



OSCAR THE ORCA'S

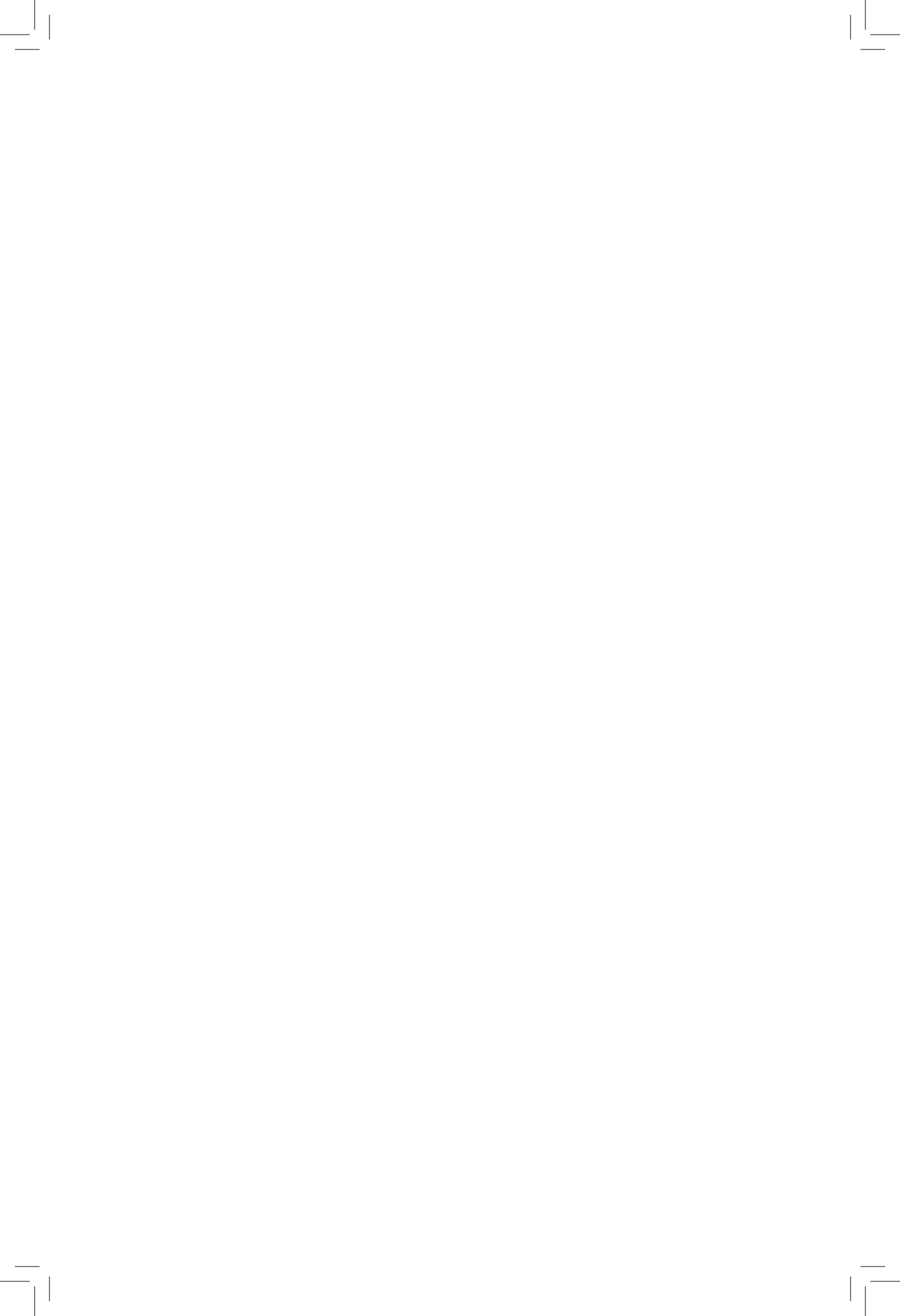
DENTAL ADVENTURES

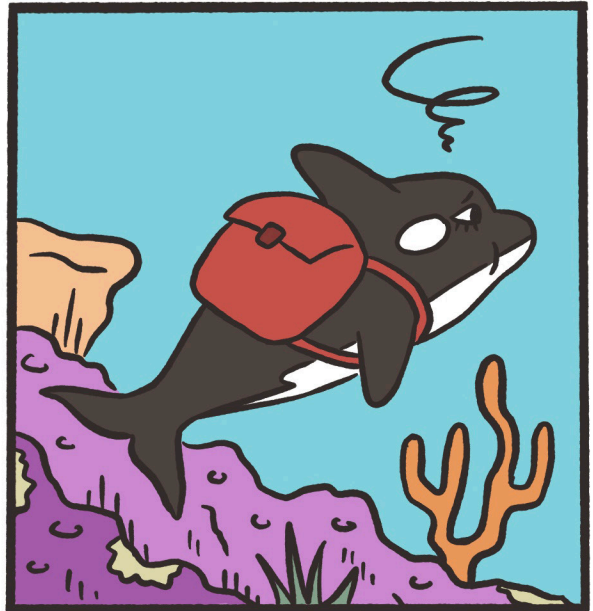
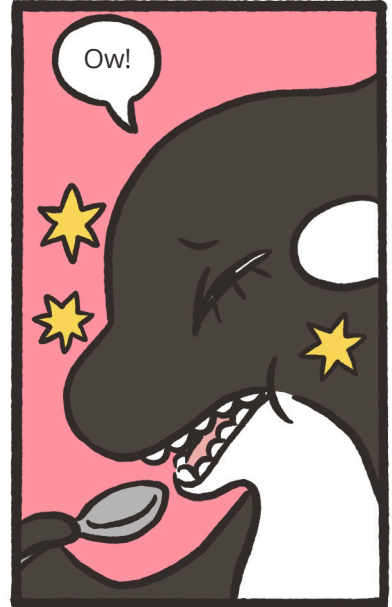
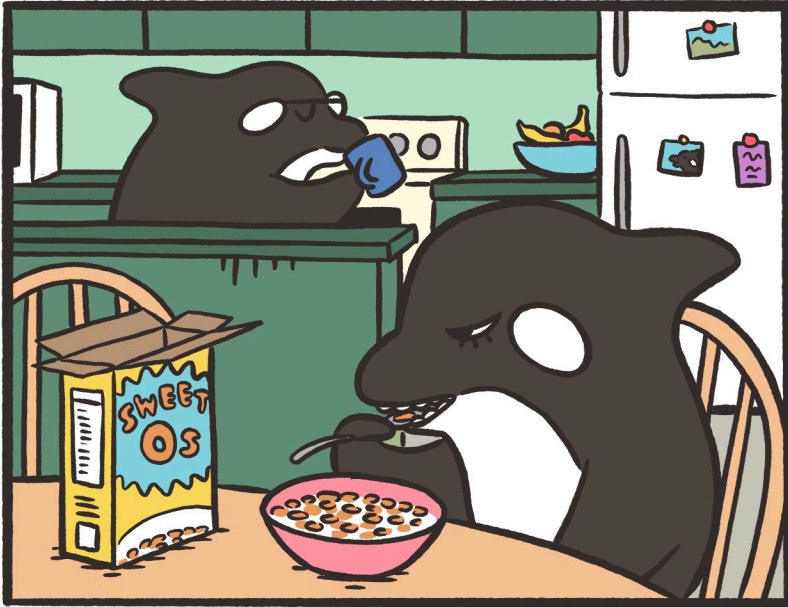


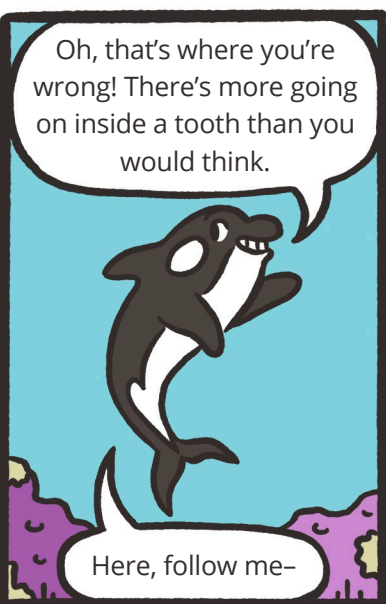
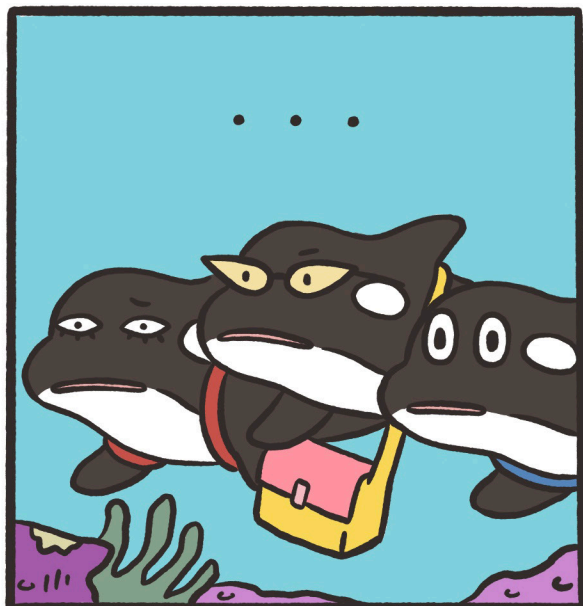
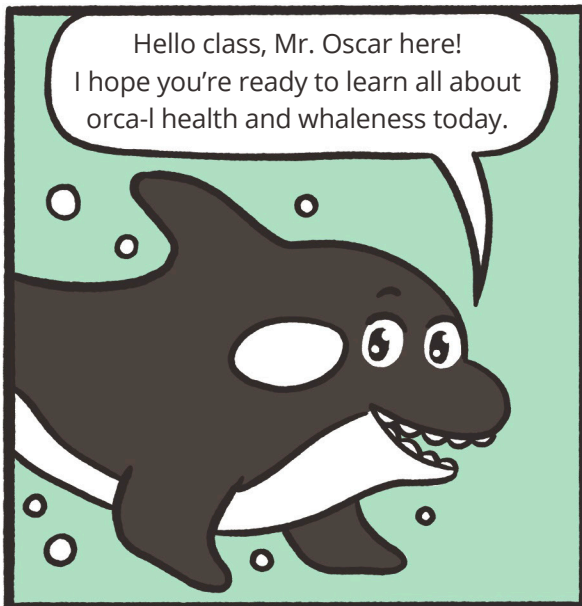


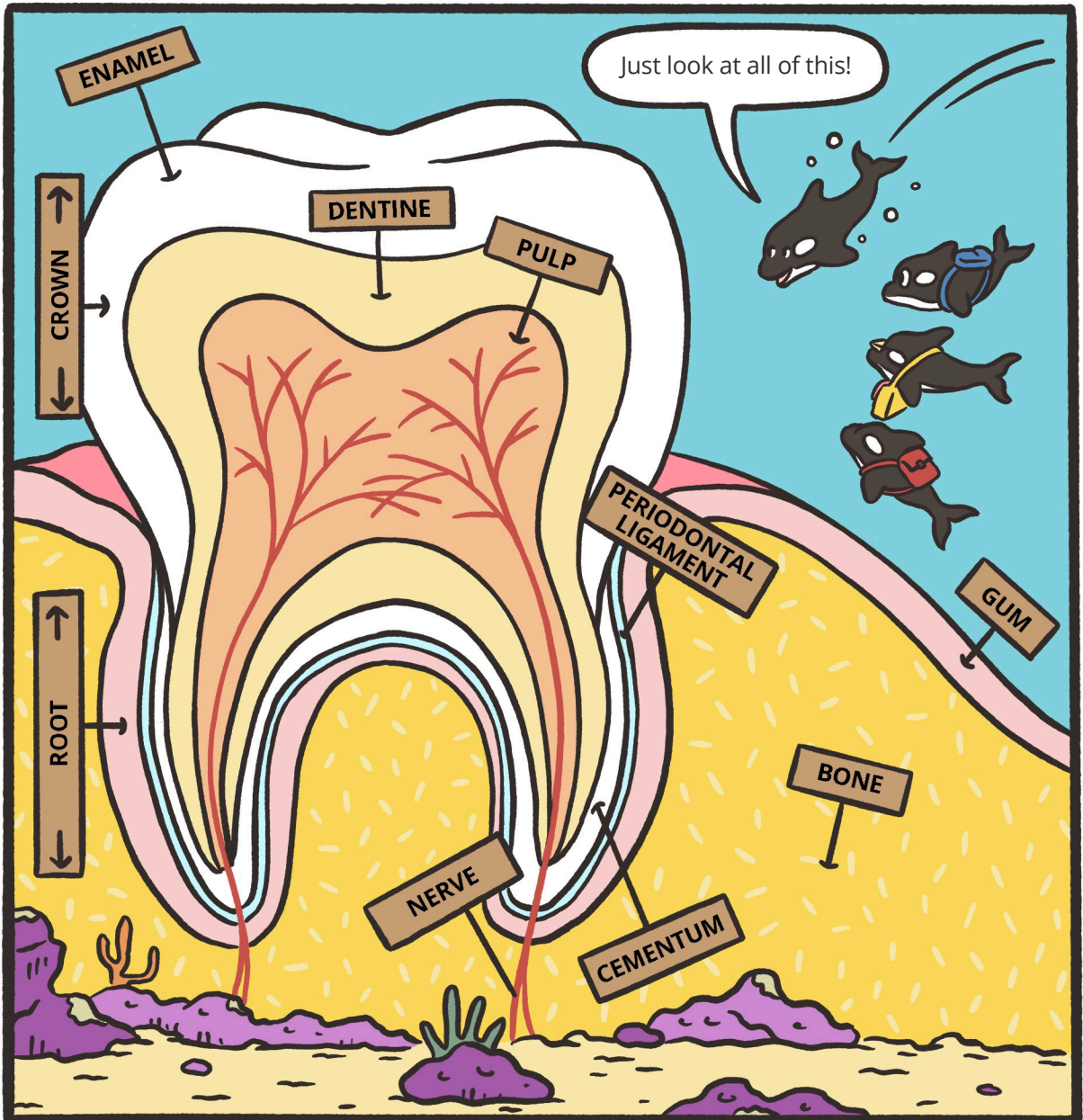
OSCAR THE ORCA'S
**DENTAL
ADVENTURES**





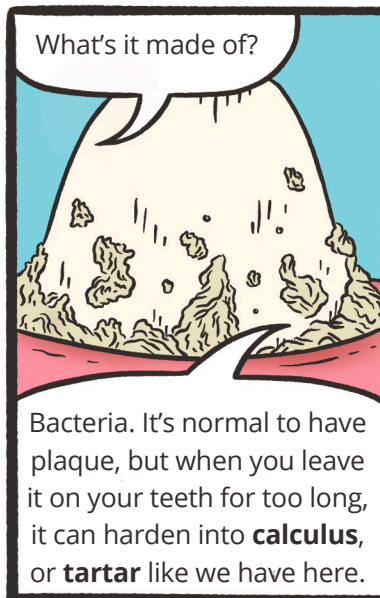
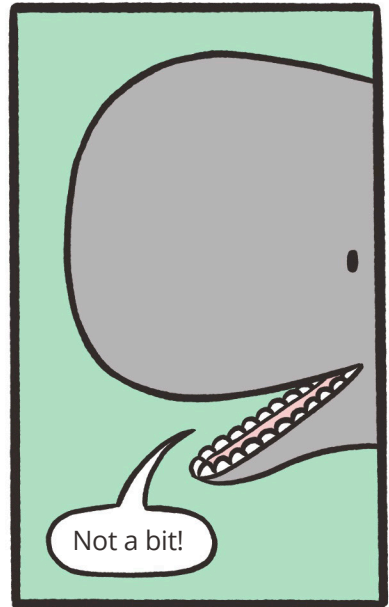
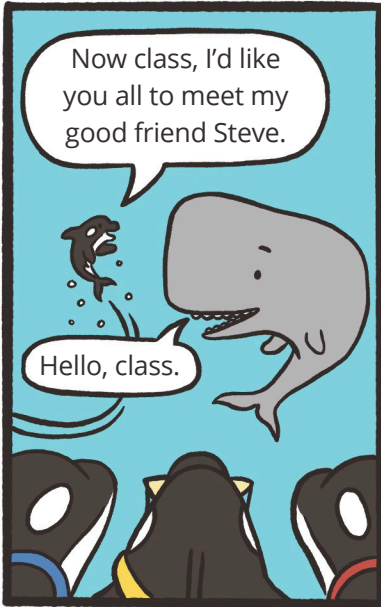


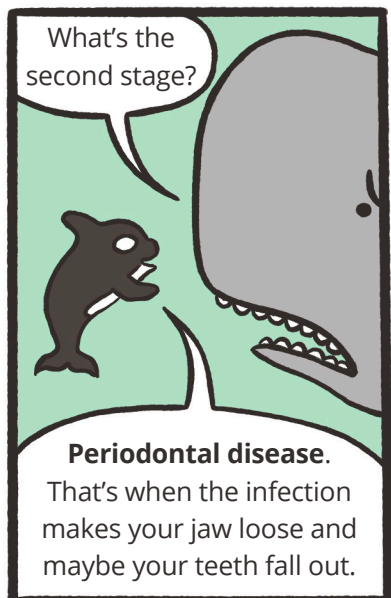
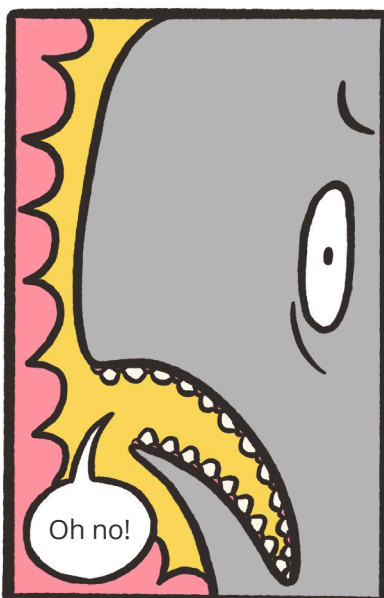
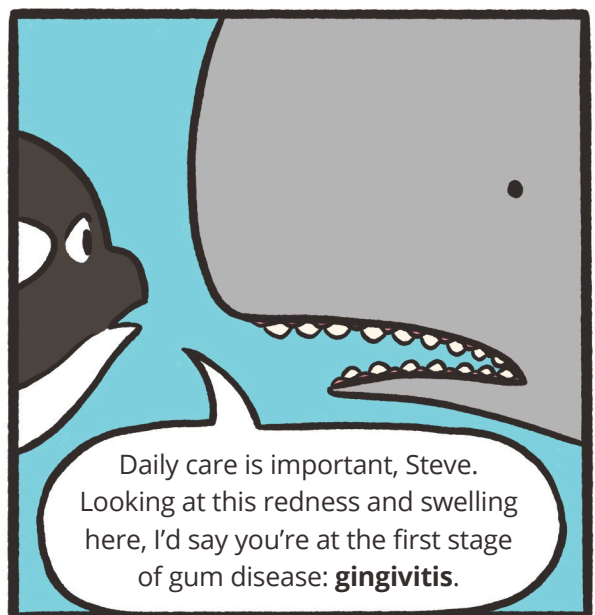
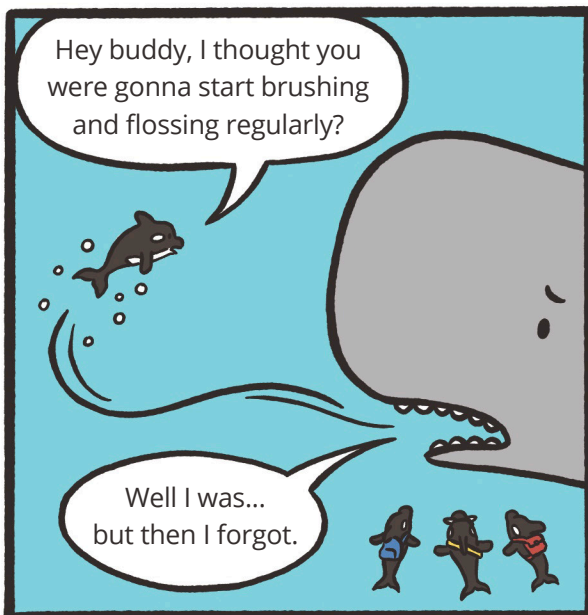
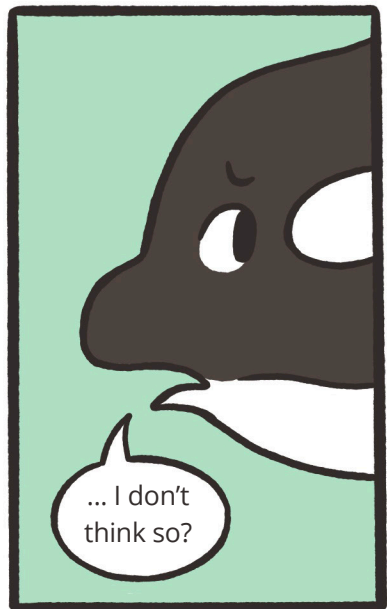
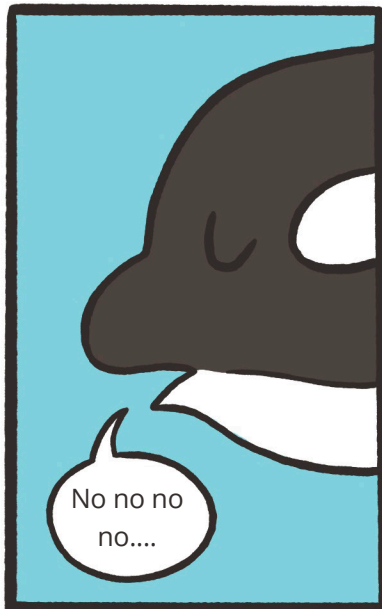
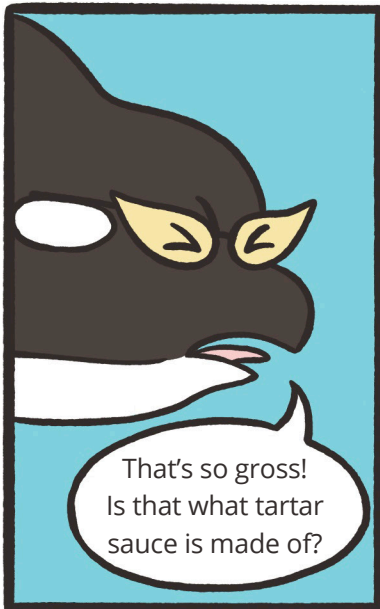


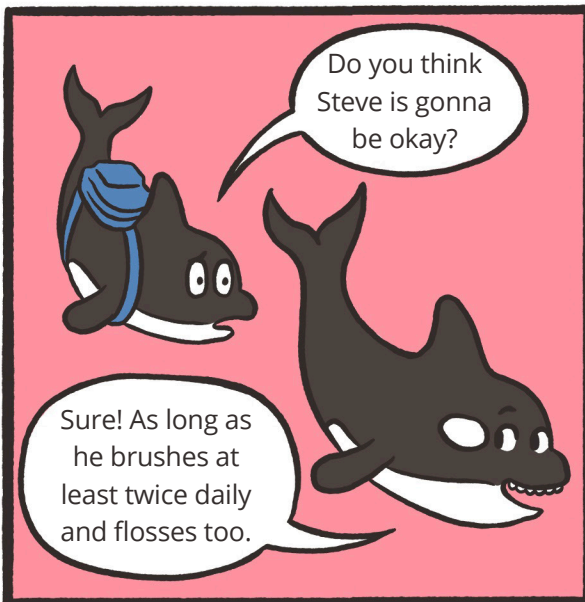
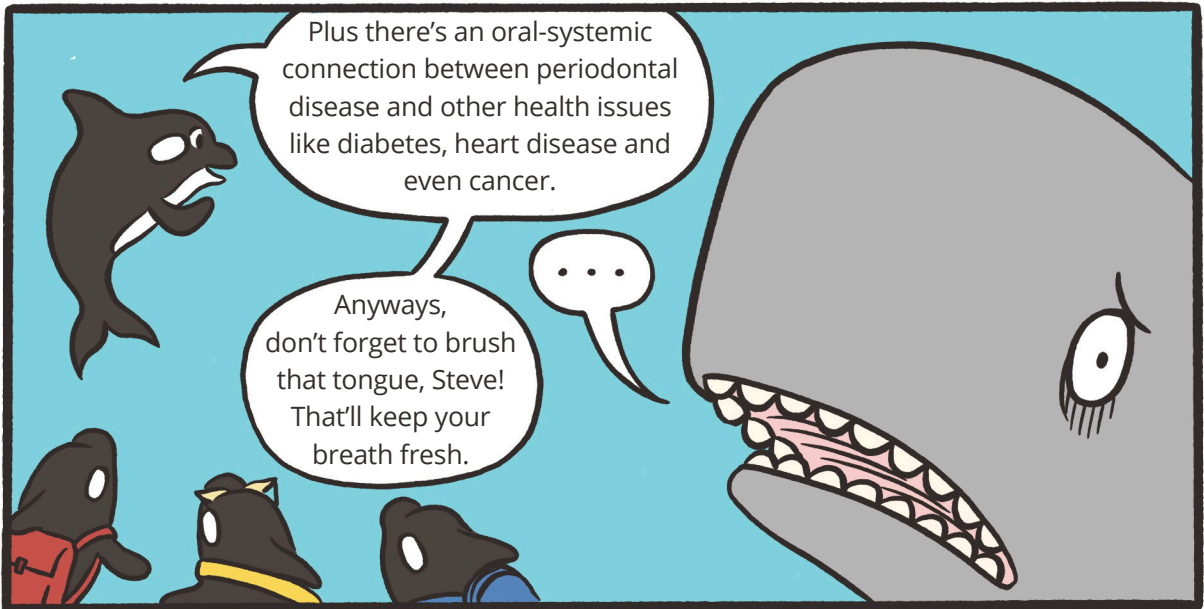


Flip to the glossary in the back to learn what each part of the tooth does!









ACTIVITY ZONE

S E R P T L F O M R X Z P T M U L K E C B N I E R
D T R I S D F X F L U O R I D E I V D S Q C B W I
Z B O N T U P L I C A R N U V B R E S K I S T G Y
I M K O S E R B N M E F S Q N X K U L I D E M T A
J D F K T L O O I T W E D B C A T F R E K A L D I
B E R D G H E F H A R V B I M E O L I O P L E X Y
U B S T R E E M T L E M I C F L O S S J U A N C E
J A X F R E A N I X M D G I Z X T V C A O N P C B
K P G S G D G I A S I E H P L I H E R D O T H O Z
B P H D F I E Y A M N U W A X N B L O G K I E G Z
N L J H P K F N S E E I R S M O R C A B L K W E E
R I S T E R D R T L R L E D U E U E L O H E G R F
E C E R U W V G D A A V E F I R S G I P Y F H B H
F A R E V A B H F R L E G P E T H H C P F O S A E
D T X N I Q J J G X I H A H F O X G A E E N K C N
S O V J X E G G Y B Z U Y E H W A Q I D J O T T M
Q R B K A R W I W N A I N G D I V I R F G Y Y E O
E P A T O G R E F M T O S W I C B O G J F E S R I
E E O Y U H E R O E I S J M W E R T S E D D Z I Y
G S P U B D T T H M O L A R S S N O E V S S X A R
H H W Y M J Y Y L F N E D N V Z E I W B W G V Z E
I Y R T W K U U E J O F E I C O G O S I A E L L O
L U T E T O I R T K R U S O S C A V I T Y S Q O P
O O R A L H E A L T H D A P S A E T S F T H F E X
P D E T B E O P E S E Z X L E D C X Z E W Q T Y U

TOOTH ENAMEL

APPLICATOR

DENTAL HYGIENIST

MOLARS

ORAL HEALTH

CAVITY

TOOTHBRUSH

FLOSS

SEALANT

FLUORIDE

BACTERIA

ORCA

ACTIVITY ZONE



You can keep your teeth strong if you have healthy habits. Unhealthy habits such as not brushing and eating lots of sweets can cause cavities. Cavities can hurt you if not treated by the dentist.

Can you unscramble the names of these tooth-friendly fruits and vegetables?



P A L E P

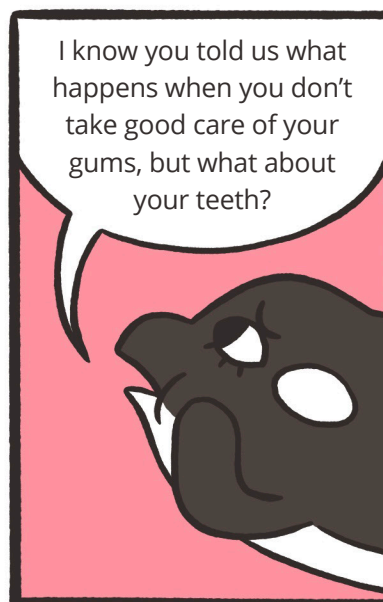
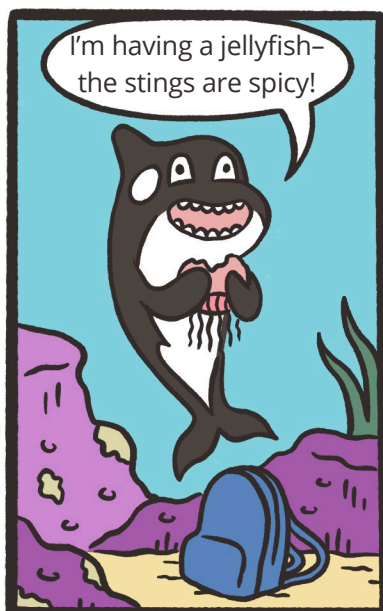
R E C Y L E

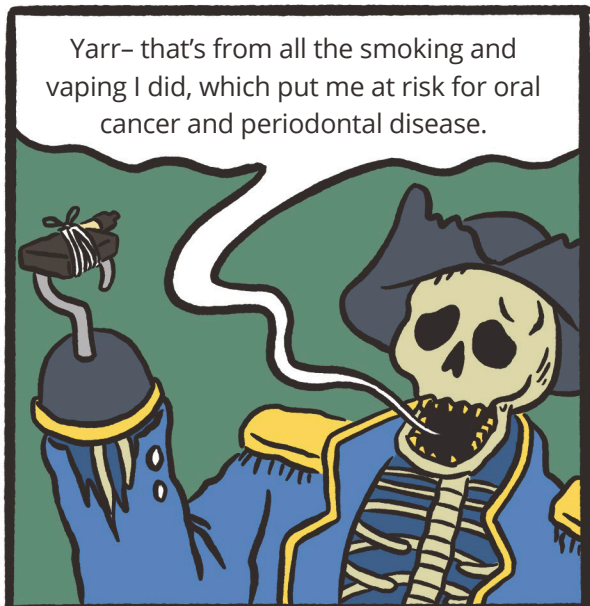
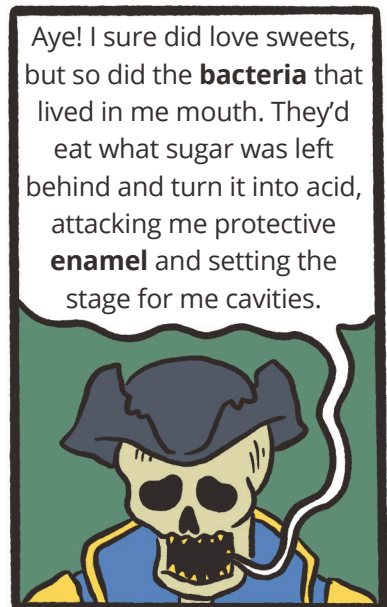
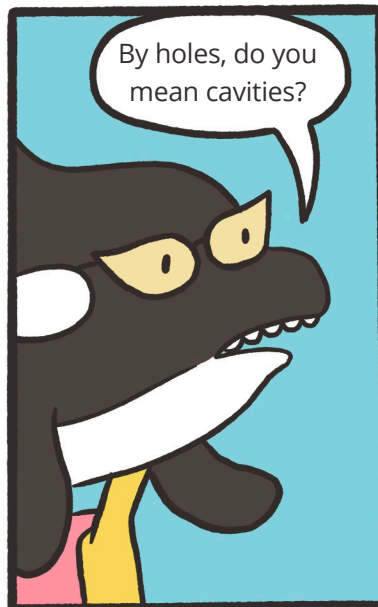
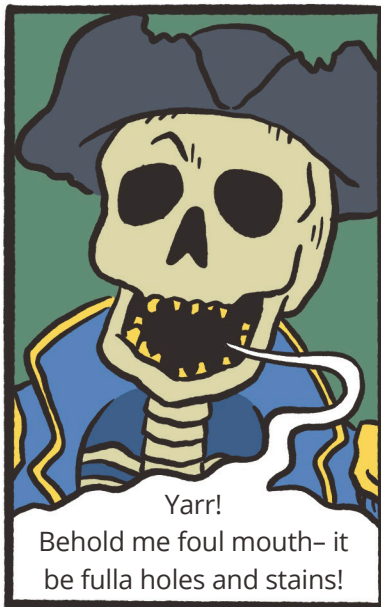
T O R C A R

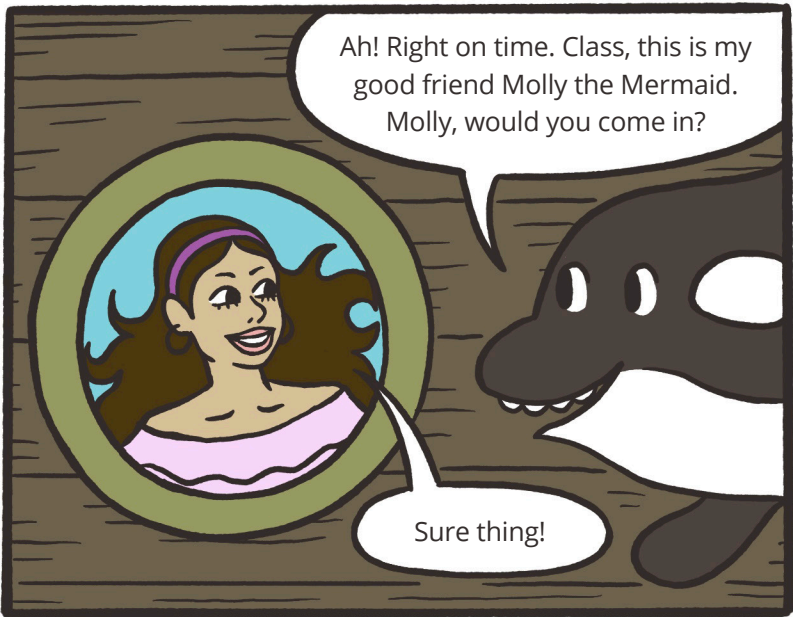
G E O N A R

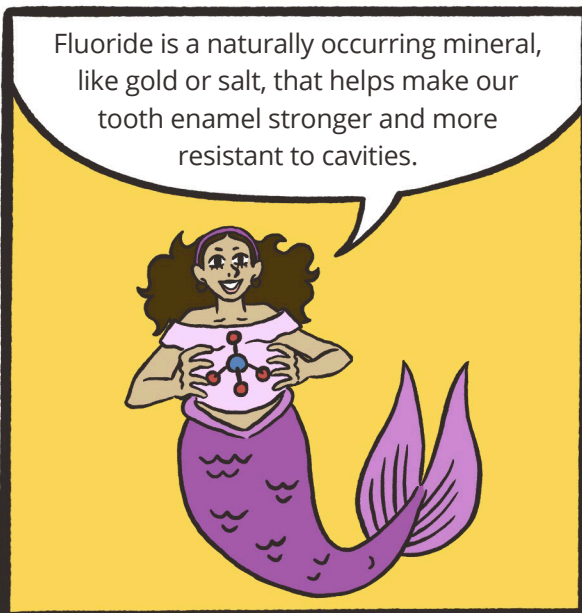
B R A Y R W R E S T

L E A K







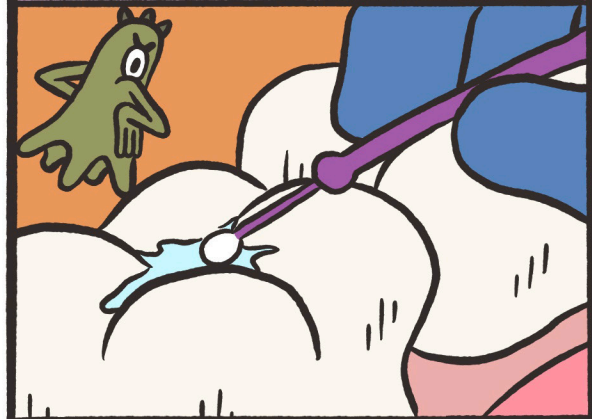




You know the big teeth in the back of your mouth—**molars**? They've got lots of little nooks and crannies where bacteria can sneak in and do their devious work.



But a **dental hygienist** can help you out by placing **glass ionomer sealant** on your molars. This makes it harder for the bacteria to break in and cause cavities.







Glossary

Term	Definition
Oral Health	The health of the mouth.
Enamel	The hard outside layer of the tooth.
Dentin	Dentin is the second layer of a tooth and is softer than enamel. Dentin makes up most of a tooth and surrounds the tooth's pulp.
Pulp	The pulp is a fully living layer at the center of the tooth. Made up of blood vessels and nerves, it is the softest layer of our teeth.
Nerve	Nerves are like wires. Each tooth has them so they can send messages to the brain.
Gum	Soft tissue that covers your mouth bones and protects the roots of teeth.
Crown	The visible part of the tooth above the gum.
Root	The unseen part of the tooth under the gums that supports and keeps the tooth in the bone. The root is attached to the periodontal ligament.
Cementum	The hard layer of the tooth root. It allows the ligaments to attach to the bone.
Periodontal Ligament	The periodontal ligament connects the roots of teeth to the gums and bone.
Plaque	A sticky, white film on the tooth made of bacteria.

Calculus/Tartar	Plaque that has hardened onto the tooth.
Gingivitis	Gingivitis is swelling of the gums that happens when plaque builds up. This can cause the gums to get red and bleed. Regular brushing and flossing habits can reverse and stop gingivitis.
Periodontal Disease	Periodontal disease is a disease that affects the gums and causes bone loss. It can appear as red, swollen gums and loose teeth.
Bacteria	Very small single-celled organisms, many of which are germs.
Cavity	A hole in a tooth, also referred to as decay.
Fluoride	A naturally occurring mineral that is used to make teeth strong and prevent cavities.
Molars	The big square teeth in the back of your mouth. Most people have at least 8 of these, with 4 on the top and 4 on the bottom. Molars are tough and their main function is to grind and mash up food so that it can be swallowed.
Dental Hygienist	A dental hygienist's job is to clean teeth, take x-rays, and help show people how to take care of their teeth.
Glass Ionomer Sealant	<p>Sealants are thin coatings on the top surface of the molars. They protect teeth from bacteria, which helps prevent cavities.</p> <p>Glass ionomer is a paste that goes on the chewing tops of the molars. It dries within 3 minutes.</p>

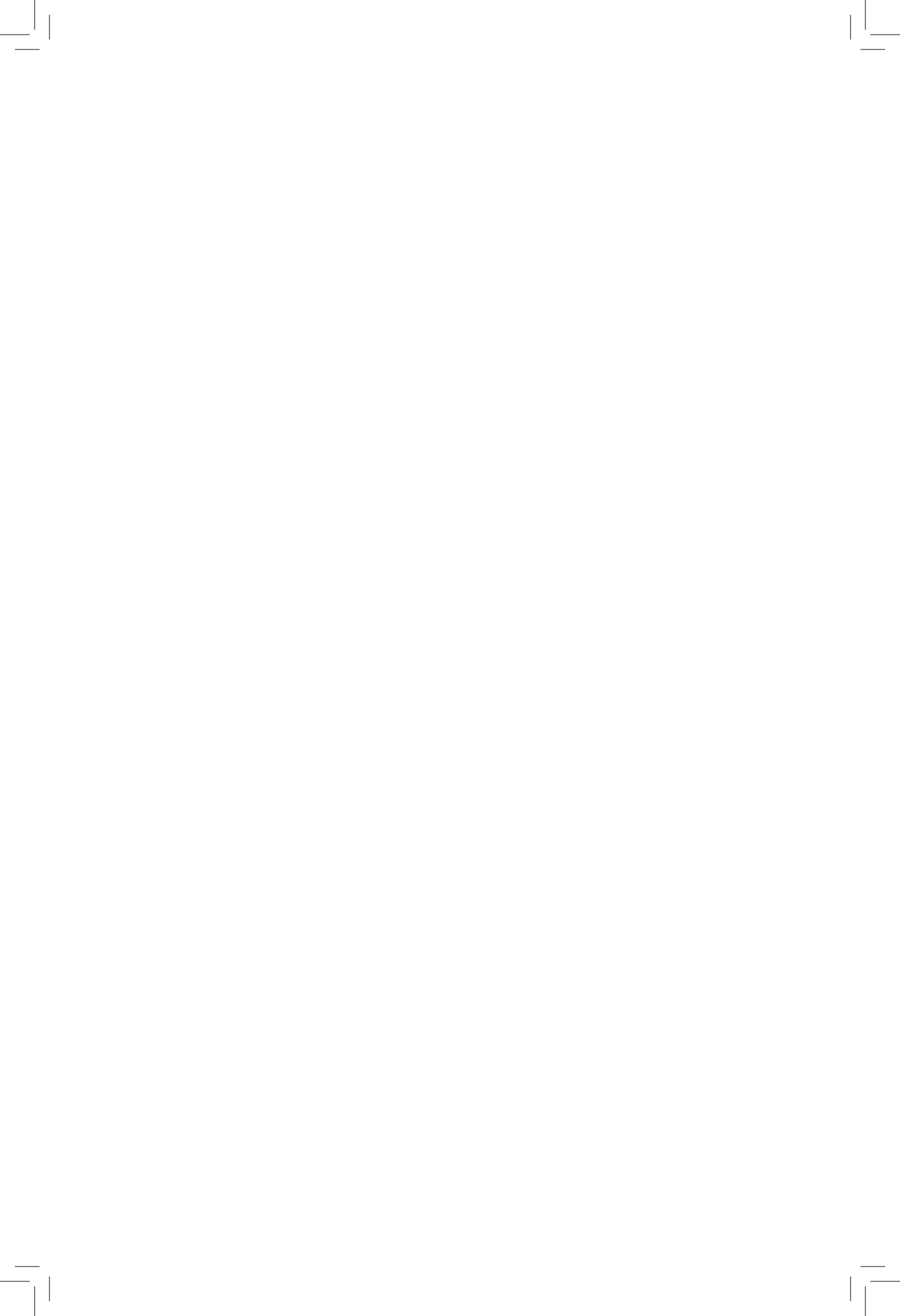
Oscar the Orca's Dental Adventures is a coproduction of
All Smiles Community Oral Health and Parachute Strategies.

Copyright ©All Smiles Community Oral Health
All rights reserved.

Written and illustrated by Ross Jackson

First Printing, May 2024

allsmilescoh.org



HEY KIDS!



Have you gotten your permission slip signed? With your parent or guardian's approval, you can get free protection from cavities, courtesy of All Smiles Community Oral Health.



With a signed permission slip, a smile like this could be yours!*

Permission Slip for Free Dental Services

Free dental screenings, sealant placements, and brushed-on fluoride are offered at your child's school. These services are done by dental care professionals and will help prevent cavities.

Name of Child: _____ (Last) _____ (First) _____ (Preferred Name)
 Child's Date of Birth (mm/dd/yyyy) ____/____/____ Teacher: _____ Grade: _____
 School: _____

Check ONE BOX below to sign up for this free service:

- Yes, to screening, sealants and fluoride
- Yes, to screening and sealants
- Yes, to screening and fluoride
- Yes, to screening only

*NOTE: If all 'yes' boxes are checked, all services will be provided.
 NO, do not provide any dental services for my child

Contact Information

Parent/Guardian: _____
 Best phone number to reach you: _____ | Permission to Text: YES NO
 Email address: _____
 Mailing address: _____

Please provide the following information so we can better serve your child:

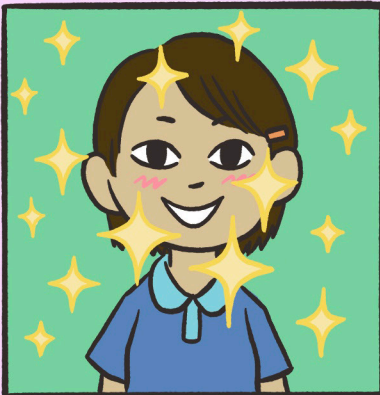
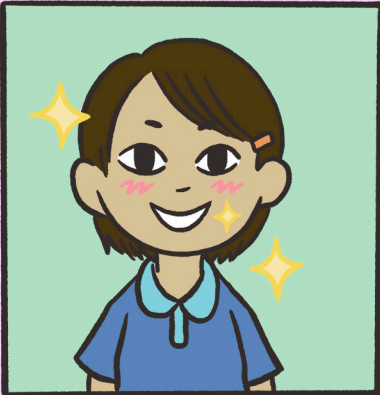
My child is taking (list medications): _____ None:
 Any child allergies to: _____ None:
 Any current medical conditions: _____ None:
 Any behavioral considerations: _____ None:
 Other information to help us better serve your child: _____ None:

Please complete the section below. You will not receive a bill.

Health insurance:
 Oregon Health Plan (OHP) / Medicaid ID# _____
 Private dental insurance company _____ These services are FREE!
 No health insurance

As the signatory, you agree to provide consent to the release and sharing of information, including any personal health information, to the dental professionals and staff of the dental office, applicable Coordinated Care Organization, and other health care providers as needed to provide the best dental care for your child. Privacy notices are available on the dental website <http://dental.cmh.org>.

Parent/Guardian Signature: _____ Date: _____



* Dental services provided by All Smiles Community Oral Health are not guaranteed to provide a supernaturally dazzling smile upon application, but are an excellent step along the path toward a more positive relationship with your teeth.

