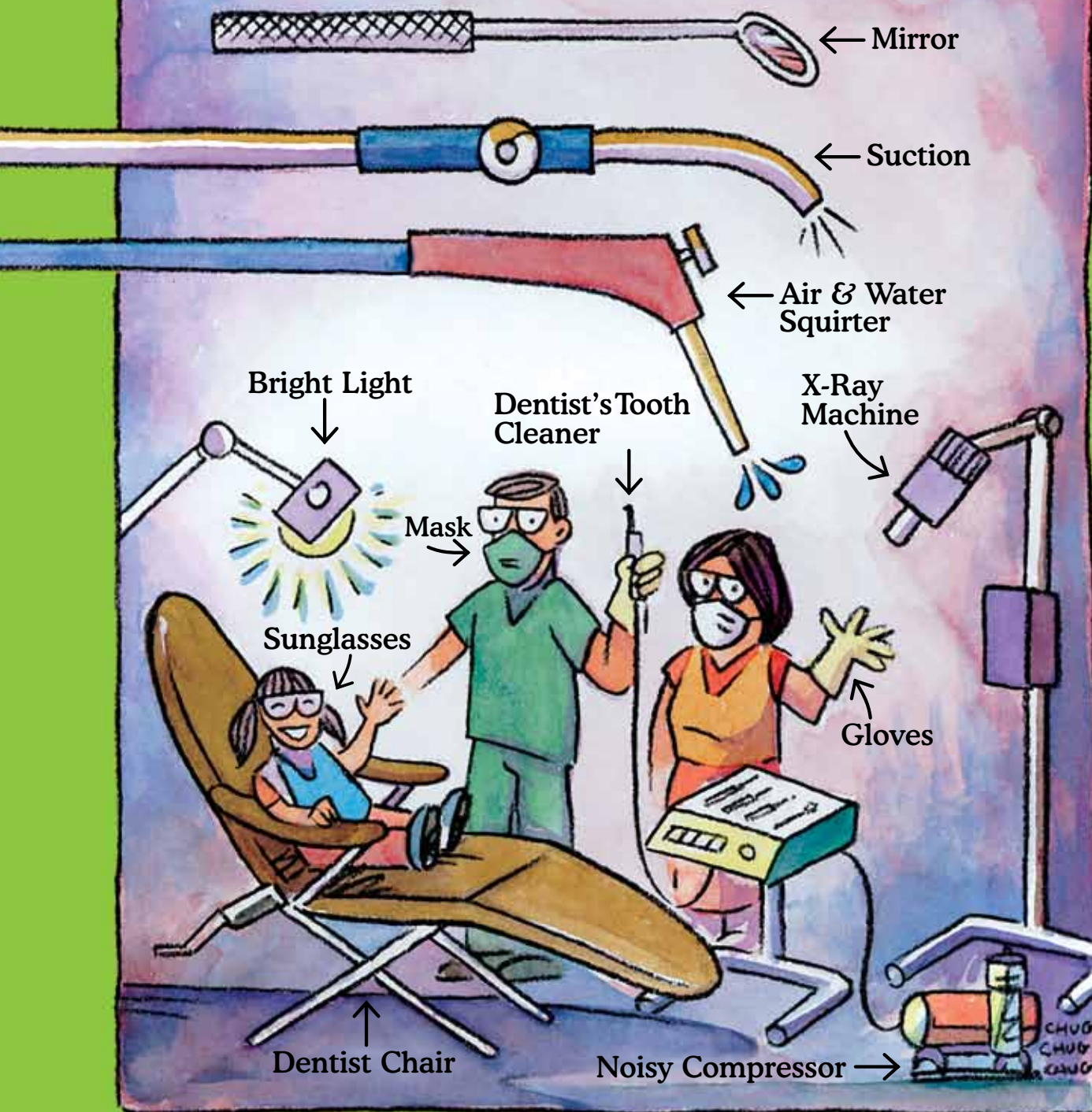


Gusty goes to the **DENTIST**



BRISTOL BAY AREA HEALTH CORPORATION

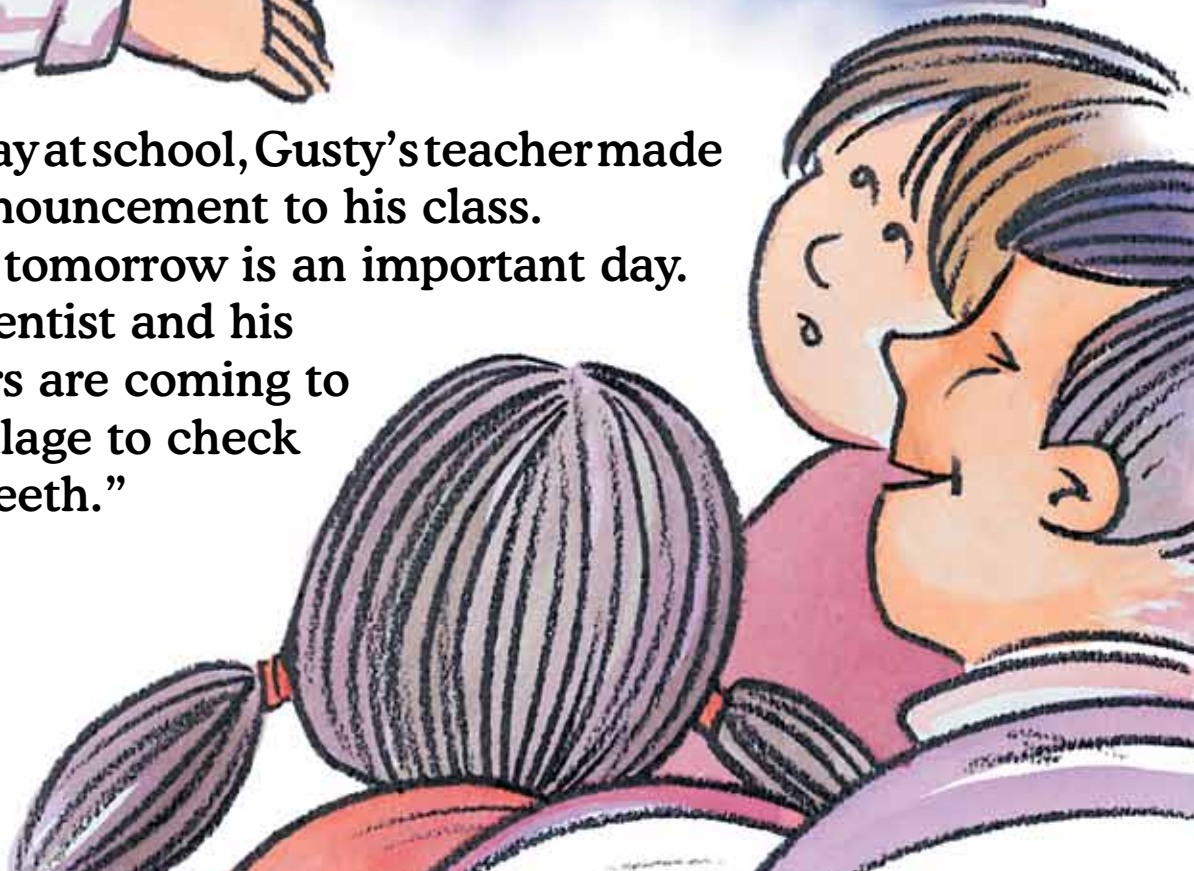
Things you might see at the dentist





One day at school, Gusty's teacher made an announcement to his class.

"Class, tomorrow is an important day. The dentist and his helpers are coming to the village to check your teeth."



Later that night at open gym, Gusty and his friend Mike were talking about the dentist's visit.

"Oh boy," said Gusty. "Last year when the dentist came, I had a cavity. But I've been brushing and flossing every day so I could be in the No Cavity Club."

"I'm glad you're excited, Gusty," replied Mike, "but I'm nervous. My tooth has been hurting."

"Don't worry, Mike. The dentist can fix any problem," Gusty said. "We can go to the dentist together."





The next morning, Gusty, Mike and their mothers go to the clinic to see the dentist.

They see a lot of their friends there too.

The dentist comes out and sees Gusty and Mike.

“Are you two ready?” he asks.

“I’m ready,” says Gusty bravely.

“I’ll go first so you can see how it’s done,” Gusty whispers to Mike.



Gusty climbs into the special chair.
“Hello, Gusty,” says the dentist. “This is my helper, Robin. Today we’re going to take pictures of your teeth and check them. You will need to sit very still.”
Robin prepares Gusty to have an X-ray of his teeth. She puts a piece of hard paper in Gusty’s mouth and moves a machine next to his cheek.
“This is an x-ray machine. It will help the dentist look at your teeth. You may hear a buzzing sound when I take the picture,” says Robin.

“Gusty, your teeth look great.

You don’t have any cavities,” says the dentist.

“I will need to see you again tomorrow to put flouride and sealants on your teeth.”

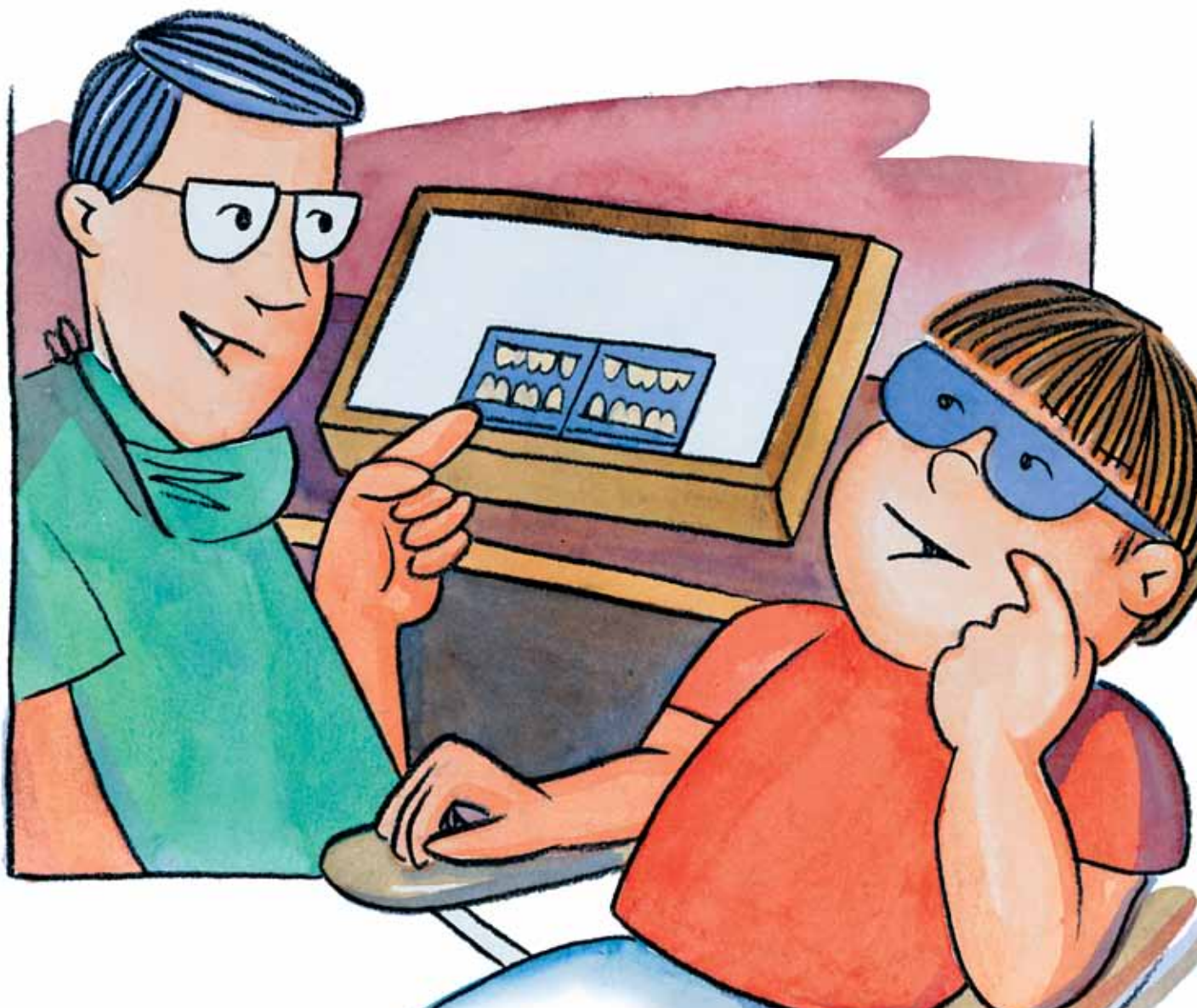
“Okay, Mike, you’re next.”

Mike climbs into the chair and puts on his sunglasses.

Mike tells the dentist about his tooth.

The dentist looks at Mike’s x-rays.

“Mike, you have a small cavity that will be easy to fix,” says the dentist. “Come back tomorrow with Gusty.”





Later that afternoon, Gusty's mother and his little sister Eva come to see the dentist. Eva is only one year old and this is her first visit to the dentist. Eva sits in her mother's lap.

"Hi, Eva," says the dentist. "I'm very glad to see you. Today I'm going to count your teeth." The dentist shows Eva how the chair stretches out like a bed, and how the bright light will shine on her teeth. He also shows her a special little tool with a mirror.

"This mirror helps me see all the way to your very back teeth," he says.



The dentist counts Eva's teeth.
"Her teeth are coming in just fine,"
the dentist tells Eva's Mother.
"Now it is even more important for you to brush her
teeth at least once every day.
Robin will show you how to brush Eva's teeth."
"Does she still drink from a bottle?" the dentist asks.
"No," replied Eva's mother. "She drinks from a cup now."
"Great!" said the dentist "You're doing a good job Mom,
and this will help prevent cavities."



“That was a very good first visit, Eva,” the dentist says.

“Because you’ve done such a super job, you can pick out a toy from my prize box.”

Mom and Eva go over to the toy box and pick out a new toy airplane.

“Bye-bye, Eva. I’ll see you in six months,” says the dentist as he waves goodbye to Eva and her mother.



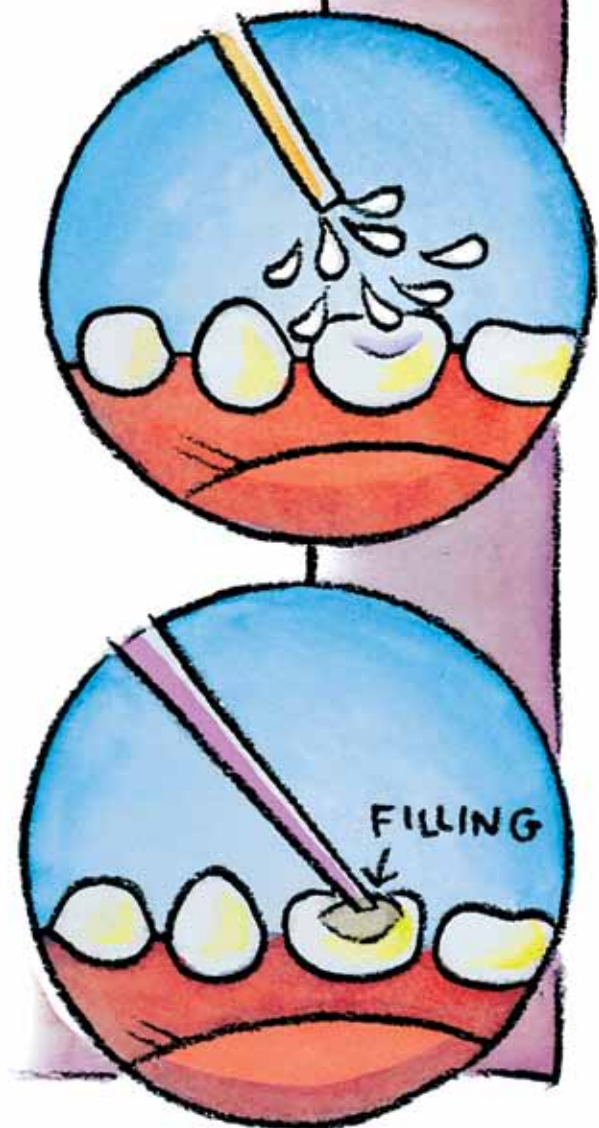


The next day, Gusty and Mike come back with their mothers for follow-up visits. "Mike, let's go ahead and fix that cavity," says the dentist. "Climb up into my special chair and we can fix it right now."

"What are you going to do?" asks Mike.

"First, I'll clean out the cavity with my special toothbrush. Then I'll wash and dry it," answers the dentist.

"Next, I'll mix some filling material and put a little bit into the spot where the cavity was."





“Now I’ll tap it down and make it smooth,” he says.

“Finally, I’ll paint fluoride on your teeth. This helps keep any new cavities from forming.

Okay, Mike, you’re all done. Thank you for being such a good helper.”

“That wasn’t so bad,” Mike tells Gusto.

“Now my tooth doesn’t hurt.”

“Okay, Gusto, it’s your turn,” says the dentist.



"I need to clean your teeth and put on sealants and fluoride."

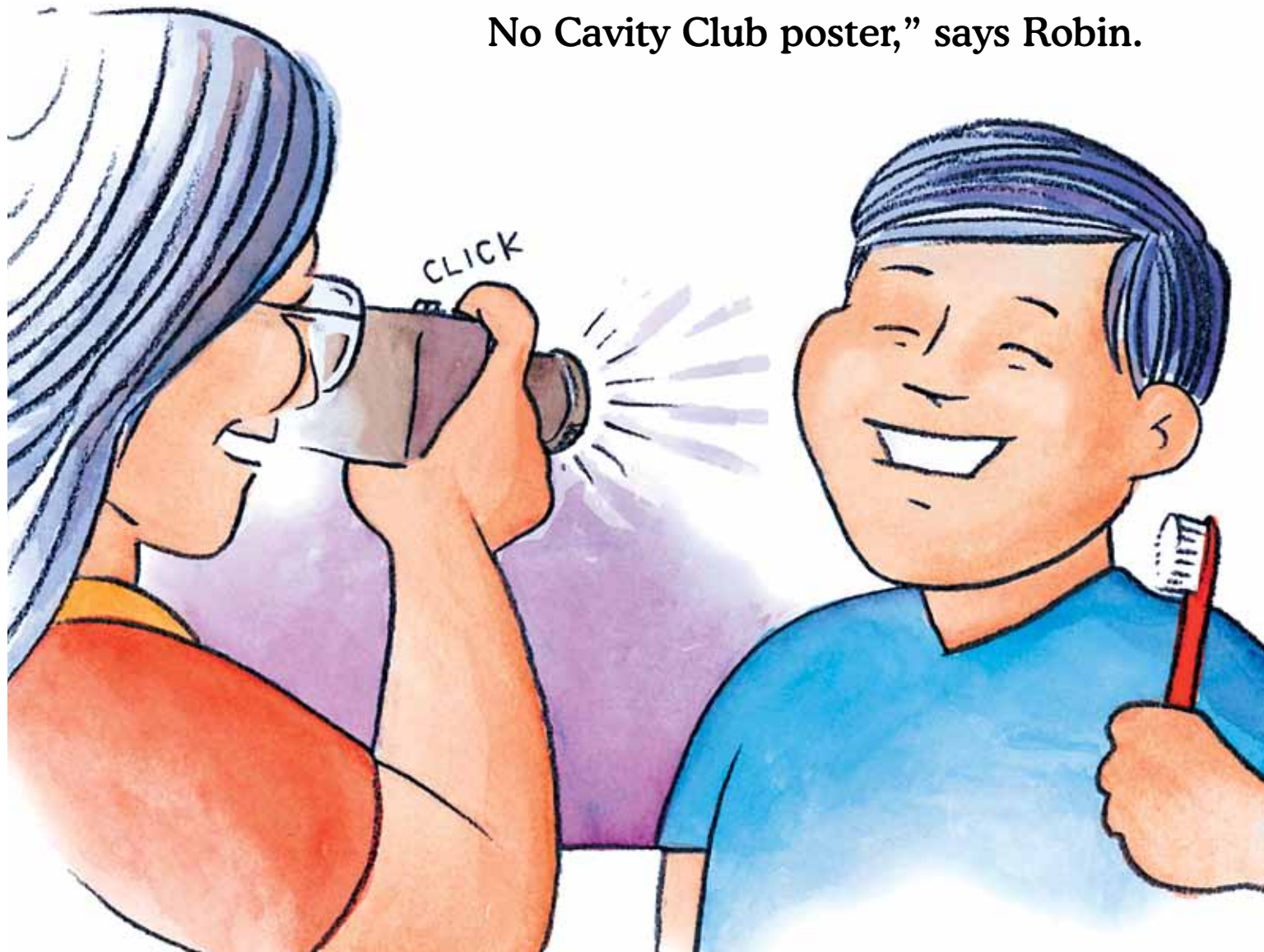
"What's a sealant?" asks Gusty.

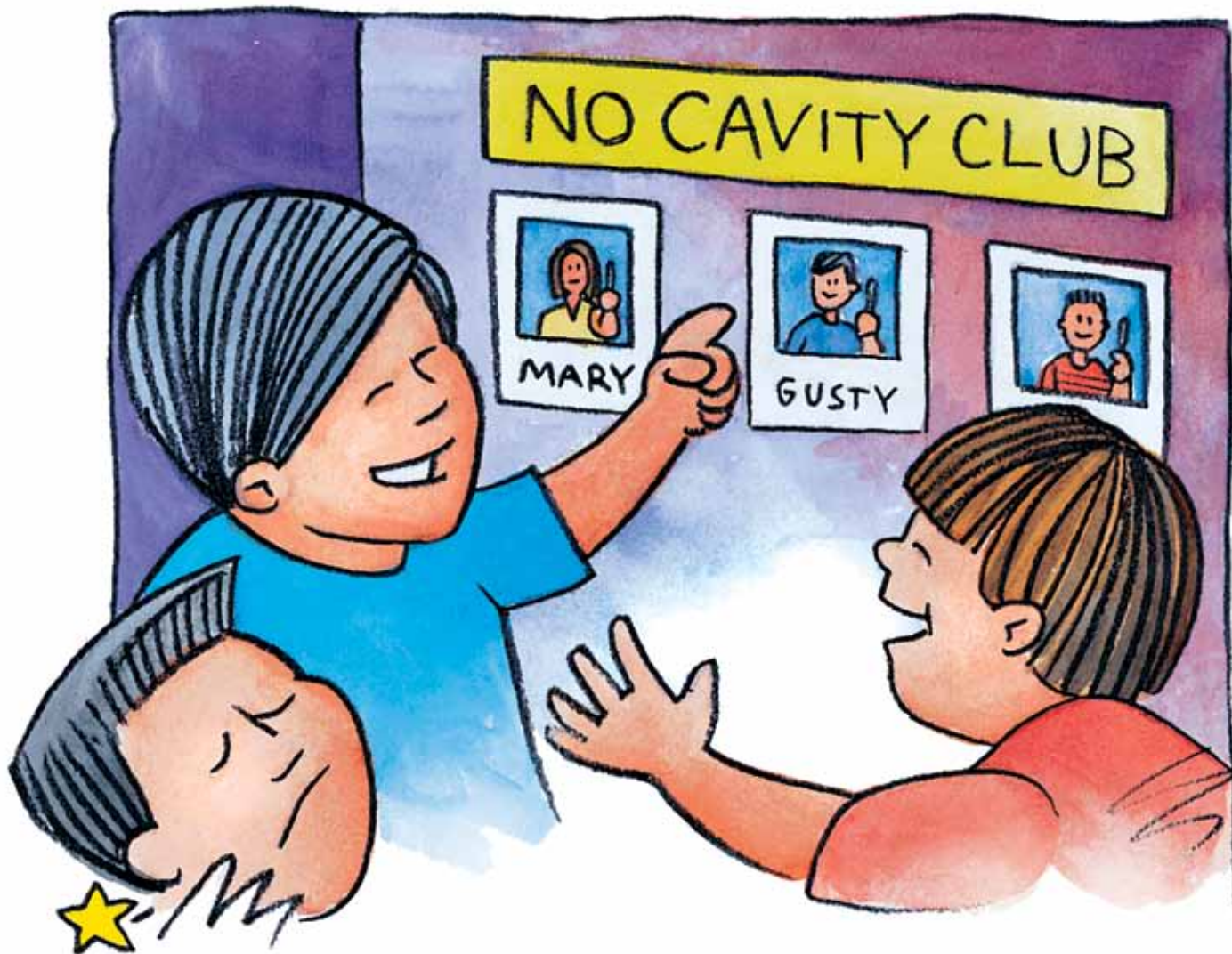
"A sealant is like a little hat for the tops of your teeth," says the dentist.

"It protects your teeth and helps to keep them healthy."

After the dentist is done, Gusty and Mike go out to the waiting room.

Robin takes a picture of Gusty holding his new toothbrush. "This is for the No Cavity Club poster," says Robin.





The next day, Gusty and his friends go back to the clinic to see his picture on the poster with all the children who didn't have a cavity.

"That's cool, Gusty," said Mike. "I plan to brush my teeth every morning and night so next time I can be in the No Cavity Club."

Just then, their friend, Will, came over.

"I have to go to the dentist today and I'm nervous," says Will. "Don't worry," smiles Mike. "There's really nothing to it. I can even go with you."

FOR HEALTHY TEETH:

- **Brush and floss every day, especially at night before bed.**
Young children will need help from parents until they are at least 8 years old.
- **Eat healthy food.**
Stay away from sweet foods, like candy and pop.
- **Use fluoride toothpaste.**
A pea-sized amount is enough to prevent cavities.
- **Get sealants put on all permanent teeth.**
- **Parents should begin brushing babies' teeth as soon as teeth come in.**
- **Visit the dentist regularly.**
Children should first see the dentist when they are 6 months to one year old.
If you have a check-up with no new cavities, you can join the No Cavity Club!





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