

SEAL OR VARNISH

Issue #1 - Autumn 2013

Hello from the Seal or Varnish study team!

We have had a fantastic response from children and their parents in the South Wales area over the last two years and are pleased to report that a final total of 1016 participants have entered the Seal or Varnish study. We would like to take this opportunity to thank you once again for your involvement and to provide an update as to where we currently are in the study and what upcoming events you can expect during the next 12 months.

Why 'Seal' or 'Varnish' children's teeth?

There are two treatments that dentists use to help prevent tooth decay in children's adult molar teeth. One is a fluoride 'varnish' which is painted on to the tooth (like fluoride toothpaste only stronger) that

Fluoride Varnish



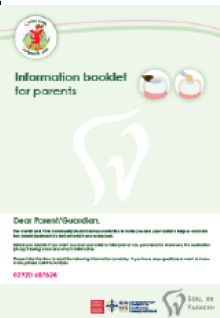
helps strengthen the tooth against decay. The second is a plastic coating (or 'sealant') to prevent the harmful bacteria that cause tooth decay collecting on the tooth surface.

Plastic Sealant



Both treatments have been shown to work, and have been used for many years, however no one knows if one treatment is better than the other.

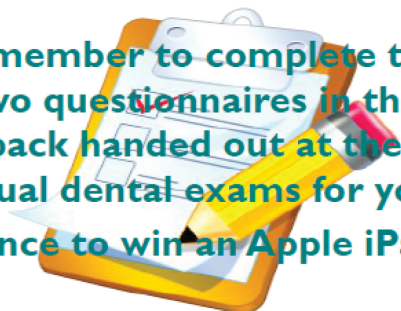
Information for parents



You will have received the Seal or Varnish 'Information booklet for parents' with your original invitation pack. If you would like us to send you another copy of the booklet, please call 02920 687624 or email us on: sealorvarnish@cardiff.ac.uk

iPad Competition!

Remember to complete the two questionnaires in the pack handed out at the annual dental exams for your chance to win an Apple iPad!





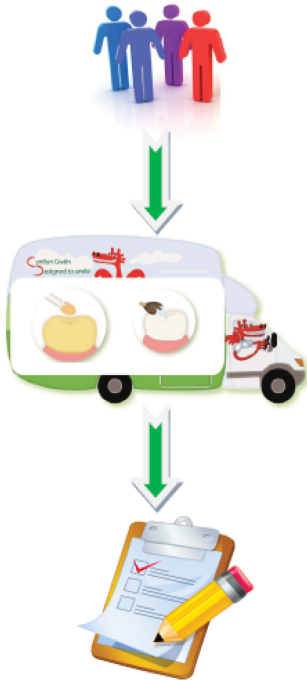
South East Wales
Trials Unit
Uned Ymchwil
De-ddwyrain Cymru



Any questions?
Please get in touch, we'd love to hear from you!

Cynllun Gwên
Designed to smile

STUDY FLOW CHART



Animals' teeth

Taking part in the Seal or Varnish study will help us learn more about how to look after our teeth, but have you thought about animals' teeth? Animals have teeth that come in all shapes and sizes and are used for doing different things.

Meat-eaters like lions (carnivores) have sharp teeth. Plant-eaters like horses (herbivores) have flat teeth. Animals which eat both meat and plants like monkeys and humans (omnivores) have a mixture of sharp teeth for tearing and flat teeth for grinding.

Here are some other interesting things about animals' teeth;

- While humans only have two sets of teeth in their lifetime, **sharks** lose teeth each week. They continually grow new teeth and may have over 20,000 teeth in their lifetime.
- **Crocodiles** have 60 teeth in their mouth but they too have lots of teeth in their lifetime – about 3,000.
- **Giraffes** have 32 teeth, just like humans.
- **Dolphins** have more teeth than any other animal – 200 in their mouth at the same time – imagine how long it would take to brush those! Scientists can tell the age of a dolphin by the rings on their teeth.



Dental Humour!

What did the dentist see at the North Pole?
.....A molar bear!



Meet the team: Some of the Community Dental Service staff and Mobile Dental Units used for the study

Upcoming study activities

If you joined the study in 2011/2012 school year:

- September 2013 to January 2014: 24 month dental exams and treatment visits
- April 2014 to July 2014: 30 month treatment visits

If you joined the study in 2012/2013 school year:

- September 2013 to January 2014: 12 month dental exams and treatment visits
- April 2014 to July 2014: 18 month treatment visits

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National Institute for Health Research