

Your Practice Name Here Presents

Maggie McVair

Has
Sugar
Bugs
in There

by Sheila Booth-Alberstadt
Illustrated by Norris Hall



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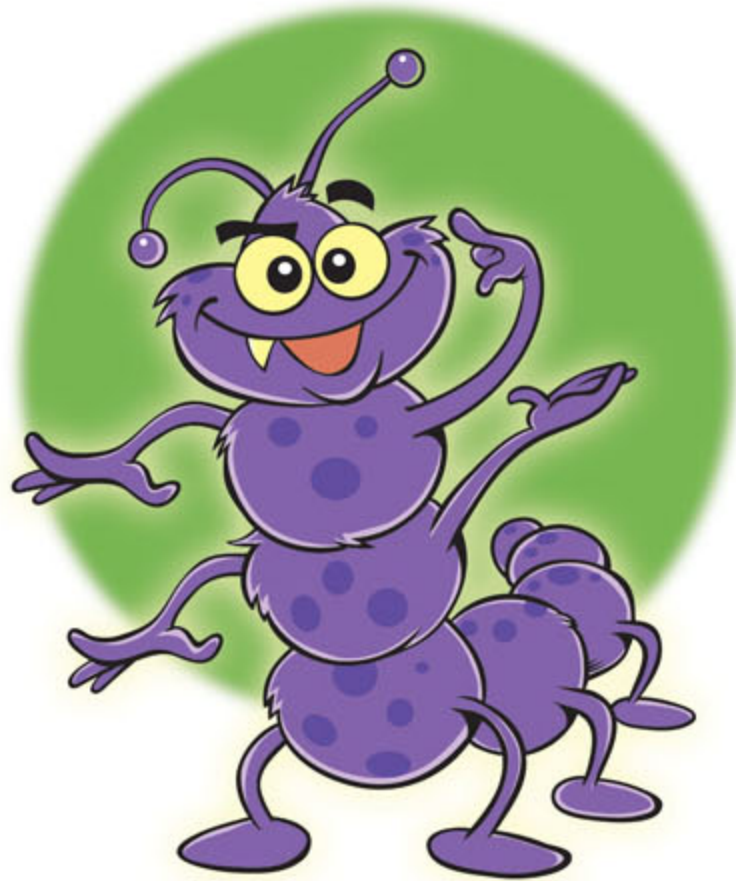
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Have you heard about this little girl?
Her name is Maggie McNair?
She had stink bugs hiding in her clothes
and had spiders in her hair.

She's a tomboy kind of girl;
she likes making tadpole pies.
She'd rather play with frogs
than with a baby doll that cries.



Maggie didn't follow rules;
she simply didn't care.
Until she got a BUG HOUSE
and it wasn't in her hair!

Deep inside her tooth
a special house was being made.
Sugar bugs were hard at work;
they never stopped and played.



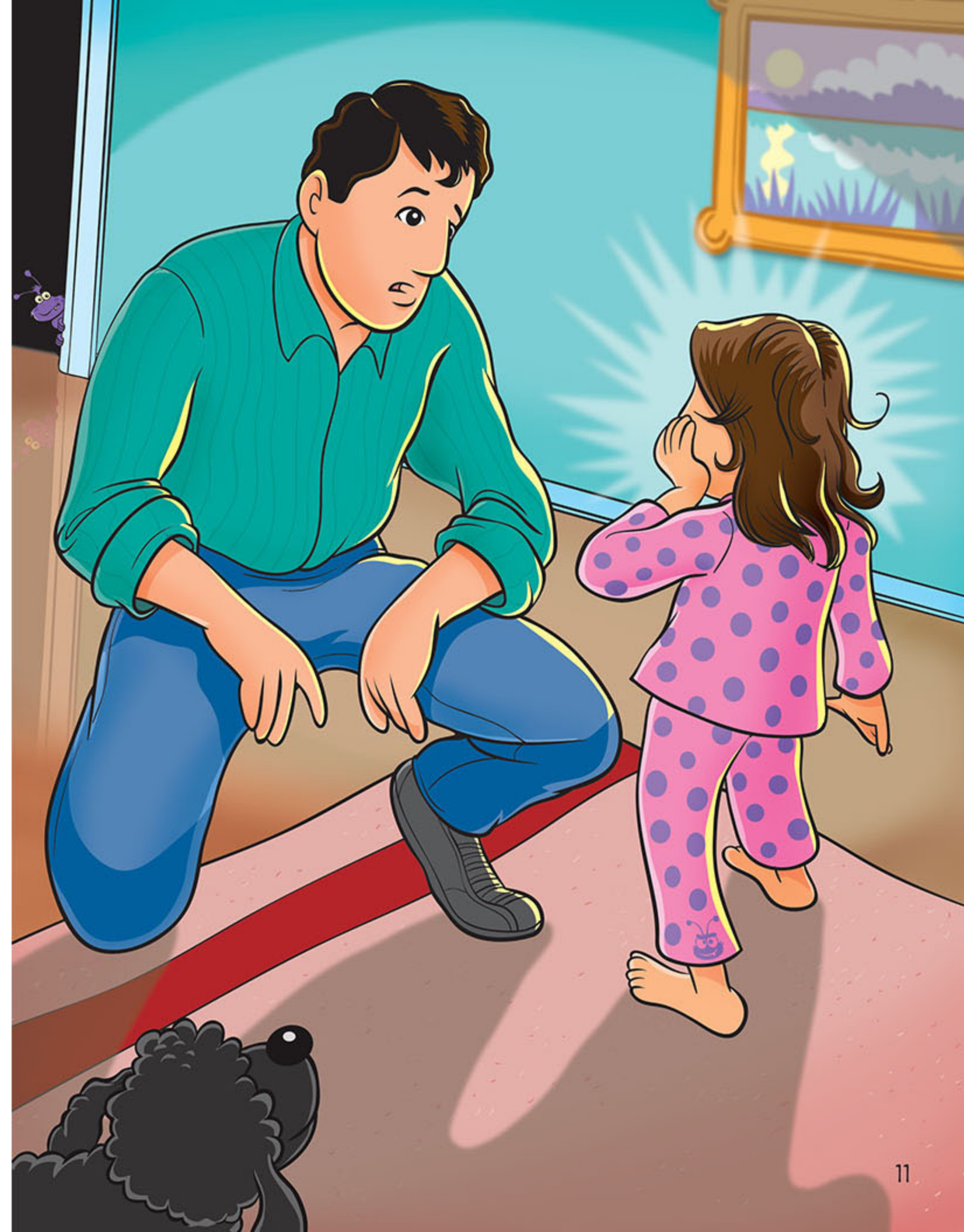
But then one morning in her room,
Maggie woke up screaming.
Inside her mouth it hurt so bad,
she wished that she were dreaming.

She woke her little brother up;
poor Mac was scared to death.
He thought there was a monster
so he hid and held his breath.



Maggie McNair didn't brush her teeth before she went to bed. She'd wet her toothbrush in the sink and pretend to brush instead.

Maggie has a cavity, a BIG BUG HOUSE in her tooth. "I haven't brushed my teeth," she cried, then told her Dad the truth.



She went to see the dentist
and he said to open wide.
He took his special microscope
and had a look inside.

“My oh my,” said **Dr. Your Name,**
“I can see that you’re not brushing!”
Then he looked right at her Mom and Dad,
who suddenly were blushing.



Male Version



Female Version



Poor little Maggie McNair
was afraid in that big chair.
She'd rather take a bubble bath
or brush her scraggly hair.

Then **Dr. Your Name** told Maggie,
"There are things that you should know.
You really should have known these things
a long, long time ago."



"Perhaps you haven't heard this,
but what I say is true.
Sugar bugs grow suction cups;
on teeth they stick like glue."

"As you drink and eat your food,
they multiply like weeds.
Looking in a microscope,
they're shaped like purple beads."



"Your teeth are like HUGE mountains as they search for their new home, looking for a spot far away from the brush and toothpaste foam."

"At night they'll dig a hole real deep; your tooth will start to rot. They'll have a party, eat your food; in there they won't get caught."



"They love to eat your candy,
even grapes and healthy food.
They never sleep, they're such a pest;
they're also very rude."



"Water is the smartest choice to drink throughout the day. It helps get rid of sugar bugs; it washes them away."



"To keep away a bug house,
you must listen and obey."
Then **Dr. Your Name** took off his gloves
and placed them on the tray.

Maggie sat up in her chair
and asked if he'd begun.
"In the time that I was talking,
I fixed it. Now I'm done."



Maggie smiled and thanked him as he handed her a treat.
"Here's for being brave," he said, then she jumped out of her seat.

It was a toothbrush and some toothpaste, her favorite color blue.
Then she asked him for another, for her little brother too.



So, you'd better brush your teeth
and brush them quite a bit.

And if you don't, can you guess
something you might get?



Sugar BUGS!



Bacteria in the mouth stick to our teeth and convert sugars from food and drink to acids, and it is these acids that begin to attack the enamel on teeth, starting the decay process. The more often we eat sugary foods or drink sugary drinks, the more frequently we are exposing our teeth to the cycle of decay. **BRUSH! BRUSH! BRUSH!**



What causes a cavity?

"Sugar bugs" are bacteria called streptococcus mutans. These bacteria damage hard tooth structure and create a disease called dental caries, or cavities. Dental caries remains one of the most common diseases throughout the world. If you have a cavity, you have a disease.

How do the bacteria work?

Streptococcus mutans can produce a sticky substance and bond with other bacteria to form plaque. Once stuck together, they use sugar as fuel to produce lactic acid that eats away at your teeth. These bacteria need an acidic environment to work, so anything we eat or drink with a sugar/acid combination (including soft drinks) allows them to work.

How do we fight the bacteria?

We brush, floss, eat healthy, and see our dentist regularly for cleanings.



How do we get the bacteria?

Our first introduction to these prevalent human bacteria is usually through our mother's kiss. Streptococcus mutans remains in our mouths, and we then have a constant fight against it for the rest of our lives.

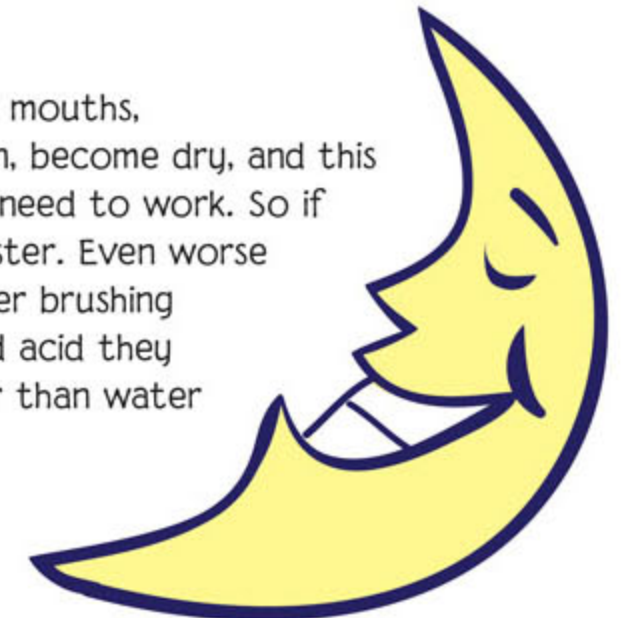
How often do we need to brush?

A minimum of twice a day! "Sugar bugs" are constantly in our saliva, and they use their "sticky feet" to attach to our teeth. That is why we continually have to brush them off. If you can see plaque or food on your teeth, you have millions of bacteria in that one spot. This is why we have to brush at night just before bed and in the morning after breakfast. As soon as we brush, they are reforming on our teeth.



Why is brushing at night so important?

Brushing before bed is critical! When we sleep, our mouths, through breathing and decreased saliva production, become dry, and this creates the acidic environment that the bacteria need to work. So if we don't knock them off our teeth, they work faster. Even worse than that, if we have anything to eat or drink after brushing (especially soft drinks), we give them the sugar and acid they need to eat the teeth. If you have anything other than water after brushing at night, **BRUSH AGAIN!**





Why is saliva (spit) so important?

Saliva is a natural buffer and cleanser of our teeth. Our body's pH is 7 (neutral), and so is saliva. Our body's saliva production goes down when we sleep, and our mouths become acidic. That's why you sometimes wake up with a dry mouth. It's also why the bacteria work better at night. Things that increase saliva production (such as sugar free chewing gum) help fight the acidic environment the bacteria need by making the mouth more basic (nonacidic).

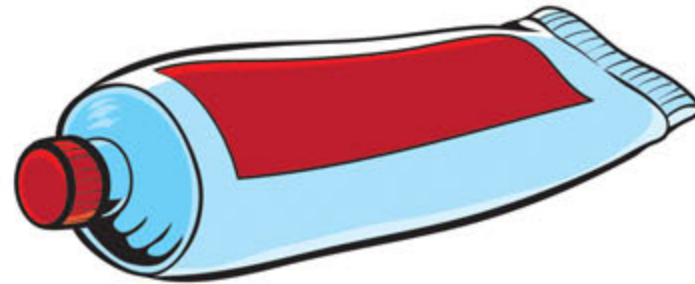
What is the best toothbrush?

We recommend a toothbrush with a two-minute timer. Not everyone brushes their teeth for the recommended amount of time. A timer helps us brush long enough to remove these "sticky-footed" bacteria from our teeth.



What is the best toothpaste?

There are many toothpastes available, but **Dr. Your Name's** favorite is **(the type or brand of toothpaste you prefer)**.



What can we do to protect our teeth during the day (without a toothbrush)? Chew sugar-free gum and drink water. Both prevent the mouth from reaching the critical pH of 5.5, at which teeth start to demineralize (break down).



What is the worst thing we can eat or drink?

Soft drinks, lemonade, energy /sport drinks, and acidic sticky candy like gummies and cough drops. These dental nightmares are acidic and have tons of sugar that makes our teeth immediately vulnerable to demineralization. Gummies contain large amounts of sugar and stick to teeth, providing "sugar bugs" with a fuel source. Cough drops and mints should only be used when necessary, because they contribute to decay by continuously coating teeth with sugar. Avoid sipping these drinks throughout the day. Day long sipping exposes your teeth to constant sugar and, in turn, constant decay-causing acids. **Drink water or chew sugar-free gum immediately after consumption to stop the acidic attack by diluting the sugar and preventing the bacteria from breaking down your teeth.**



What are the best foods for our teeth?

Cheeses, milk, and nuts contain calcium and phosphorus which is used to remineralize teeth. Firm, crunchy fruits and vegetables (apples, pears, celery, carrots) have high water content, which dilutes sugars and stimulates saliva flow. They also help knock plaque off our teeth.



What is the best beverage to drink?

Water is always the best choice!



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