

# Participants' Newsletter



## SEAL OR VARNISH



Issue #3 - Autumn 2015



### Thank you for participating in 2015!

Thank you once again 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 do it without you!

### Information for parents

This autumn / winter we will complete the final assessment of your child's teeth.

Very soon you will receive a questionnaire pack from your child's school containing the **Dental Health Questionnaire** and the **Child Health Utility Questionnaire** with a pre-paid envelope. This will be the last questionnaire pack that is sent to you. 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 your completed questionnaires for the final time, we will enter your child into the **Apple iPad Prize Draw!***

# Congratulations!

Congratulations to the lucky winner in Rhondda Cynon Taff who won the Apple iPad Prize in May!!



NIHR Health Technology  
Assessment programme  
funded project

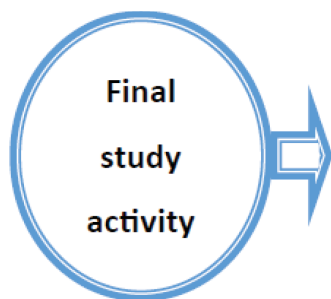
Cynllun Gwên  
Designed to smile



South East Wales  
Trials Unit

Uned Ymchwil  
De-ddwyrain Cymru





Final  
study  
activity

Sept 2015—Jan 2016: Final dental assessment  
and last questionnaire Pack

Feb 2016: End of study

[Your child returns to their normal dental care](#)

## 10 facts about teeth

Did you know...

1. The enamel on the top surface on your tooth is the hardest part of your entire body.
2. Your mouth produces over 25,000 litres of saliva in a lifetime—that's enough to fill two swimming pools. Saliva has many uses, including assisting you with your digestion and protects your teeth from bacteria in your mouth.
3. A snail's mouth is no larger than the head of a pin, but it can have over 25,000 teeth!!
4. The elephant grinds its molars and grows new ones. This happens six times in its lifetime. Its molar is about 7 inches square and can weigh over 6 pounds.
5. The Blue Whale is the largest mammal on earth, but it eats only tiny shrimp because it has no teeth.
6. The Crocodile Bird flies into the open mouth of a crocodile and cleans the crocodile's teeth.
7. Teeth start to form even before you are born—milk teeth or baby teeth start to form when the baby is in the womb, but they come through when the child is between 6—12 months old.
8. No two people have the same set of teeth—your teeth are as unique as your fingerprint, so be proud of your unique set of teeth.
9. One third of your tooth is underneath your gums—that means only two thirds of your tooth's length is visible.
10. In China, September 20th is an official holiday known as "Love Your Teeth Day".



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

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