

LAS POSITAS FAMILY DENTAL

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BRUSH, FLOSS, SMILE!

It's almost summer but we couldn't let the spring season pass without talking about February being National Children's Dental Health Month (NCDHM). It is never too late to "brush up" on your child's oral health routine! NCDHM is a month long observance brought to you by the American Dental Association (ADA) to help bring awareness to the benefits of good oral health for children, to their caregivers and support systems. According to the American Academy of Pediatric Dentistry (AAPD), tooth decay is the number one chronic infectious disease affecting children in the United States and is largely *preventable*. NCDHM reminds us of these quick tips to help keep the little smiles in our lives happy and healthy.



Brush 2x a day with fluoride toothpaste.



Clean between your teeth daily.



Eat healthy foods and limit sugary beverages.



See your dentist at least twice a year.

Want more info? Check out this quick-reference parents' guide put together by the American Dental Hygienists' Association and ACT for valuable information on how to maintain good oral health for children: <https://www.adha.org/NCDHM>

Fun stuff for kids! For activity sheets and resources, like a habit-tracking calendar, visit: <https://www.ada.org/resources/community-initiatives/national-childrens-dental-health-month>

And as always, let your dentist or hygienist know about any questions you may have regarding your child's oral health when you pop in for their next visit! We are happy to provide any guidance to take the best care of your loved one's smile.

SAME-DAY CROWNS

Traditionally, getting a crown meant having at least two visits that were scheduled weeks apart. An impression would be taken, then sent to a laboratory where the crown was made. Upon completion it would be sent back to the dental office to be delivered to the patient. But with today's technology, our office is able to deliver a crown in a matter of hours. Using a computer to take 3D images of your teeth, a highly detailed digital model is created. From this model, a crown can be milled in-office for a seamless, same-day delivery. This technology has existed for a while and the results have been impressive. While not all cases are ideal for same-day crowns, our dentists can help evaluate if it's the right option for you, and get you scheduled for a single appointment at our Fremont location, Mowry Dental.



CONTINUING EDUCATION

Cardiopulmonary Resuscitation (CPR)

It's that time again, the teams at Mowry Dental and Las Positas Family Dental refresh their skills and keep up to date with the newest standards in cardiopulmonary resuscitation (CPR). CPR is an emergency procedure performed during cardiac arrest, or when the heart stops beating. It is important that CPR is performed without delay to help keep blood circulating throughout the body and increase chances of survival. According to the American Heart Association (AHA), timely and quality CPR can double or even triple the chances of survival.

You may recall hearing in the news about an NFL player who suffered an injury during a game earlier this year, resulting in cardiac arrest. Many factors contribute to sudden cardiac arrest, such as congenital defects, medications, existing heart conditions or even high impact at the wrong time, as in this NFL player's case. When dealing with cardiac arrest, every second counts and it is crucial to get immediate medical intervention. Luckily for him, and for most professional athletes, timely CPR is available. Others however, are not so lucky. His story serves as a reminder that anyone can and should learn how to respond in an emergency situation such as this.

Your safety is of the utmost importance to us, and in the event of an emergency we are prepared to activate the emergency response system, quickly deliver high-quality CPR, and provide shocks to the heart with a device called an automated external defibrillator (AED). As healthcare professionals we are required and motivated to broaden our education through continuing education courses. CPR training is one of the most important courses we take regularly. Not only does it keep our confidence and skills sharp, empowering us to help you when you need it most, but the AHA keeps their science-based guidelines updated, and it is our priority to be informed of any changes.



Sharon & Kawe making sure they can quickly check for pulse in a reclined position.



Kayla & Aracelli improving the timing and pressure of their compressions with new CPR training technology.

For more information, or if you are interested in learning CPR, visit: <https://cpr.heart.org/en/resources/what-is-cpr>



In her spare time, Dr. H enjoys traveling, attending live concerts, dining at local restaurants, caring for Beemo, her recently adopted 10-year-old chihuahua terrier mix, and spending time with her favorite nieces and her fiancée. Being recently engaged, and in the process of wedding planning, she is particularly excited to have her nieces as her flower girls! Dr. H also enjoys binge-watching TV shows and has recently started playing complex board games, and welcomes recommendations for both!

MEET DR. HOANG, AGAIN

Dr. Theresa Hoang received her bachelor's degree in psychology from the University of Washington and graduated from University of the Pacific Arthur A. Dugoni School of Dentistry. Known around the office as "Dr. H" and amusingly as "Dr. Hoang 2.0," Dr. Theresa Hoang just happens to be Dr. Thi Hoang's younger sister! That's right, a passion for dentistry and patient care runs strong in this family!

While Dr. H credits Dr. Thi Hoang as her inspiration for wanting to become a dentist, Dr. H has always been a compassionate person, striving to positively impact her community. Being inspired to help anxious patients overcome their fear of going to the dentist, Dr. H led a special project during her time in school that focused on uncovering various origins of dental anxiety. Equipped with insight and a goal to help individuals work through their fears, she created a guide that would assist her colleagues in building a rapport with patients that would help empower them to complete their much needed dental treatment. Her passion continues through her work at our dental offices, where she emphasizes setting up an environment that allows for open communication between her and her patients, ensuring that her patients understand the "whys" of the treatment she recommends, and providing them with different options based on their concerns.

In addition to being an active member of the American Dental Association (ADA) and the California Dental Association (CDA), Dr. H served as a clinic representative at school. In this role, she advocated for her peers and collaborated with educators to get student concerns addressed. Her emphasis on teamwork and synergism make her an invaluable addition to our ever-evolving team. Dr. H is grateful to be back in her hometown, Fremont, where she is close to her family and friends, and able to take care of the community she grew up in.

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