

Kingston EMC (Kingston, ON)			Order/Commande
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# Local dentists give students a fresh take on the importance of oral health

By Kristen Coughlar

EMC Lifestyle - "Three times for three minutes."

Those were the words screamed by hundreds of students at École Lundy's Lane School Friday during Brush-a-mania.

Brush-a-mania is a program designed to promote oral health among young children and is the brainchild of the Rotary Club of Toronto-Don Mills, who brought it to the area ten years ago. For the past three years the Kingston Dental Association has been using Brush-a-mania as its premiere event during Oral Health Month.

On Friday five dentists from the surrounding area, Nick Cosman, Waji Khan, Gokhan Shevket, Bob Gillis and Moe Tabesh, took time out of their busy day to visit students at École Lundy's Lane School to teach them about proper dental care.

"The message is pretty simple: brush your teeth three times a day

for three minutes," said Cosman, vice-president of the Kingston Dental Association.

As part of the program students are provided with a toothbrush, toothpaste, stickers, a monthly tracking chart and a pack of sugar-free gum. The chart and stickers allow students to track their monthly tooth-bushing progress in the hope of being rewarded with a pack of gum at the end of the month.

"It's using that positive re-enforcement of getting a prize and brushing their teeth every day," Cosman said.

Six schools and 2,000 students in Kingston will benefit from the Brush-a-mania program, including students at Lancaster Drive Public School, Bath Public School, Cataraqui Woods Elementary School, St. Thomas More Catholic School and St. Joseph/St. Mary Catholic School.

Cosman said the pro-

gram re-enforces the message parents are giving to their children at home and also gives local dentists a chance to interact with children out of the dental chair.

"It's just getting the message out from different sources...if they're hearing it from a dentist coming to their school (in addition to their parents) I think it has more impact,"

Cosman said. He noted that the more the message is re-iterated to students from varying sources the more likely they are to retain and act on that message as well as maintain good oral health practices throughout both childhood and adulthood.

Cosman said that while the message may not reach every student, the goal is to increase oral health within the community as a whole.

"The end goal of this whole thing is increase the oral health of young children," Cosman said. "This is a grass-roots way to getting to the source of cavities."



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Nick Cosman  
Vice-president, Kingston Dental Association



**Moe Tabesh (left) and Nick Cosman (second from right) were two of five local dentists to pay a visit to École Lundy’s Lane School Friday to present Brush-a-Mania to students like Katelyn Butts, Sami Holland and Brooke Saunders-Lambert. The Brush-a-Mania program, developed by the Rotary Club of Toronto-Don Mills, is designed to promote oral health among young children. For the past three years the Kingston Dental Association has been using Brush-a-mania as its premiere event during Oral Health Month.**