

Why is it important to keep baby teeth clean?

It's a common question among parents and even young dental patients themselves: "Why is it important to take care of baby teeth if they're just going to fall out?"

Even though the first set of teeth are temporary, they set the stage for oral health for a lifetime. If you fail to care for your child's teeth early in life and don't teach him or her proper self-care, it could cause problems for years to come.

Baby teeth are placeholders

Baby teeth do everything for young children that permanent teeth do for older children and adults. They help him or her speak, chew and smile at others. They also act as a placeholder in the jaw for the permanent teeth to come in later.

Children typically start losing primary

teeth around age 6 and continue to lose teeth until around age 12.

When a child loses a baby tooth prematurely due to decay or trauma, it disrupts the natural eruption process. The teeth coming in get confused and drift towards the open space instead of where they were supposed to grow.

The results can mean crooked or crowded teeth – and a big orthodontist bill later.

While trauma to the mouth happens, the loss of primary teeth due to decay is entirely preventable.

Oral healthcare

You don't have to wait until your baby officially has teeth to start taking great care of his or her oral health.

After each feeding, use a warm washcloth



Dr. Stephen Durham

or gauze pad to wipe the gums clean. This helps to prevent tooth decay even though you don't see any teeth. Believe it or not, decay can start as soon as the first primary teeth erupt around 6 months of age.

Plan to brush your child's teeth yourself or closely supervise until at least age 3.

Fluoride toothpaste is best, and the amount you put on the toothbrush doesn't have to be any more than a grain of rice.

If you have one of those toddlers who insists on doing it themselves – and what toddler doesn't? – try the hand-over-hand method while teaching him or her. You can

also model how you brush your own teeth.

The American Academy of Pediatric Dentistry recommends that babies see the dentist by their first birthday or 6 months after the first tooth erupts. This is the ideal time for parents to receive additional instruction on dental care for young children.

A recipient of the 2012 Mastership Award from the Academy of General Dentistry (AGD), Dr. Stephen Durham is a graduate of Clemson University and the Medical University of South Carolina College of Dental Medicine. He is a past recipient of the LVI Fellowship Award for Neuromuscular and Cosmetic Dentistry. Durham practices at Durham Dental at Town Center in Beaufort. For more information, visit his website at www.DrStephenDurham.com or call 843-379-5400.

Howe, Simpkins join staff at The Retreat

Two local residents are the first hires for The Retreat at Lady's Island, an assisted living and memory care community currently under construction at 9 Sunset Blvd. in Beaufort.

Valerie Howe will lead The Retreat as executive director, with Rachel Longino Simpkins serving as sales director. Both women currently reside in Shell Point.

A 30-year resident of the Beaufort area, Howe has worked in the healthcare industry for 20 years. She holds a Bachelor of Science in Healthcare Management and a Master of Business in Healthcare Administration from South University.

Howe is licensed in the state of South Carolina as both a Community Residential Care Facility Administrator and a Licensed Practical Nurse.

As an executive director hired during The Retreat's construction, Howe will play many roles.

During the building phase, she will coordinate with construction teams and assist the sales director with the promotion and marketing of the new community.

Once construction is complete, the focus will shift to preparing for state certification and making ready for the first residents. After the grand opening she will assume a tradition-

al executive director role, overseeing The Retreat's daily operations.

Howe is a board member of the South Carolina Association of Residential Care Homes. She is also president of the Healthcare Network Group of the Lowcountry, a regional organization working to enhance the quality of care for all Lowcountry residents by creating a network of local healthcare professionals.

Rachel Longino Simpkins comes to The Retreat at Lady's Island with experience in senior living and hospice.

A Georgia native, Simpkins joined the Marine Corps in 1994,

serving in communications for the 3rd Force Service Support Group – a vocation that took her as far away as Japan and eventually to Beaufort.

Simpkins chose to stay in the area to finish college and make her home.

As sales director, Simpkins will work with seniors and their families to find the right fit of services and accommodations for each person.

She will also promote The Retreat through presentations and other events.

Expected to open in early 2018, The Retreat at Lady's Island will offer three stories of senior living with views of the waterway, marina

and nearby marsh.

Retreat residents will enjoy private assisted living suites and studios, each with a private bathroom and kitchenette.

On the first floor, those with Alzheimer's disease or similar memory issues will find a refuge in the secured Memory Care wing. Other on-site amenities will include a waterfront patio, fitness center, physical therapy center, movie theater, salon, chapel and more.

For more information on The Retreat at Lady's Island, call 843-379-9502 or visit The Retreat's Facebook page at www.facebook.com/RetreatLI.

A health tip: Buy, visit or participate in the arts

During the 2008-era economic downturn, fear of another Great Depression caused many people who supported the arts on a regular basis to pull shut the purse strings for a while.

A lot of folks took a break from purchasing books and visual art and from attending concerts and plays. A slew of the creatives who produced these works had to get even more creative, taking "real world jobs" to supplement the reduced income from their usual endeavors.

I remember one day in 2010 walking into the Charles Street Gallery, a Beaufort institution beloved by art-appreciators and art opening-goers alike. On the counter was a bumper sticker propped up as a sign, "The Recession is Over ... Buy Art."

Still today, that message rings true, perhaps now more than ever, for several reasons.

Obviously, supporting those who make a living beautifying the world through sight, sound and/or touch is a noble thing to do.

Contributing to the life path of a talented soul who is enriching the world is one of those "feel good down to your toes" kind of experiences you can get whenever you acquire an intricate, handmade fiber wall hanging, buy a book penned by an as-yet unheard of, first-time novelist, or cheer for the actors in a community



Perspectives

LIFE FROM A NEW POINT OF VIEW

Katherine Tandy Brown has traveled the world as a freelance writer for 25 years. She teaches memoir, travel writing and writing practice in USCB's OLLI Continuing Ed program and in her downtown cottage. A certified writing coach, she is penning her first novel, "One to Go: An Equine Thriller."

theater production.

Not so obvious, but definitely as important as financial contributions, are the personal benefits of exposure to art of all sorts. To clarify "exposure," I mean turning off the TV and taking in a bit of culture. You know, visiting a museum, rockin' at a festival – Spoleto, anyone? – popping into a Beaufort art gallery on a First Friday evening, taking in a play, attending a Beaufort Symphony or chamber music performance, or supporting a writer at a book signing and curling onto your front porch glider with an icy lemonade for a good read.

Here's what might happen when you add art to your days.

The serotonin boost the arts can give you will ease the blues and lift your spirits.

Years ago, I attended an exhibit of Alexander Calder's whimsical circus-themed mobiles and stables at the National Gallery in Washington D.C. The day was dreary – rainy and chilly – and the gath-

ered crowds were wet-footed and grumbly.

About halfway through the exhibit, I realized that my heart felt lighter and I began to exchange pleasantries with other attendees, complete strangers until that time.

Afterwards, I sat on a bench that afforded a view of the exhibit's entrance and exit doors. A noticeable number of people who carried stressful demeanors into the rooms of art left with wide smiles, laughter and light-filled eyes.

Your perspective will recharge when you get out of your same old-same old daily routine, out of that comfort zone, to revel in the arts. One of the 12 Step program's oh-so-true slogans is "If you keep on doing what you're doing, you'll keep on getting what you're getting."

Instead of binge-watching after work, treat yourself to a play or comic performance at the USCB Center for the Arts. Your mind will appreciate your hitting the

"Refresh" button.

Visual art can beautify and add personality to your home, inside and out. Hanging art in a house's interior is a given that can add color and vibrancy to a room, including the bathroom. (Give your guests something to talk about!)

Going a step further, a historic home in downtown Beaufort displays paintings on its outside walls. Every single time I drive by, I smile. And you can enliven your porch or garden with an exquisite sculpture, or better yet, a silly one.

You'll no doubt escape from the "troubles of the world" for a while, lower your stress level, and even strengthen your immune system.

Take in one of the dozens of events hosted by the Pat Conroy Literacy Center. You'll no doubt expand your mind, hear emerging and established writers, and have the opportunity to engage in heady discussions. Its Facebook page is a resource of ways to experience the art of writing, which I believe is exactly what our treasured bard Conroy had in mind.

The South Carolina Lowcountry's abundance of nature and exquisite natural light are magnets for creative people who share their talents in a myriad of ways. Pick one, and treat yourself to a soul-healing dose of the arts.



MICHELLE GIBBONS
PERSONAL TRAINING, LLC

Back to School Special !!!
\$199

1 month of unlimited classes
High Intensity Interval Training, Kickboxing, & Barre
Full body assesment • Weekly weigh-ins
Never repeat the same workout twice !!
Full schedule of classes at mgptfit.com
Call or text to book your spot!

Michelle Gibbons Personal Training, LLC
820 A Paris Ave, Port Royal • 843-597-2188 • mgptfit.com

SERVING THE LOWCOUNTRY SINCE 1998



522-9578

COMPLETE TURF & ORNAMENTAL SHRUB CARE
MOWING, EDGING, PRUNING PROGRAMS
MULCHING • LANDSCAPE DESIGN & RENOVATIONS
PEST CONTRAL & FERTILIZATION
IRRIGATION & LIGHTING SYSTEM INSTALLATIONS,
UPGRADES, & REPAIRS

YOUR LANDSCAPE MAINTENANCE PROFESSIONALS
www.lawnsolutions.us