



## SEAL OR VARNISH



Issue #2 - Autumn 2014



### Thank you for your ongoing participation!

A massive thank you for your continued participation in the Seal or Varnish study. This study will help inform and improve the health of children's teeth throughout Wales. We couldn't have done it without you!

### Information for parents

This newsletter provides an update on the study so far.

Very soon you will be receiving a questionnaire pack from your child's school containing the **Dental Health Questionnaire** and the **Child Health Utility Questionnaire** with a pre-paid envelope. Now that your child is another year older, we would be extremely grateful if you could complete the appropriate questionnaire in order to update us on your child's usual dental routine and return these to us as soon as you can.

The more questionnaires we receive the stronger the findings will be ... **AND** as a thank you for returning the completed questionnaires, we will enter you into the **Apple iPad Prize Draw!**



Congratulations to the lucky winner at a Cardiff school who won the Apple iPad Prize last time!!



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## Interesting facts on types of teeth

Humans have two sets of teeth in their lifetime.

**Primary teeth:** We have 20 primary teeth, often called 'milk' teeth. The first tooth grows into the mouth between 6 months and 9 months old, although it can erupt earlier or later.

**Permanent teeth:** We have up to 32 permanent teeth. The front primary teeth become loose from about age 6 and fall out to allow the permanent teeth to grow into the space left behind. The last tooth doesn't come into the mouth until we are aged 18 to 21 years old. Unlike some other animals who have many different sets of teeth, or whose teeth keep on growing throughout life, humans only have one set of permanent teeth. They have to last for our whole lifetime.

Humans have three main types of teeth.



**Incisors** These are at the front of the mouth. They are flat in shape and are designed to incise or cut into food.



**Canines** Sometimes called 'eye' teeth, they are large and pointed. Humans have four of these—one on each side at the top and bottom of the mouth. These are designed for ripping and shredding our food.



**Molars** These are at the back of the mouth. They have a flattish surface and are designed for grinding and chewing our food.



Joined the study in 2011 / 2012  
school year?

Sept 2014—Jan 2015: Dental exam  
(36 month) and Questionnaire Pack

Feb 2015: End of study and **return**  
to normal dental care

Upcoming  
study  
activity

Joined the study in 2012 / 2013  
school year?

Sept 2014—Jan 2015: Dental exam,  
treatment visit (24 month) and  
Questionnaire Pack

Apr 2015—Jul 2015: Treatment visit  
(30 month)



## Contact the Community Dental Service 'Seal or Varnish' Team

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