



Stan & Fran's Health Hints



April 2009



April is Dental Health Month

Active and growing school children get thirsty. To keep smiles happy and teeth healthy, choose water to quench thirst! Drinks that have sugar/acid such as pop, diet pop, juice and sports drinks can increase your child's risk of developing cavities.



Drinks and Decay: How to Keep Cavities Away

Read labels:

- ✓ Sugars end in 'ose' like sucrose, lactose, fructose.
- ✓ Watch for citric acid and phosphoric acid. These are found in diet drinks.
- ✓ In Canada, only 100% juice can be called 'juice'. Words like 'drink', 'blend', 'beverage', 'cocktail', 'splash', or 'made with real juice' means refined sugar has been added.

If drinking sugar/acid drinks:

- ✓ Drink only once in awhile.
- ✓ Don't sip, drink it all at once.
- ✓ Use a straw to keep the sugar away from the teeth.
- ✓ Rinse with water after drinking to dilute the sugar and acid.

For more information on dental health for your school-aged child, go to the following two websites:
<http://www.interiorhealth.ca/choose-health.aspx?id=168> http://www.bced.gov.bc.ca/health/dental_health.pdf

Drinking Water Containers

Reusable plastic or stainless steel bottles (the "go green" choice)

1. Wash the bottle regularly at home with warm, soapy water and allow it to air dry.
2. Do not share your bottle with anyone.
3. Empty bottle at the end of the day and allow to air dry. Bacteria can grow in water left at room temperature.
4. Refill the bottle with fresh water each day.



Bottled Water



1. Store in a cool place out of direct sunlight and recycle the bottle when finished.
2. Bottled water is, in many cases, simply tap water repackaged, so the quality and safety of bottled water is not necessarily better than tap or fountain water.

What about Bisphenol A (BPA)?

The risk of exposure to BPA from plastic water bottles is low. Plastics containing BPA should be used as per Health Canada guidelines:

http://www.chemicalsubstanceschimiques.gc.ca/challenge-defi/bisphenol-a_e.html

