

# Say "Cheese."

**"Cavities are a silent epidemic, and they're the No. 1 chronic infectious disease in children," according to Peg DiMarco, associate professor, Case Western Reserve.**

Unfortunately, 3 out of 5 children are affected by tooth decay, and because of this silent epidemic children will miss 51 million hours of school this year in the USA, due to oral health issues.

The **Dr. Milton Rubin Oral Health Education Program** was established in 2000, and named in Dr. Rubin's honor because of his sincere dedication and interest of providing good dental care to children. The original program, created by Dr. Rubin himself, was intended to enhance existing health classes in the Akron Public School system. His goal was to help eliminate the fear of seeing a dentist and develop favorable attitudes toward personal, oral health habits through awareness, education and demonstration.

Following much success, the program has expanded to include multiple school districts (public, private, parochial) in Summit, Medina, Stark and Portage counties. The program is free, and a great way to help empower young children to choose and develop healthy habits early in life. Last year, more than 6,000 students participated in this program.



The program is presented by three Registered Dental Hygienists and includes didactic information, and fun, hands-on activities. Information on proper nutrition, oral bacteria, tooth development, and proper brushing and flossing techniques are demonstrated in easy to understand terms. Each student will...

- 1) See the benefits of brushing their teeth
- 2) Develop positive habits for long-term, oral health and hygiene (toothbrushing, flossing, healthy eating)
- 3) Participate in a 45 minute, in-class instructional and fun presentation
- 4) Receive a toothbrush, tooth paste, dental floss, disclosing tablets, brushing calendar and fun work/activity sheets



**Together, we can help children show up for school every day healthy, pain-free, and ready to learn.**