



Tooth Times

Chapped Lips—How to Prevent & Cure

If you or your child suffers from chapped lips, we hope this helps! Primary causes of chapped lips are exposure to seasonal elements (dry air, wind, sun, cold temps); contact dermatitis—stemming from allergies and/or topical irritation; and, medications can be a factor—any newly started medications can be the potential source of irritation. After determining the cause, here are ten steps to be utilized for comfort and cure:

1.) Use lip balms with cocoa butter, petroleum and/or beeswax. Examine lip balm ingredients very carefully as some components of “medicated” lip balms can actually act as irritants. 2.) Use a multivitamin supplement daily as chapped lips could indicate a nutritional deficiency. 3.) Eat foods high in calcium, magnesium and flaxseed oil. Combine calcium intake with magnesium (seek out legumes, nuts, whole grains and vegetables) and flax seed oil. 4.) Drink more than the recommended 8 glasses of water *a day*, preferably heated. Sipping hot water or decaffeinated tea slowly, throughout the day, dilates the circulatory system and will increase moisture to the tissues. 5.) Avoid caffeine and alcohol which are major tissue dehydrators. 6.) Avoid flavored lip balms which can cause more fre-

quent lip licking, increasing the degree of chapping. 7.) Avoid phenol and camphor which are often found in lip balms. Phenol is a mild anesthetic and camphor adds a cooling, tingling sensation which in the short term may bring temporary relief but could irritate already sensitive lip tissues. 8.) Treat chapped, chapped and scaling lips overnight with a homemade ointment mixed from 1 tsp glycerine, 1 tsp lemon juice and 1 tsp castor oil. Spread on lips overnight, refrigerating the leftovers for future use. 9.) Add humidifier (s) to your home. Lips, hair, nails and skin all thrive in humidified air. 10.) Add a coat, when you wear a coat - Keep lips shielded against the elements with a coat of petroleum jelly, balm (non flavored, without phenol or camphor) or Aquaphor ointment (a celebrity favorite).—
Taken from Suite101.com, ©Karla Reed, [10 Ways to Heal Chapped Lips](#)



Amanda, our No Cavity Club winner flashing those pearly whites!

The Many “Faces” of Dr. McDonald

Some of you may know that Dr. McDonald works in other offices when he is not at A Kids Place. He has been the pediatric specialist at the Puyallup Tribal Health Authority for the last two years, and also currently works once a month at Children’s Hospital’s Odessa Brown clinic in Seattle. Once a quarter Dr. McDonald also travels north to provide dental services to some of Dr. Steven Bailey’s pediatric patients on Orcas Island.

If all this dentistry doesn’t keep Dr. McDonald busy enough, he also moonlights as a singer/songwriter with his band, Kaymak. For all you music lovers, your opportunity to hear this awesome sound (think Ben Harper/Dave Matthews/Lenny Kravitz) is April 26th, 9 pm at The Pickled Onion here in Renton! Sorry, no kiddos allowed. They will also be playing at the Bite of Seattle this summer, where children will be welcome!

A Kids Place Dentistry for Children

Volume 2, Issue 2

Spring 2008

Special points of interest:

- ☺ Chapped Lips—Prevention & Cure
- ☺ Dr. McDonald’s “Faces”
- ☺ Open House for KC Kids

Spring NCC Winner:

Our No Cavity Club winner this time is Amanda, pictured left. Not only does she have a terrific smile, but she is now the proud new owner of an Oral B Vitality™ toothbrush. Keep up the great work, Amanda! Keep those teeth cavity free and your child could be our next winner! Keep watching for our summer newsletter announcing our new NCC prize!

A Kids Place Dentistry for Children

Keith E. McDonald, DMD PLLC
451 Duvall Avenue NE
Suite 140
Renton, WA 98059
Phone: 425.228.KIDS (5437)
Fax: 425.663.7990
www.akidsplacedentistry.com

Changing the myth of scary dentistry
one smile at a time.



Open House - To Promote KC Kids

On Monday, April 14th, we hosted an Open House to promote a much needed, but little-known program, KC Kids, for uninsured King County residents under 20 years of age. Washington Dental Service partnered with King County to provide coverage for children whose parents do not qualify for medical coupons, but who are otherwise uninsured. For more information on enrollment or eligibility, you can go to their website: www.kckidsdental.org or call 866-839-9466.

What is so great about this program is that unlike medical coupons where it can be challenging to find providers, KC Kids is supported by all dentists who are a part of Delta Dental's PPO network, including A Kids Place Dentistry for Children. Coverage is 100% of most services

such as exams, cleanings, fluoride, fillings and root canals. Because there is uncertainty whether this program will continue after 12/31/08, it is imperative that children who are eligible sign up as soon as possible. Through press releases, our Open House, and this newsletter, we are trying to spread the word about this important program and hope that our patients will also pass along this helpful information to any children and their parents who may also benefit from KC Kids. Thank you!



One of the new patients we welcomed at our Open House!