



HealthyMouth HealthyBody

1. This is Dr. Claude Fox, a pediatrician and director of the Florida Public Health Institute. What would you think would be the most common chronic medical condition in children today, asthma, and poor nutrition? Most people are surprised to learn that it is tooth decay! Oral health problems account for 52 million school hours missed per year. We know that chronic tooth pain can not only cause difficulty eating but can lead to poor school performance. Parents need to remember that good oral health is important for your children for many reasons. Fluoride varnishes which help strengthen teeth and prevent tooth decay can be applied by your dentist and your child's pediatrician; it is pain free and very easy to do. Ask about fluoride varnishes on your visit to your healthcare provider. Remember, healthy mouth makes a healthy body. For more information visit our website at www.flphi.org.
2. Hello, I am Dr. Claude Fox, pediatrician and director of the Florida Public Health Institute. For many of us with children, our kids are of the utmost importance. Did you know that the most common health problem in children is dental disease? Dental problems is a major contributor to loss of learning in school. Did you know that according to a recent Pew Foundation report looking at all 50 states, Florida received an F on their report card for what we are not doing to address children's dental needs? There are numerous things we can do to ensure good oral health for our children, including making sure that fluoride is available in all community water supplies. Please visit our website at www.flphi.org to learn more about what you can do protect your child's dental health.
3. I am Dr. Claude Fox, pediatrician and director of the Florida Public Health Institute in Palm Beach County. Did you know that dental decay and poor oral health is the most common pediatric medical problem among our children. Providing fluoride in community water systems is the least expensive, safe and most effective way to promote good dental health by hardening the surfaces of a child's tooth surface. Palm Beach County does not have enough of its community water supplies that contain fluoride. Communities such as Boca Raton, Rivera Beach and Palm Springs all have no fluoride in their water supply. Protection provided by fluoride costs only pennies per day and offers lifelong protection. To learn more about what we can do to ensure good dental health for our kids, visit us at www.flphi.org

4. I am Dr. Claude Fox, a pediatrician and director of the Florida Public Health Institute. Did you know that poor dental health is one of the most prevalent problems for adults and children in Florida? Poor dental health can affect the entire body. For adults, a bacterial infection in the mouth can result in babies being born prematurely, in an increased chance of having a heart attack and can make blood sugar more difficult to control for people with diabetes. Always remember to brush your teeth but also floss each day for healthy teeth. Remember, healthy mouth makes for a healthy body. For more information, go to our website www.flphi.org

5. This is Dr. Claude Fox, a pediatrician and executive director of the Florida Public Health Institute. Did you ever stop to think that your mouth does more for your body than supply nutrition it is actually connected to the rest of your body? Studies have shown that if we have inflammation and bacterial infection in our mouths, it puts us at greater risk of heart disease and diabetes. Although most people know we should brush our teeth daily, many do not know that daily flossing is also important to good dental health. A healthy mouth makes for a healthy body. For more information about how to protect your teeth and improve your health, go to our website, www.flphi.org