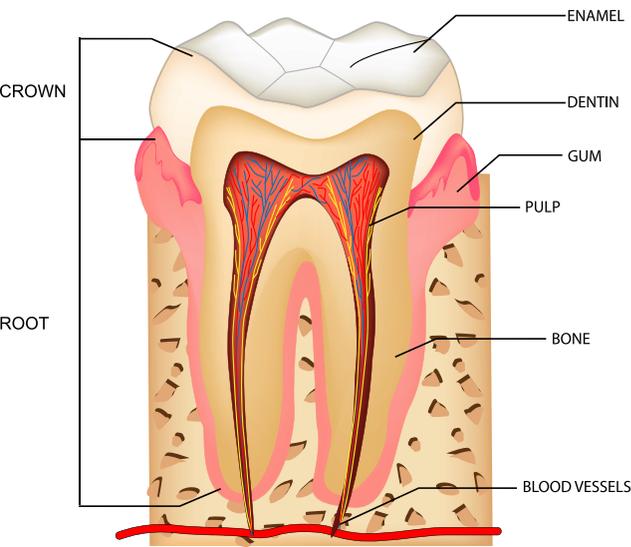
Adapted from Neuroscience for Kids, University of Washington

The importance of spit

Saliva, or spit, is important to your health. Saliva washes away food particles, begins to break down food before it gets to your stomach and helps to neutralize the acids produced by bacteria. In order for food to have taste, chemicals from the food must first dissolve in saliva. Once they are dissolved, they can be detected by your taste buds. Therefore, if there is no saliva in your mouth, you will not be able to taste anything. To test this theory, first dry your tongue with a clean paper towel. Once your tongue is dry, try tasting a few samples of salt, sugar or other dry foods. Rinse your mouth and dry your tongue after each test.

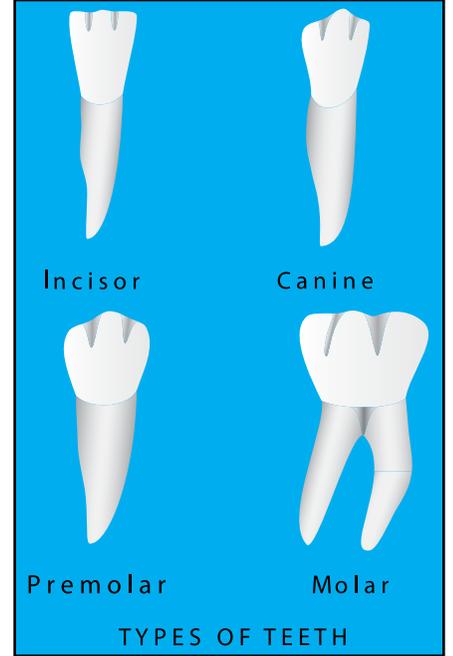
Adapted from Neuroscience for Kids, University of Washington





Primary teeth

Primary, or baby, teeth are already growing in your jaws when you are born. They begin to grow through your gums when you are between 6 months and 1 year old. Your primary teeth help you to chew and speak. They also hold space in your jaws for your permanent, or adult, teeth. Most children have a full set of 20 primary teeth by the age of 3. It's important to care for your baby teeth. If a baby tooth is lost too early because of decay, the permanent tooth can grow in crooked or crowded.



Permanent teeth

Baby teeth begin to fall out when a child is the age of 5 or 6. They fall out because they are being pushed out of the way by the permanent teeth that are growing below them.

By age 12 or 13, most kids have lost all of their baby teeth and have a full set of 28 permanent teeth. In their late teens or early twenties, most people also grow four more teeth at the very back of the mouth. These teeth are called wisdom teeth. They don't make you wise, though.

PARENT TIP:

The American Dental Association recommends that parents first take children to a dentist within six months after the first tooth comes in and no later than the first birthday.



Tooth types

There are five different types of permanent teeth in your mouth. Each one has its own special job to do.

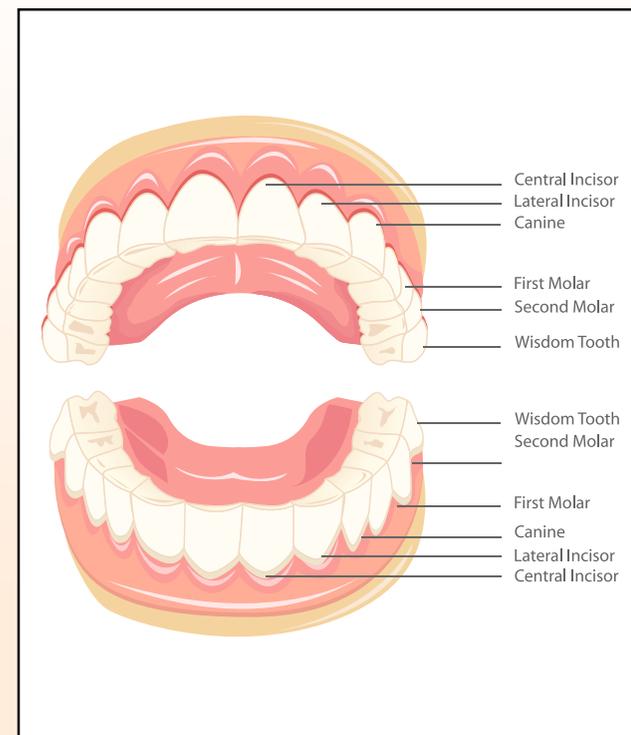
The four teeth in the front of your mouth are incisors. Incisors are shaped like tiny shovels, with sharp, flat ends. These teeth are used for biting into food.

The sharp, pointy teeth beside your incisors are called canine teeth. You have two canines on top and two on the bottom. Canines help to tear food into smaller pieces.

Next to your canine teeth are your premolars, or bicuspid, teeth. You have eight of these, four on top and four on the bottom. Premolars are wide and flat with ridges on them. Premolars are strong teeth that are used to crush and grind food.

Finally, behind your premolars are your molars. You have eight molars, four on top and four on the bottom. Molars grind and mash food up until it's small enough to be swallowed.

The last teeth a person gets are wisdom teeth, which grow all the way in the back of the mouth, one in each corner.



Sources: American Dental Association/mouthhealthy.org, kidshealth.org

The whole tooth

A tooth is made up of two parts: the crown and the root.

The crown is the part of your tooth that you can see when you smile or open your mouth. It is only about one-third of your whole tooth.

The root is the part of your tooth that is inside your gum. Most of your tooth grows where you can't see it.

- The very top, white surface of your tooth is made up of enamel. Enamel protects the tooth from the wear and tear of chewing. The enamel on your teeth is the hardest substance in your body.
- Below the enamel is the dentin. Dentin is a yellow, bone-like material that's softer than enamel.
- In the very center of your tooth is the pulp. Pulp is a soft tissue that contains blood vessels and nerves. The pulp is how the tooth receives nourishment and transmits signals to your brain.



Nutrition and your teeth

Eating healthy foods helps keep your teeth healthy. Do your mouth a favor by limiting the amount of soda, juice and other sweetened beverages you drink and choosing snacks such as fruit, yogurt or low-fat cheese instead of candy or sweets. If you chew gum, make sure it's sugarless.

You may be surprised at the amount of sugar in foods you eat every day. Use nutrition labels to help you figure out whether a snack is healthy or not. Nutrition labels contain information about the amount of calories, fat, protein, carbohydrates, sugars and other nutrients in a

product. Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup) and make sure that added sugars are not one of the first few items in the ingredients list.

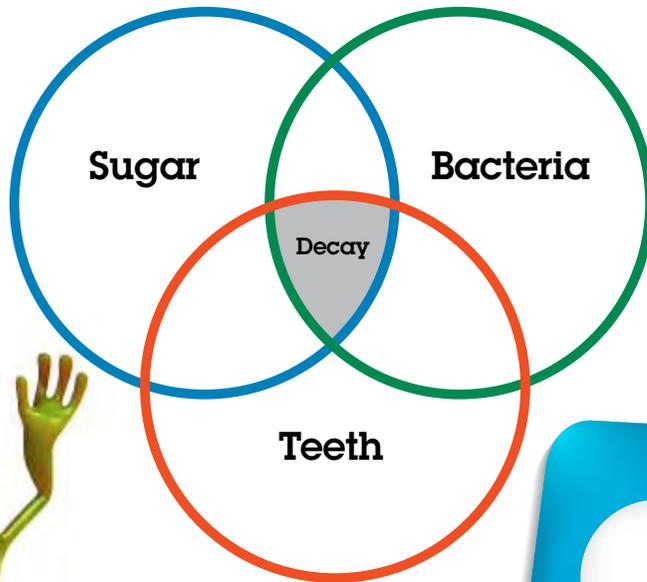
Sources: American Dental Association/mouthhealthy.org, myplate.gov, U.S. Department of Agriculture

What is a cavity?

A cavity is a little hole in your tooth. Cavities are caused by bacteria in your mouth. When you eat foods containing sugar, these bacteria produce acid that attacks tooth enamel. Over time, the enamel can break down. This is when cavities can form.

Three things are needed to produce a cavity: bacteria, sugar and, of course, a tooth!

Sources: American Dental Association/mouthhealthy.org, Centers for Disease Control and Prevention



PARENT TIP:

Energy drinks, sports drinks and fruit juices can have as much sugar as soda! Always check the nutrition label before you buy.

Learning with the Times

Healthy choices

Though many of us know the difference between healthy and unhealthy food choices, we are often convinced by advertising to make poor eating choices. Look at the advertisements in the *Tampa Bay Times* and select several examples of ads for foods and beverages that you think are unhealthy. In a small group, discuss your findings. On a piece of construction paper or poster board, create an ad for an unhealthy food that might convince the best-informed of readers to make this food choice. Next, create an ad for a healthy food that might convince readers to make this food choice. Share your ads with your class.

There's an app for that:

Several companies have free apps that help make brushing fun.



Disney Magic

Timer: Kids are challenged to complete two minutes

of brushing, and each time they brush, Disney and Marvel character images are revealed. Although the app is free, you must scan a Crest or Oral-B Pro-Health Stages product to access it. (iOS and Android)

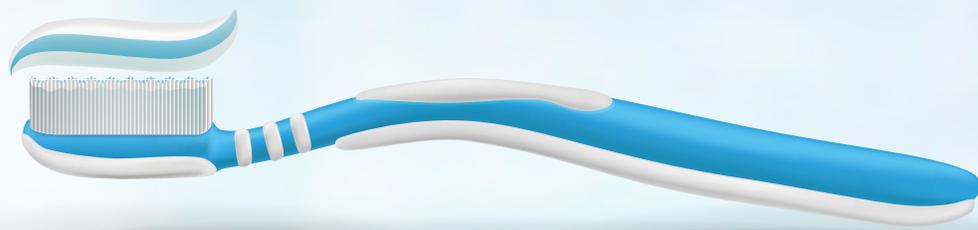


Toothsaunders

Brushing Game:

An evil sorceress has cast a wicked spell, leaving

everyone's mouths to rot and be overrun by cavities. Now it's up to you to help Toothy and the Toothsaunders save everyone's teeth! You'll have two minutes to brush and scrub away the spell for each of the kingdom's quirky inhabitants. (iOS and Android)



Get into a clean routine:

2 minutes x 2 times per day

After you eat, a sticky film of germs called plaque remains on your teeth and gums. Plaque that's not removed can lead to cavities. The best way to remove plaque is by brushing your teeth twice a day for two minutes. Nothing works better to remove plaque and prevent cavities.

The proper way to brush your teeth

- Place the toothbrush at an angle against your gums.
- Gently move the brush back and forth in short strokes or in little circles.
- Make sure to brush the front, back and top of teeth.
- Brush your tongue to remove germs and freshen breath.

Younger than 3 years old – Parents should begin brushing children's teeth as soon as the teeth begin to come in. Use a soft, child-size toothbrush and fluoride toothpaste in an amount the size of a grain of rice. Brush teeth thoroughly twice per day (morning and night).

3 to 6 years old – Parents should brush children's teeth twice a day with a soft, child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin flossing their teeth daily.

When are you old enough to brush your own teeth?

You are old enough to brush your own teeth when you are coordinated enough to tie your own shoes – usually around age 7 or 8.

Source: 2min2x.org



ADA Seal of Acceptance

Did you know that certain sugarfree gums have earned the ADA Seal of Acceptance from the American Dental Association for helping prevent cavities by strengthening teeth? To find gum or other products that have earned the ADA Seal of Acceptance, look for the ADA Seal on the package or search the ADA Seal database at ada.org/en/science-research/ada-seal-of-acceptance/ada-seal-products.



PARENT TIPS:

Parents, always supervise children's brushing to minimize swallowing of toothpaste.

Make sure to replace your toothbrush every three to four months. Worn bristles are less effective at cleaning teeth. Look for toothbrushes with the ADA Seal of Acceptance.

Two by two

Make copies of this chart and use them to keep track of your brushing: Two minutes, two times a day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Bedtime							



Visiting the dentist

It's important to visit your dentist every six months to make sure your teeth and gums are healthy. If you have never been to the dentist before, here's what you can expect.

Dentists use a special chair that is like a big recliner. It goes up and down and reclines back, so that the dentist can see inside your mouth more easily.

One of the first people you'll probably meet at the dentist's office is the dental hygienist. First, he or she will use a bright, overhead light to look inside your mouth to make sure your teeth and gums are healthy. Then, he or she will clean and polish your teeth, using special dental tools. Next, he or she will brush your teeth with a special toothbrush and toothpaste. The toothbrush has a small, round tip that spins around. The toothpaste might taste like your own

toothpaste at home, but it will feel grittier, almost like sand.

During your visit, you might have X-rays taken of your teeth. X-rays are pictures of the inside of your body, so they can show cavities hiding between your teeth where they are hard to see.

You might also get a fluoride treatment while you're at the dentist. A fluoride gel or foam will be painted onto your teeth to help keep them healthy and strong.

Finally, the dentist will look at your teeth, gums and mouth to make sure they're healthy. When your checkup is finished, the dentist may have a present for you to take home, such as a new toothbrush, dental floss or sugarfree gum.

Source: kidshealth.org

How to floss

Flossing helps to remove plaque from the areas between your teeth where your toothbrush can't reach. You should floss once a day, every day.

Children are not usually able to floss well by themselves until they are age 10 or 11. Parents should continue to help floss even after children are able to brush their own teeth.

- Break off about 18 inches of floss. Wind most of it around one of your middle fingers. Wind the rest around the same finger of the opposite hand.
- Hold the floss tightly between your thumbs and forefingers.
- Gently insert the floss between your teeth.
- Curve the floss into a C shape against one tooth.
- Gently rub the floss up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.
- Floss all your teeth using the same method. Don't forget the back side of your last tooth!

Sources: American Dental Association/mouthhealthy.org, Children's Oral Health campaign, 2min2x.org



T

Learning with the *Times*

Developing daily habits

Brushing your teeth twice a day is important to keeping your mouth healthy, which, in turn, helps keep your body healthy. Just as washing your hands removes germs and dirt that can make you sick, cleaning teeth and gums removes plaque. Plaque contains harmful bacteria that can cause tooth decay. In a small group, make a list of some of the things you do that keep your body healthy. With your group members, look in the *Tampa Bay Times* for images and words that represent health. For example, a photo of a person exercising would indicate good health. Take some of the images and words you find and use them for the basis of a short story. Use your list and the images to create the story. Share your story with the rest of the class.

Disease detectives

Your mouth is full of clues to what's going on in the rest of your body. By examining your mouth, head and neck, your dentist can find the signs and symptoms of more than 120 diseases! If something is wrong in your mouth, it might mean that something is wrong somewhere else, too.

Source: Campaign for Dental Health



How to find a dentist



If you don't already have a dentist, there are many ways to find one. Try asking family and friends who they would recommend. If you have dental insurance, you can visit the insurance company's website to search for a dentist. Here are some other options:

American Dental Association Find a Dentist

This tool allows you to search for a dentist by location or dental specialty.
mouthhealthy.org/en/find-a-dentist

DentaQuest Foundation Find a Dentist

This tool allows you to search for dentists accepting Medicare Advantage, Medicaid or CHIP.
dentaquest.com/find-a-dentist-gov

T

Learning with the Times

Healthy smiles bulletin board

Having a healthy mouth and smile is important. With your classmates, you can create a "Healthy Smiles" bulletin board. Look for words, pictures and headlines in the *Tampa Bay Times* that focus on healthy smiles or messages. You can find photos of foods or products that would be beneficial to a healthy smile as well as photos of healthy smiles for the bulletin board. Cut out the images and paste them on a piece of construction paper. In one or two sentences, under the photo, you will need to explain why you have chosen these images or words before you can place them on the bulletin board. Share your images and explanations with your class. Your classmates will need to vote on whether or not the image should go on the bulletin board.

RESOURCES

Low-Cost Dental Services

If you do not have dental insurance or other access to dental care, you may be able to get free or low-cost dental care through your county health department or one of the providers below. You must meet income and other eligibility requirements.

Statewide

Dentistry from the Heart

Provides free extractions, fillings and cleanings for adults 18 years of age and older at events held around the country.
dentistryfromtheheart.org • 727-849-2002

Project: Dentists Care

Project: Dentists Care is a nonprofit organization, established by the Florida Dental Association to provide a safety net of dental care to those in greatest need – typically, low-income individuals who do not have dental insurance and don't qualify for public assistance.

For more information, visit floridadental.org/foundation/project-dentists-care.

Citrus

Citrus County Health Department

Provides a wide variety of dental services for children and limited services for adults.
floridahealth.gov/chdCitrus/dentalhealth.htm
• 352-726-1731

Hernando

Crescent Community Clinic of Hernando

Provides dental services for eligible adults 18 years of age and older.
crescentclinic.org • 352-610-9916

Hernando County Health Department

Provides dental services for children and limited services for adults.
hernandohealth.org
352-540-6800, ext. 82013 (Brooksville)
352-540-6800, ext. 82038 (Spring Hill)



Hillsboro

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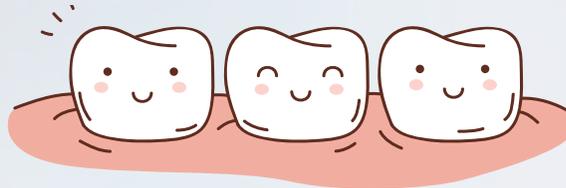
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FOR CARE



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st Dental Outreach

ow-cost dental services for eligible adults.
an.com • 813-579-3935

ugh Community College Educational Facility

reventive dental services for adults and children
d up.
/dm/dental-clinic.aspx • 813-253-7527

ugh County Dental Research Clinic

asic dental services for eligible adults.
n • 813-231-1800, ext. 1340

ugh County Health Department

asic dental services for children ages 2 – 21.
7-8064

hristian Health Clinic

asic dental services for eligible adults.
stianhealthclinic.org • 813-870-0395

t Community Health Centers

dental services for children and adults.
chc.org • 813-653-6100

amily Health Centers

outine and emergency dental services for
nd adults.
pachc.com/dental.htm • 813-397-5300

maritan Health Clinic of Pasco Inc.

ree fillings and extractions for eligible adults.
clinic.org • 727-848-7789

ounty Health Department

dental services for children and limited services

h.gov/chdPasco/Dental.html •

5170 (Dade City) •

5260 ext. 284 (New Port Richey)

ernando State College Dental Hygiene Clinic

ow-cost preventive dental care to adults and
ges 5 and up.
3281 •

/health-occupations/dental-hygiene-clinic

al Lifeline Network

Dental Lifeline Network is a national nonprofit organization that provides dental care and education for people who cannot afford it and have a permanent disability, are age 65 or older or who are medically fragile. For more information, visit dentallifeline.org/florida, call 850-577-1466 or email mgallagher@DentalLifeline.org.

Premier Community Healthcare

Provides comprehensive dental services for adults and children.
premierhc.org/dental • 352-518-2000

Pinellas

Community Dental Clinic

Provides basic dental services to eligible uninsured adults.
communitydentalclinic.net • 727-216-6155

Community Health Centers of Pinellas Inc.

Provides low-cost dental services for adults and children.
chcpinellas.org • 727-824-8181

Homeless Emergency Project Free Dental Clinic

Provides free dental care for eligible residents of HEP.
ethep.org/?page=dental_care •
727-442-9041, ext. 112

Pinellas County Health Department

Provides dental services for children, pregnant women and eligible uninsured low income adults.
pinellas.floridahealth.gov • 727-824-6900

Pinellas County Health and Community Services

Provides help with limited “relief of pain” dental services for eligible adult residents.
pinellascounty.org/humanservices/dental.htm •
727-464-8400 (Clearwater) •
727-524-4410 (Largo) •
727-582-7781 (St. Petersburg) •
727-942-5457 (Tarpon Springs)

St. Petersburg College Dental Hygiene Clinic

Provides low-cost preventive dental care to adults and children ages 5 and up.
727-341-3668 • spcollege.edu/dentalclinic/

University of Florida College of Dentistry

St. Petersburg Dental Clinic

Provides routine and emergency dental care for adults.
ufhealth.org/ufspc-partnership-st-petersburg-dental-clinic •
727-394-6064

Online resources

American Association of Orthodontists (AAO)
mylifemysmile.org

American Dental Association (ADA)
ada.org

America’s Tooth Fairy
ncohf.org

Centers for Disease Control and Prevention (CDC)
cdc.gov

DentaQuest Foundation Are You Mouth Wise
areyoumouthwise.com

Florida Dental Association (FDA)
floridadental.org

Florida Dental Health Foundation (FDHF)
fdhf.info

Florida Department of Health
doh.state.fl.us

Mouth Healthy
mouthhealthy.org

Oral Health America
oralhealthamerica.org

Oral Health Florida
floridaoralhealth.com

Smiles For Life
smilesforlifeoralhealth.org

West Coast District Dental Association (WCDDA)
wcdental.org



Dental care and the Affordable Care Act

Dental coverage for children is an essential health benefit under the Affordable Care Act (Obamacare). This means that insurers must offer it, either as part of a health plan or as a freestanding plan. You can choose whether to purchase dental coverage for your child.

The last day to enroll in 2015 coverage is Feb. 15, 2015. If you miss the February deadline, you can’t sign up for a health plan for the rest of 2015. Visit healthcare.gov to find out more.

WHY DO CHILDREN NEED FLUORIDE?

Our mouths contain **BACTERIA** +



That bacteria combines with sugars in the foods we eat and the beverages we drink and produces...

= **ACID**



The acid that is produced harms tooth enamel and damages teeth



FLUORIDE PROTECTS TEETH BY MAKING THEM MORE RESISTANT TO ACID

Get Your Fluoride Here!

- Drink fluoridated water
- Brush with the right amount of fluoridated toothpaste
- Talk to your dentist or doctor about fluoride treatments

CAMPAIGN FOR DENTAL HEALTH
life is better WITH TEETH
ILikeMyTeeth.org

Fluoride is an important mineral for all children. Talk to your doctor or dentist to learn more.



Fluoride fights cavities

What is fluoride?

Fluoride is a naturally occurring mineral that helps to prevent tooth decay by keeping tooth enamel – the outer surface of your teeth – strong and solid. Strong enamel means fewer cavities and fewer fillings!

Fluoride works by stopping the tooth decay process. Tooth decay is caused by bacteria in the mouth that produce acid, eating away the surface of teeth. Fluoride helps to restore the tooth surface and prevents cavities from forming.

outside of your teeth helps to strengthen and heal them, and protect them from decay. This is why it's important to brush with fluoride toothpaste.

Water fluoridation

Almost all water contains some naturally occurring fluoride. In many places, though, the amount of natural fluoride is too low to prevent tooth decay. So, many communities choose to add fluoride to the water supply. Water fluoridation is a proven and safe way to improve the health of everybody in the community.

Fluoridated water is just one of many foods and beverages that are fortified in the United States to improve our health. For example, we add vitamin D to milk for healthy bones and folic acid to bread and pasta for healthy red blood cells.

Sources: Campaign for Dental Health, Centers for Disease Control and Prevention, ChooseMyPlate.gov

Did you know?



The Centers for Disease Control and Prevention has recognized water fluoridation as one of 10 great public health achievements of the 20th century.

How does fluoride work to protect teeth?

Fluoride works to protect teeth in two ways: from the inside and from the outside.

When your teeth are still developing under your gums, fluoride that you drink in water enters your bloodstream and combines with other minerals to grow stronger teeth.

For people of all ages, fluoride that you apply on the

Did you know?



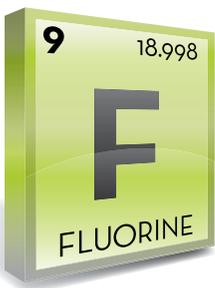
Community water fluoridation is credited with reducing tooth decay by as much as 25 percent!

T

Learning with the Times

Preventing cavities

While fluoride can make a difference in preventing cavities, what you eat and how you take care of your teeth is important, too. Look in the *Tampa Bay Times* for food ads. Foods that are high in sugar, such as candy and soda, will produce more plaque, which is not good for your teeth. Natural foods that are lower in sugar will produce less plaque, and your teeth will remain healthier. Clip out at least 20 pictures of food. Next, divide the clippings into two groups: good for teeth and bad for teeth. Create a good-for-teeth poster and a bad-for-teeth poster for National Children's Dental Health Month. Share your posters with your class and explain what you have learned.



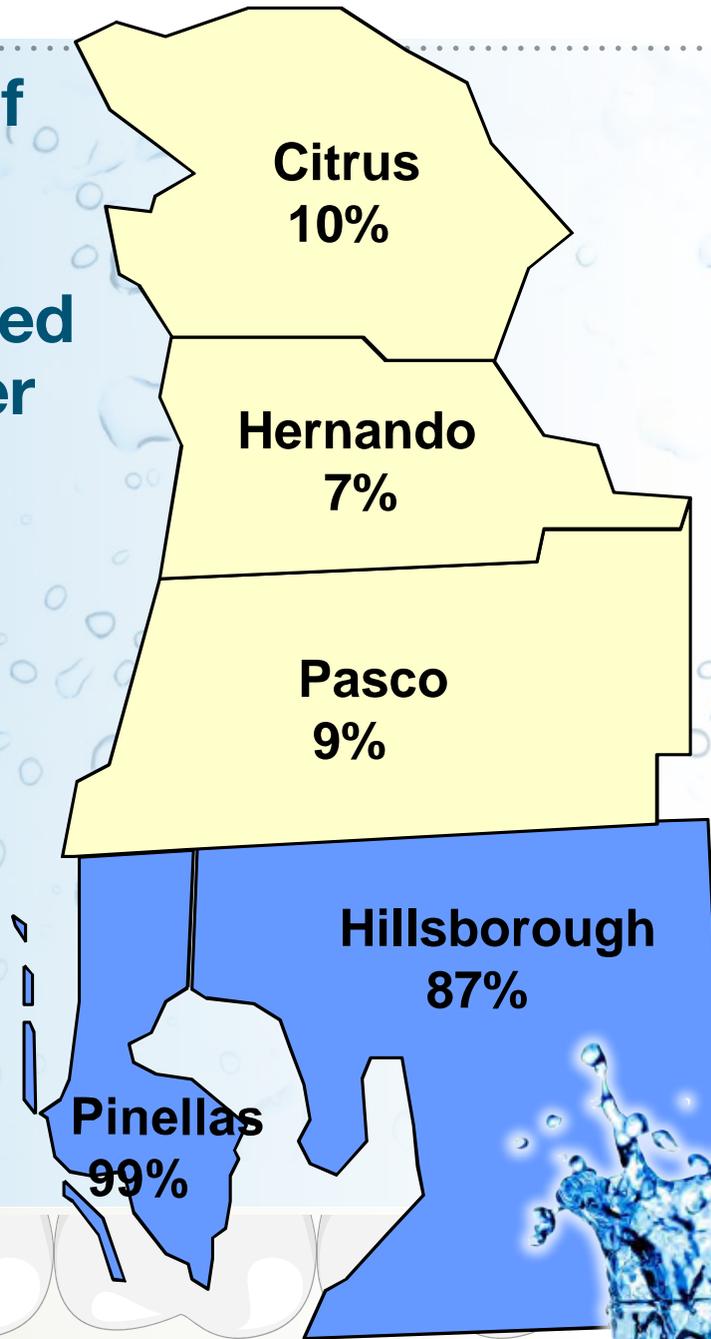
The chemistry of fluoride

The fluoride ion comes from the element fluorine. Fluorine (F) is the ninth element on the periodic table. It was first isolated in 1886 by a French scientist named Henri Moissan, who won the Nobel Prize in Chemistry for his discovery. A dentist named Frederick S. McKay was the first to discover fluoride's role in preventing tooth decay.

Percentage of Tampa Bay population with fluoridated drinking water

Percent by county

Source: Florida Department of Health (2012)



Dental sealants

Another important way to protect teeth and prevent cavities is by using dental sealants.

Dental sealants are very thin plastic coatings that are painted onto the chewing surfaces of the back teeth to protect them from tooth decay. Most tooth decay in children and teens occurs on these hard-to-reach surfaces. Sealants protect the teeth from decay by sealing out germs and food particles.

Sealants can last for as long as five to 10 years and can be reapplied if they are no longer in place. Sealants and fluoride work together to prevent cavities.

Source: Centers for Disease Control and Prevention



What to do if your tap water isn't fluoridated

If your drinking water is not fluoridated, ask your parents to talk to your dentist or doctor about the best way to protect your teeth. Some options include special toothpastes and mouth rinses, professionally applied fluoride treatments or prescription fluoride supplements.

Take action

If your drinking water is not fluoridated, contact your city or county government or water utility and tell them that you would like to have your water fluoridated. Not sure how to do this? Contact Oral Health Florida at oralhealthflorida@gmail.com for step-by-step help.



Does my water utility add fluoride to the water?

Find out on the CDC's "My Water's Fluoride" webpage at <http://apps.nccd.cdc.gov/MWF/Index.asp>

Dental emergency

Accidents happen when you least expect them! Knowing how to handle a dental emergency can mean the difference between saving and losing a permanent tooth. For all dental emergencies, it's important to go to the dentist or an emergency room as soon as possible.



Protecting your teeth

It is really important to protect your teeth when you are playing sports, especially during contact sports such as karate, boxing or football. Mouthguards help reduce the risk of broken teeth and injuries to your lips, tongue, face or jaw if you are accidentally hit in the face. There are three types of mouthguards:

Custom-fitted – These are made by your dentist for you personally.

Boil and bite – These are first softened in hot water, then inserted and allowed to adapt to the shape of your mouth.

Stock – These are inexpensive and come pre-formed, ready to wear.

Sources: American Dental Association/mouthhealthy.org, American Association of Orthodontics

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Learning with the *Times*

Research activity

Working with a partner or in a small group, choose one of the topics presented in this publication that you would like to learn more about. Using your school media center and local library, research that topic. In addition to your Internet and book searches, be sure to use the *Tampa Bay Times* in your research so that you can include local information. Once you have completed your research, prepare an oral presentation for the class about the information you have found. Also, write an informative news article about the information you have learned. Use the articles in the *Times* as models. Be sure to document your research.

Toothache



Rinse your mouth with warm water to clean it out.

Gently use dental floss to remove any food caught between the teeth.

Under the supervision of an adult, you may take an over-the-counter (OTC) pain reliever, or apply oil of cloves or an OTC antiseptic containing benzocaine directly to the aching tooth and gum to temporarily relieve pain.



Call your dentist:

if you have signs of an infection, such as swelling, pain when you bite, red gums or a bad-tasting discharge;
if the pain lasts for more than a day or two;
if you have a fever with the toothache; or
if you have trouble breathing or swallowing.



Don't place aspirin or any over-the-counter painkiller directly against your gums. It can burn you!

Don't use benzocaine in children younger than age 2 without supervision from a healthcare professional.

Knocked-out tooth



Keep the tooth moist until you can get to the dentist.

If you can, put the tooth back in the socket without touching the root. If that's not possible, place the tooth in milk or saline or carefully place it between your cheek and gum. Don't swallow it!

Cracked tooth



Rinse your mouth with warm water to clean the area.

Apply cold to the face to reduce swelling.

Object stuck in the mouth



Gently use dental floss to try to remove the object. Tying a knot in the floss and pulling it through may help to remove the object.



Don't try to remove the object with sharp or pointed instruments.

Bitten tongue or lip



Clean the area gently. Apply cold to reduce swelling.

Sources: American Dental Association/mouthhealthy.org, Mayo Clinic



Tobacco and your teeth

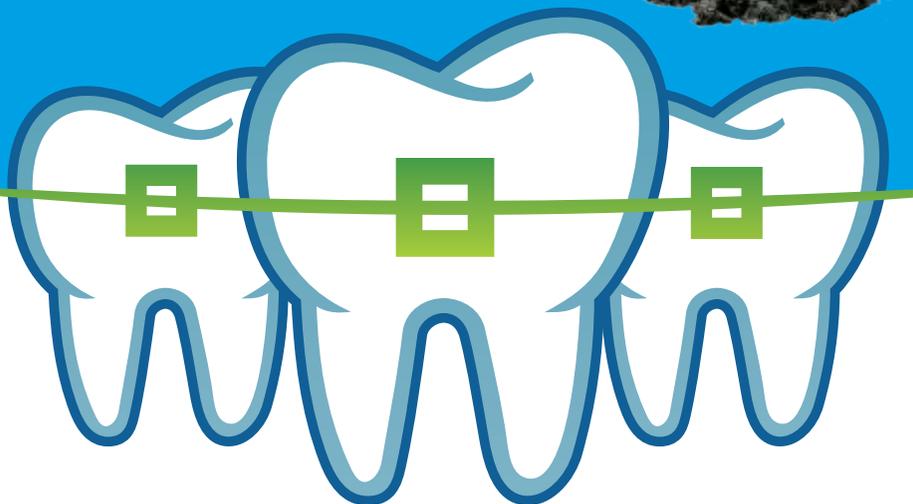
All forms of tobacco are bad for your oral health. Tobacco products such as cigarettes, cigars and chewing tobacco can cause health problems, including:

- Bad breath
- Stained teeth and tongue
- Dulled sense of taste and smell
- Gum disease
- Tooth loss
- Oral cancer

Did you know that more than 40,000 Americans will be diagnosed with oral and throat cancers this year? All adults should be screened for oral cancer during their visit to the dentist. Tobacco use increases the risk of oral and throat cancer.

Quitting is the only way to lower your risk of tobacco-related health problems. For tips on quitting or how to help someone you love quit, visit smokefree.gov.

Source: American Dental Association/mouthhealthy.org



Interceptive orthodontics and braces

If your teeth are crowded or crooked or if your upper and lower jaws do not line up properly, you may benefit from orthodontic treatment. The purpose of orthodontic treatment is to create a healthy bite — straight teeth that properly meet. A good bite makes it easier for you to bite, chew and speak.

Dentists and orthodontists (a specialized dentist) use many different methods to straighten teeth, including braces that are attached to your teeth, and may recommend interceptive orthodontics for your child.

Interceptive orthodontics allows the process of creating a healthy bite to start earlier, before permanent teeth have grown in.

The American Association of Orthodontists recommends all children have a checkup with an Orthodontic Specialist no later than age 7.

Sources: American Dental Association/mouthhealthy.org, American Association of Orthodontists



Careers in dentistry

Are you interested in exploring career paths that have to do with dentistry? There are lots of options!

Dentist

Dentists diagnose and treat problems with teeth, gums and the mouth. Dentists need to have a high school diploma, a four-year college degree, and a minimum of four years of dental education. Students who want to become dentists should study chemistry, physics, biology, anatomy and mathematics.

Dental assistant

Dental assistants perform many tasks, including patient care, taking X-rays, sterilizing instruments and equipment, and scheduling appointments. Dental assistants need to have a high school diploma. In some states, dental assistants must have a certificate or diploma, as well as state licensure. In others, they receive on-the-job training. Students interested in a career as a dental assistant should study subjects such as biology, chemistry and anatomy.

Dental hygienist

Dental hygienists clean teeth, examine patients, provide preventive dental care and educate patients about oral health. Dental hygienists need to have a high school diploma and a two-year college degree, as well as state licensure. Students interested in becoming dental hygienists should study biology, chemistry and mathematics.

Dental laboratory technician

Dental laboratory technicians use molds of a patient's teeth and gums to create replacements for natural teeth. Dental laboratory technicians need to have a high school diploma, and most also have a two-year college degree or certificate. It is also possible to receive on-the-job training.

Sources: American Dental Association, U.S. Bureau of Labor Statistics



Defeat Monster Mouth

Each February, the American Dental Association sponsors National Children's Dental Health Month to raise awareness about the importance of oral health.

This year's theme is "Defeat Monster Mouth." To fight Monster Mouth and promote good oral health, just follow this simple rule: **2min2x**. That's code for "brush your teeth for two minutes, two times a day."



ADA.org/ncdhm

Brush two minutes, two times a day.

Clean between your teeth daily.

Limit snacks, eat healthy meals.

Visit your dentist regularly.

ADA Foundation
Charitable Assistance | Access to Care | Research | Education

ADA American Dental Association®
America's leading advocate for oral health

Just 2min2x!
Brush 2 minutes 2 times a day
- and YOU can defeat
Monster Mouth, too!

2015

Calendar of free dental care events

Find a National Children's Dental Health Month event near you

Feb. 6, 2015

Dentistry from the Heart

Monticciolo Family and Sedation Dentistry
5139 Little Rd.
New Port Richey, FL 33615
727-849-2002
smile@dentistryfromtheheart.org

Feb. 6, 2015

Give Kids A Smile

Clearwater Health Department
310 N Myrtle Ave.
Clearwater, FL 33755
727-469-5800

Feb. 6, 2015

Give Kids A Smile

Pinellas Park Health Department
6350 76th Ave. N
Pinellas Park, FL 33781
727-547-7780

Feb. 6, 2015

Give Kids A Smile

St. Petersburg Health Department
205 Dr. Martin Luther King Jr St. N
St Petersburg, FL 33701
727-824-6900

Feb. 6, 2015

Give Kids A Smile

Traviss Career Center Dental Assisting
Polk County Dental Association
3225 Winter Lake Rd., Room 5-114
Lakeland, FL 33803
863-499-2700, ext. 286

Feb. 13, 2015

Love Your Teeth

Hillsborough County Dental Association
Tampa Family Health Care Center
8108 N Nebraska Ave.
Tampa, FL 33604
813-712-1930

Feb. 21, 2015

Give Kids A Smile

Smiles and Giggles Dentistry
17020 County Line Rd.
Spring Hill, FL 34610
352-397-2139
info@smilesandgigglesdentistry.com



Give Kids A Smile Day – Friday, Feb. 6

The American Dental Association began the Give Kids A Smile program in 2003 as a way for dentists to join with others in the community to provide free screenings, treatments and education to underserved children throughout the United States.

The program initially began as a one-day event celebrated annually on the first Friday in February, but has since grown to include events year-round. Each year, approximately 350,000 children benefit from more than 1,500 events staffed by more than 40,000 volunteers. This year's Give Kids A Smile Day is Friday, Feb. 6, 2015.



Learning with the *Times*

Promoting good dental health

Now that you have read the information in this publication discussing the importance of good dental health and habits, it is your turn to teach others about what you have learned. Plan a National Children's Dental Health Month Awareness Week event at your school to increase awareness of good oral health. Using the advertisements in the *Tampa Bay Times* as models, create a public service announcement promoting dental health awareness that could be published in the newspaper. Be creative and use images, as well as information from this publication, to enhance your PSA.

For an updated list of Give Kids A Smile events, visit wcdental.org or call 813-654-2500.

Dental word search

Direction: Find these words in the word search. Look up the meanings of these words and see if you can find each word in the *Tampa Bay Times*.

BICUSPID
CANINE
CAVITY
LIP
MOLAR

ORAL HEALTH
PALATE
PHARYNX
PLAQUE
SMILE

TASTE BUDS
TEETH
TONGUE
TONSILS
UVULA

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

Established in 2000, the DentaQuest Foundation strives to improve the oral health of all. It is the leading U.S. philanthropy focused solely on oral health. The Foundation emphasizes prevention and access to oral health care and connects funders, oral health professionals, policymakers and community leaders in raising awareness and supporting solutions for oral health for all.

The DentaQuest Foundation is an affiliate of DentaQuest. A leading U.S. oral health enterprise, DentaQuest is a family of affiliates that includes a dental benefits administrator, a national philanthropy focused on oral health, an oral health quality improvement research institute and a care delivery organization dedicated to delivering quality health care to underserved communities.

For more information about the DentaQuest Foundation, visit dentaquestfoundation.org.

The West Coast District Dental Association (WCDDA) is a regional component of the Florida Dental Association and American Dental Association. With approximately 2,000 members, the WCDDA serves 16 counties including Charlotte, Citrus, Collier, DeSoto, Glades, Hardee, Hendry, Hernando, Highlands, Hillsborough, Lee, Manatee, Pasco, Pinellas, Polk and Sarasota. The WCDDA provides its member dentists with continuing education and other opportunities to help further their professional development and improve the oral health of their patients.

The WCDDA also directly serves its communities by connecting individuals with trusted FDA member dentists and assisting underserved community members with accessing dental care.

For more information about WCDDA, visit wcdental.org.



Learning with the Times



Journaling to self-discovery

There are many different components to being healthy. Knowing who you are is the first step in being healthy and taking charge of your life. Keeping a journal is a great way to learn more about yourself and reflect on what you have learned. Who are you? Why do you do what you do with your future? What are your habits and daily routines? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? While you are keeping your journal, read the *Tampa Bay Times* to learn more about your community. What are your thoughts about the things you read in the news? To begin your journal, write about something that you have read in the *Times* that directly affects your life. Share some of your journal entries and thoughts with your classmates.



IN THE KNOW. IN THE TIMES.

The Tampa Bay Times Newspaper in Education program (NIE) is a cooperative effort between schools and the Times Publishing Co. to encourage the use of newspapers in print and electronic form as educational

resources – a “living textbook.” Our educational resources fall into the category of informational text, a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world.

Since the mid-1970s, NIE has provided schools with class sets of the daily newspaper plus award-winning original curriculum supplements, teacher guides, lesson plans, educator workshops and many more resources at no cost to schools, teachers or students. Each year, more than 5 million newspapers and electronic licenses are provided to Tampa Bay-area teachers and students free of charge thanks to our

generous individual, corporate and foundation sponsors. NIE teaching materials cover a variety of subjects, and are correlated to the Florida Standards.

For more information about NIE, visit tampabay.com/nie, call 800-333-7505, ext. 8138 or email ordernie@tampabay.com. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

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Credits

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Florida Standards

This publication and its activities incorporate the following Florida Standards for elementary school students:

Health: HE.3-5.B.3.1; HE.3-5.B.3.2; HE.3-5.B.3.3; HE.3-5.B.4.4; HE.3-5.B.5.1; HE.3-5.B.5.2; HE.3-5.B.5.3; HE.3-5.B.5.4; HE.3-5.B.5.5; HE.3-5.B.6.1; HE.3-5.B.6.2; HE.3-5.C.1.1; HE.3-5.C.1.4; HE.3-5.C.1.5; HE.3-5.C.1.6; HE.3-5.C.2.5; HE.3-5.P.7.2; HE.3-5.P.8.1 Language Arts: LAFS.3-5.RI.1.1; LAFS.3-5.RI.1.2; LAFS.3-5.RI.1.3; LAFS.3-5.RI.2.4; LAFS.3-5.RI.2.5; LAFS.3-5.RI.2.6; LAFS.3-5.RI.2.7; LAFS.3-5.RI.2.8; LAFS.3-5.RI.2.9; LAFS.3-5.RF.3.3; LAFS.3-5.RF.4.4; LAFS.3-5.SL.1.1; LAFS.3-5.SL.1.2; LAFS.3-5.SL.1.3; LAFS.3-5.SL.2.4; LAFS.3-5.SL.2.5; LAFS.3-5.SL.2.6; LAFS.3-5.W.1.1; LAFS.3-5.W.1.2; LAFS.3-5.W.1.4; LAFS.3-5.W.1.5; LAFS.3-5.W.1.6; LAFS.3-5.W.1.7; LAFS.3-5.W.1.8; LAFS.3-5.W.1.9; LAFS.3-5.W.1.10; LAFS.3-5.W.1.11; LAFS.3-5.W.1.12; LAFS.3-5.W.1.13; LAFS.3-5.W.1.14; LAFS.3-5.W.1.15; LAFS.3-5.W.1.16; LAFS.3-5.W.1.17; LAFS.3-5.W.1.18; LAFS.3-5.W.1.19; LAFS.3-5.W.1.20; LAFS.3-5.W.1.21; LAFS.3-5.W.1.22; LAFS.3-5.W.1.23; LAFS.3-5.W.1.24; LAFS.3-5.W.1.25; LAFS.3-5.W.1.26; LAFS.3-5.W.1.27; LAFS.3-5.W.1.28; LAFS.3-5.W.1.29; LAFS.3-5.W.1.30; LAFS.3-5.W.1.31; LAFS.3-5.W.1.32; LAFS.3-5.W.1.33; LAFS.3-5.W.1.34; LAFS.3-5.W.1.35; LAFS.3-5.W.1.36; LAFS.3-5.W.1.37; LAFS.3-5.W.1.38; LAFS.3-5.W.1.39; LAFS.3-5.W.1.40; LAFS.3-5.W.1.41; LAFS.3-5.W.1.42; LAFS.3-5.W.1.43; LAFS.3-5.W.1.44; LAFS.3-5.W.1.45; LAFS.3-5.W.1.46; LAFS.3-5.W.1.47; LAFS.3-5.W.1.48; LAFS.3-5.W.1.49; LAFS.3-5.W.1.50; LAFS.3-5.W.1.51; LAFS.3-5.W.1.52; LAFS.3-5.W.1.53; LAFS.3-5.W.1.54; LAFS.3-5.W.1.55; LAFS.3-5.W.1.56; LAFS.3-5.W.1.57; LAFS.3-5.W.1.58; LAFS.3-5.W.1.59; LAFS.3-5.W.1.60; LAFS.3-5.W.1.61; LAFS.3-5.W.1.62; LAFS.3-5.W.1.63; LAFS.3-5.W.1.64; LAFS.3-5.W.1.65; LAFS.3-5.W.1.66; LAFS.3-5.W.1.67; LAFS.3-5.W.1.68; LAFS.3-5.W.1.69; LAFS.3-5.W.1.70; LAFS.3-5.W.1.71; LAFS.3-5.W.1.72; LAFS.3-5.W.1.73; LAFS.3-5.W.1.74; LAFS.3-5.W.1.75; LAFS.3-5.W.1.76; LAFS.3-5.W.1.77; LAFS.3-5.W.1.78; LAFS.3-5.W.1.79; LAFS.3-5.W.1.80; LAFS.3-5.W.1.81; LAFS.3-5.W.1.82; LAFS.3-5.W.1.83; LAFS.3-5.W.1.84; LAFS.3-5.W.1.85; LAFS.3-5.W.1.86; LAFS.3-5.W.1.87; LAFS.3-5.W.1.88; LAFS.3-5.W.1.89; LAFS.3-5.W.1.90; LAFS.3-5.W.1.91; LAFS.3-5.W.1.92; LAFS.3-5.W.1.93; LAFS.3-5.W.1.94; LAFS.3-5.W.1.95; LAFS.3-5.W.1.96; LAFS.3-5.W.1.97; LAFS.3-5.W.1.98; LAFS.3-5.W.1.99; LAFS.3-5.W.1.100; LAFS.3-5.W.1.101; LAFS.3-5.W.1.102; LAFS.3-5.W.1.103; LAFS.3-5.W.1.104; LAFS.3-5.W.1.105; LAFS.3-5.W.1.106; LAFS.3-5.W.1.107; LAFS.3-5.W.1.108; LAFS.3-5.W.1.109; LAFS.3-5.W.1.110; LAFS.3-5.W.1.111; LAFS.3-5.W.1.112; LAFS.3-5.W.1.113; LAFS.3-5.W.1.114; LAFS.3-5.W.1.115; LAFS.3-5.W.1.116; LAFS.3-5.W.1.117; LAFS.3-5.W.1.118; LAFS.3-5.W.1.119; LAFS.3-5.W.1.120; LAFS.3-5.W.1.121; LAFS.3-5.W.1.122; LAFS.3-5.W.1.123; LAFS.3-5.W.1.124; LAFS.3-5.W.1.125; LAFS.3-5.W.1.126; LAFS.3-5.W.1.127; LAFS.3-5.W.1.128; LAFS.3-5.W.1.129; LAFS.3-5.W.1.130; LAFS.3-5.W.1.131; LAFS.3-5.W.1.132; LAFS.3-5.W.1.133; LAFS.3-5.W.1.134; LAFS.3-5.W.1.135; LAFS.3-5.W.1.136; LAFS.3-5.W.1.137; LAFS.3-5.W.1.138; LAFS.3-5.W.1.139; LAFS.3-5.W.1.140; LAFS.3-5.W.1.141; LAFS.3-5.W.1.142; LAFS.3-5.W.1.143; LAFS.3-5.W.1.144; LAFS.3-5.W.1.145; LAFS.3-5.W.1.146; LAFS.3-5.W.1.147; LAFS.3-5.W.1.148; LAFS.3-5.W.1.149; LAFS.3-5.W.1.150; LAFS.3-5.W.1.151; LAFS.3-5.W.1.152; LAFS.3-5.W.1.153; LAFS.3-5.W.1.154; LAFS.3-5.W.1.155; LAFS.3-5.W.1.156; LAFS.3-5.W.1.157; LAFS.3-5.W.1.158; LAFS.3-5.W.1.159; LAFS.3-5.W.1.160; LAFS.3-5.W.1.161; LAFS.3-5.W.1.162; LAFS.3-5.W.1.163; LAFS.3-5.W.1.164; LAFS.3-5.W.1.165; LAFS.3-5.W.1.166; LAFS.3-5.W.1.167; LAFS.3-5.W.1.168; LAFS.3-5.W.1.169; LAFS.3-5.W.1.170; LAFS.3-5.W.1.171; LAFS.3-5.W.1.172; LAFS.3-5.W.1.173; LAFS.3-5.W.1.174; LAFS.3-5.W.1.175; LAFS.3-5.W.1.176; LAFS.3-5.W.1.177; LAFS.3-5.W.1.178; LAFS.3-5.W.1.179; LAFS.3-5.W.1.180; LAFS.3-5.W.1.181; LAFS.3-5.W.1.182; LAFS.3-5.W.1.183; LAFS.3-5.W.1.184; LAFS.3-5.W.1.185; LAFS.3-5.W.1.186; LAFS.3-5.W.1.187; LAFS.3-5.W.1.188; LAFS.3-5.W.1.189; LAFS.3-5.W.1.190; LAFS.3-5.W.1.191; LAFS.3-5.W.1.192; LAFS.3-5.W.1.193; LAFS.3-5.W.1.194; LAFS.3-5.W.1.195; LAFS.3-5.W.1.196; LAFS.3-5.W.1.197; LAFS.3-5.W.1.198; LAFS.3-5.W.1.199; LAFS.3-5.W.1.200; LAFS.3-5.W.1.201; LAFS.3-5.W.1.202; LAFS.3-5.W.1.203; LAFS.3-5.W.1.204; LAFS.3-5.W.1.205; LAFS.3-5.W.1.206; LAFS.3-5.W.1.207; LAFS.3-5.W.1.208; LAFS.3-5.W.1.209; LAFS.3-5.W.1.210; LAFS.3-5.W.1.211; LAFS.3-5.W.1.212; LAFS.3-5.W.1.213; LAFS.3-5.W.1.214; LAFS.3-5.W.1.215; LAFS.3-5.W.1.216; LAFS.3-5.W.1.217; LAFS.3-5.W.1.218; LAFS.3-5.W.1.219; LAFS.3-5.W.1.220; LAFS.3-5.W.1.221; LAFS.3-5.W.1.222; LAFS.3-5.W.1.223; LAFS.3-5.W.1.224; LAFS.3-5.W.1.225; LAFS.3-5.W.1.226; LAFS.3-5.W.1.227; LAFS.3-5.W.1.228; LAFS.3-5.W.1.229; LAFS.3-5.W.1.230; LAFS.3-5.W.1.231; LAFS.3-5.W.1.232; LAFS.3-5.W.1.233; LAFS.3-5.W.1.234; LAFS.3-5.W.1.235; LAFS.3-5.W.1.236; LAFS.3-5.W.1.237; LAFS.3-5.W.1.238; LAFS.3-5.W.1.239; LAFS.3-5.W.1.240; LAFS.3-5.W.1.241; LAFS.3-5.W.1.242; LAFS.3-5.W.1.243; LAFS.3-5.W.1.244; LAFS.3-5.W.1.245; LAFS.3-5.W.1.246; LAFS.3-5.W.1.247; LAFS.3-5.W.1.248; LAFS.3-5.W.1.249; LAFS.3-5.W.1.250; LAFS.3-5.W.1.251; LAFS.3-5.W.1.252; LAFS.3-5.W.1.253; LAFS.3-5.W.1.254; LAFS.3-5.W.1.255; LAFS.3-5.W.1.256; 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LAFS.3-5.W.1.481; LAFS.3-5.W.1.482; LAFS.3-5.W.1.483; LAFS.3-5.W.1.484; LAFS.3-5.W.1.485; LAFS.3-5.W.1.486; LAFS.3-5.W.1.487; LAFS.3-5.W.1.488; LAFS.3-5.W.1.489; LAFS.3-5.W.1.490; LAFS.3-5.W.1.491; LAFS.3-5.W.1.492; LAFS.3-5.W.1.493; LAFS.3-5.W.1.494; LAFS.3-5.W.1.495; LAFS.3-5.W.1.496; LAFS.3-5.W.1.497; LAFS.3-5.W.1.498; LAFS.3-5.W.1.499; LAFS.3-5.W.1.500; LAFS.3-5.W.1.501; LAFS.3-5.W.1.502; LAFS.3-5.W.1.503; LAFS.3-5.W.1.504; LAFS.3-5.W.1.505; LAFS.3-5.W.1.506; LAFS.3-5.W.1.507; LAFS.3-5.W.1.508; LAFS.3-5.W.1.509; LAFS.3-5.W.1.510; LAFS.3-5.W.1.511; LAFS.3-5.W.1.512; LAFS.3-5.W.1.513; LAFS.3-5.W.1.514; LAFS.3-5.W.1.515; LAFS.3-5.W.1.516; LAFS.3-5.W.1.517; LAFS.3-5.W.1.518; LAFS.3-5.W.1.519; LAFS.3-5.W.1.520; LAFS.3-5.W.1.521; LAFS.3-5.W.1.522; LAFS.3-5.W.1.523; LAFS.3-5.W.1.524; LAFS.3-5.W.1.525; LAFS.3-5.W.1.526; LAFS.3-5.W.1.527; LAFS.3-5.W.1.528; LAFS.3-5.W.1.529; LAFS.3-5.W.1.530; LAFS.3-5.W.1.531; LAFS.3-5.W.1.532; LAFS.3-5.W.1.533; LAFS.3-5.W.1.534; LAFS.3-5.W.1.535; LAFS.3-5.W.1.536; LAFS.3-5.W.1.537; LAFS.3-5.W.1.538; LAFS.3-5.W.1.539; LAFS.3-5.W.1.540; LAFS.3-5.W.1.541; LAFS.3-5.W.1.542; LAFS.3-5.W.1.543; LAFS.3-5.W.1.544; LAFS.3-5.W.1.545; LAFS.3-5.W.1.546; LAFS.3-5.W.1.547; LAFS.3-5.W.1.548; LAFS.3-5.W.1.549; LAFS.3-5.W.1.550; LAFS.3-5.W.1.551; LAFS.3-5.W.1.552; LAFS.3-5.W.1.553; LAFS.3-5.W.1.554; LAFS.3-5.W.1.555; LAFS.3-5.W.1.556; LAFS.3-5.W.1.557; LAFS.3-5.W.1.558; LAFS.3-5.W.1.559; LAFS.3-5.W.1.560; LAFS.3-5.W.1.561; LAFS.3-5.W.1.562; LAFS.3-5.W.1.563; LAFS.3-5.W.1.564; LAFS.3-5.W.1.565; LAFS.3-5.W.1.566; LAFS.3-5.W.1.567; LAFS.3-5.W.1.568; LAFS.3-5.W.1.569; LAFS.3-5.W.1.570; LAFS.3-5.W.1.571; LAFS.3-5.W.1.572; LAFS.3-5.W.1.573; LAFS.3-5.W.1.574; LAFS.3-5.W.1.575; LAFS.3-5.W.1.576; LAFS.3-5.W.1.577; LAFS.3-5.W.1.578; LAFS.3-5.W.1.579; LAFS.3-5.W.1.580; LAFS.3-5.W.1.581; LAFS.3-5.W.1.582; LAFS.3-5.W.1.583; LAFS.3-5.W.1.584; LAFS.3-5.W.1.585; LAFS.3-5.W.1.586; LAFS.3-5.W.1.587; LAFS.3-5.W.1.588; LAFS.3-5.W.1.589; LAFS.3-5.W.1.590; LAFS.3-5.W.1.591; LAFS.3-5.W.1.592; 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