



Gerstenmaier
PEDIATRIC DENTISTRY
from day one



John Gerstenmaier Jr., DDS

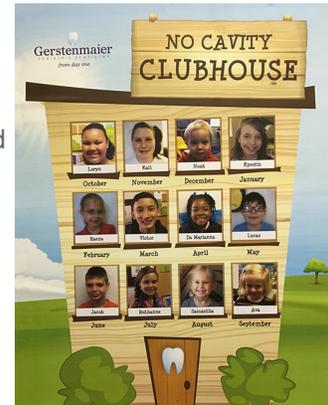


Jack Gerstenmaier, DMD

The No Cavity Clubhouse Celebrates One Year!

Our first year of The No Cavity Clubhouse is coming to an end. Thank you to those who've become members between October 2014 and September 2015.

Congratulations to this year's 12 monthly No Cavity Clubhouse winners: Loryn, Kali, Noah, Kyrstin, Raena, Victor, Da Marianna, Lucas, Jacob, Ruthanne, Samantha, and Ava.



2015 Winners No Cavity Clubhouse

We will have a new club house to begin filling at the end of this month, but first, stay tuned for an extra special surprise to be revealed for one lucky No Cavity Clubhouse member!

Dental Health Tips for a Happy Halloween

Halloween is a fun time for the whole family, but it's also a time when parents have to keep a close watch on their kids' oral health.

Here are a few things to think about when considering your child's oral



Congratulations to GPD's
No Cavity Club Winner for
September - Ava



Don't forget to pick up
Our Story and a
Welcome Brochure!

3094 W. Market St., Ste. 260
Akron, Ohio 44333

Phone: (330) 867-5688
Fax: (330) 867-9921

www.GerstenmaierDDS.com

Stay Connected With GPD!

Follow us on Twitter and
Like us on Facebook

Ask questions, join
discussions, and learn more
about caring for your children's
dental hygiene!



health this autumn:

Treats to Avoid Altogether -

Candies that are sour have a high acidity that can lead to erosion of tooth enamel. Candies that are sticky or chewy directly coat the teeth with sugar. Candies that are hard can result in choking or chipped teeth! Avoid these candies in favor of delicious and nutritious granola, cereal bars, pretzels, or even small plain chocolates.



Happy Halloween from GPD

A Treat Safety Check - When your kids come home with full trick-or-treat bags, make it a fun exercise to dump out the contents and sort through them together. Talk about which are their favorites, but also which are the best and worst for them. Encourage them to pick out a dozen or so to keep and donate the rest. Remember -- we have a brand new No Cavity Clubhouse to fill and your kids can earn \$1 for each pound of candy they donate (up to five pounds) by participating in The Great Dr. Gerstenmaier Candy Collection (see the next article in this newsletter for details).

A Time for Each Treat - Carefully limit the amount of treats your child can eat. Assign a specific "treat time" once every other day or so when your child is allowed one piece of candy. This will give your child something to look forward to, make their Halloween haul last longer, and teach them healthy habits for the future.

Most importantly - Make sure your kids brush their teeth and floss as soon as treat time is over!

Be sure to check with your dental home if you have any questions about how to best protect your child's teeth this Halloween.

The 3rd Annual Great Dr. Gerstenmaier Candy Collection is Almost Here!



Dr. Jack and Dr. John are ready for the 3rd Annual Great Dr. Gerstenmaier Candy Collection, are you!?

Kids who bring us their unopened trick-or-treat candy from 8:30am - 4:30pm on November 2nd & 3rd will receive \$1.00 for every pound (up to 5lbs!).

Last year, we collected over 40lbs of candy to donate to the Salvation Army of Summit County.

Keep your teeth cavity-free this Halloween while contributing to a charitable organization.



Stop by your dental home to pickup a flyer to give to a friend or family member!

Tooth Sensitivity & Your Kids

"My tooth hurts!" are three words many parents will hear their kids say at some point. When your child complains of a toothache, the most important thing to do is schedule an appointment with your dental home right away, but it's also important for you to understand what may be causing the discomfort.



Here is a quick look at some of the most common causes for tooth sensitivity in kids:

Cavity Pain

Cavities are the most common cause of toothaches in children. Limiting sugary snacks and ensuring your kids brush at least twice a day for two minutes each time will go a long way in preventing cavity related tooth sensitivity.

Improper Brushing

This is a less common cause of tooth sensitivity, but can be a cause nonetheless. Brushing too hard or too quickly can strip away tooth enamel and cause the gums to become tender, ultimately leading to sensitivity.

Eruption of Adult Teeth

The arrival of permanent teeth can cause tooth discomfort in older kids. Sensitivity may develop as the permanent tooth is cutting through the gum line and linger until the tooth is in its final position.

Cracks

If your child grinds their teeth while sleeping or takes a bad bite, it's possible for a tooth to develop a crack which causes an uncomfortable sensation for your child whenever the cracked tooth is touched.

Fillings

While a filling may correct a dental problem, their thermal conductivity can lead to a tingling sensation when very hot or cold foods are consumed. This typically disappears shortly after the filling has been placed.

Sinus

Often times, the sinus discomfort kids with allergies or other nasal issues feel can also cause sensitivity in their teeth.

No matter the cause, or what you may suspect to be the cause, contact your dental home right away if your child complains of a toothache.

About Our Practice

Gerstenmaier Pediatric Dentistry is a family owned practice located in Akron, Ohio. From day one, we have provided children, adolescents, families and adults with special needs with the right care at the right time -- ensuring positive dental experiences that last a lifetime and bring bright and happy smiles to every patient.