

Topic of the Month

Eyes, Ears, Mouth and Nose Health



Dentist (Mouth): When?

A child's first dental appointment is an important part of their development both from an oral health point of view as well as creating a healthy bond with the dentist at a young age. The first set of teeth play an important role in many aspects of a person's life therefore it is essential to schedule your child's first dental appointment early. The Canadian Dental Association and dentists recommend that your child's first dental appointment take place about 6 months after the first baby tooth appears.

What to expect?

- ◆ The dentist checks to see how well daily brushing of the teeth has been going.
- ◆ During your child's first dental appointment, the dentist will look for signs of tooth decay or problems with the gums.
- ◆ Your child may have x-rays taken so the dentist can have a closer look at your child's teeth.

This visit provides an opportunity for you to ask any questions you might have about the best way to care for your child's teeth. If you can teach your child good oral care habits at an early age, you can help to create a healthy pattern of brushing and flossing that lasts a lifetime.

Funding Available for Children Visiting the Dentist?

Healthy Smiles Ontario

33 King Street West

PO Box 645

Oshawa ON L1H 8X1

Who is eligible to apply for funding?

You can apply for your children if they:

- ◆ Are 17 years of age and under
- ◆ Live in Ontario
- ◆ If household income is on the chart found on the North Bay Parry Sound Health Unit Website. (Found under Healthy Smiles Ontario)

(Can apply online under the North Bay Parry Sound District Health Unit)

When looking for a dentist you may want to visit first to make sure it is the right fit for your child and family.

Optometrist (Eyes): When?

Doctors of Optometry recommend infants have their first eye examination between six and nine months of age. Children should have at least one eye exam between the ages of two and five, and yearly after starting school to ensure optimal vision and development. OHIP insures eye exams for children under the age of 19.

What to expect? Many of the tests a pediatric optometrist will perform on your infant or toddler are similar to an adult eye exam, but performed in an age-friendly manner.

Infant (after 6 Months)

- ◆ Pupil Responses – do your infant’s pupils open and close properly in the presence or absence of light?
- ◆ Fixate and Follow – can your infant’s eyes fixate on an object as it moves?
- ◆ Retinoscopy – using a streak of light, retinoscopy allows the doctor to quickly and easily check your child’s prescription. It is especially important to ensure the prescription in each eye is equal.
- ◆ Alignment – are the eyes equal and aligned? Your doctor will check to ensure that your child’s eyes are straight and working together.
- ◆ Ophthalmoscopy – Your doctor will check the inside health of the eye, including the lens, optic nerves, macula and retina.

Toddler/Preschool (2-5)

- ◆ LEA symbols and matching– can your child identify and match common shapes (similar to the letter chart test for adults)?
- ◆ Random dot stereopsis – does your child have normal depth perception? Can your child’s eyes work together when tested with special patterns of dots and 3-D glasses? Decreased depth perception can be a sign of a binocular vision problem.
- ◆ Retinoscopy – using a streak of light your doctor will check your child’s prescription and prescribe glasses if necessary.
- ◆ Colour vision – your doctor will check to ensure your child has normal colour vision.
- ◆ Binocularity – are your child’s eyes working properly together? Are they aligned and are they able to converge and diverge their eyes appropriately?
- ◆ Ophthalmoscopy- your doctor will check the inside health of the eye, including the lens, optic nerves, macula, and retina.
- ◆ Dilation/ Cyclo exam- if necessary, eye drops may be instilled to further examine eye health and prescription status.
- ◆ Fundus Photography – Doctors encourage fundus photography (photos of the inside of the eye) with the Optomap Retinal Exam.

Hearing Test (Ears): When? If Doctor requests one.

OHIP insures diagnostic hearing tests ordered and performed by qualified physicians.

Symptoms of a Hearing Loss in infants:

It is important to continually monitor your child for signs of hearing loss. The following are some milestones your child should reach in the first year of life:

- ◆ A newborn infant startles or "jumps" to sudden loud noises.
- ◆ By 3 months, a baby usually recognizes a parent's voice.
- ◆ By 6 months, a baby can usually turn his or her eyes or head towards a sound.
- ◆ By 12 months, a baby can usually imitate some sounds and produce a few words, such as "Mama" or "bye-bye."

Toddler signs of hearing loss may include:

- ◆ limited, poor, or no speech
- ◆ frequently inattentive
- ◆ difficulty learning
- ◆ needs higher TV volume
- ◆ fails to respond to conversation-level speech or answers inappropriately to speech
- ◆ fails to respond to his or her name or is easily frustrated when there's a lot of background noise

Your child's enhanced 18-month well-baby visit

Eighteen months is a milestone in a child's development and a visit to a family physician or other health care practitioner at this time is important. Ontario has recognized the importance of the 18-month well-baby visit by funding a longer, more in-depth visit.

The overall goal of this visit is to better support the healthy development and well-being of Ontario's children.

What can I expect at this visit?

When you go for your visit you and your health care provider will discuss your child's development. You will complete a checklist, such as the Nipissing District Developmental Screen™, which provides a snapshot of your child's development and a starting point for your discussion.

Alongside the checklist is information on typical child development, as well as activities to enhance development. If you'd like to look at the checklist in advance, you'll find it at www.ndds.ca. The Nipissing District Developmental Screen (NDDS) is a helpful free online parent tool for all Ontario residents.

The enhanced 18-month well-baby visit is an opportunity for you to discuss your child's development and ask any questions you may have. For example, you may want to talk about your child's motor skills, or communications skills or any behaviour concerns you may have.

The 18 Month visit also allows early identification of any concerns and a referral to specialized community services, if necessary, for your child.

Dentist		
Callander Bay Dental Centre	299 Main St N , Callander, ON	705 752 1510
Powassan Dental Centre	Lower level, 8 King St, Powassan, ON	705 724 2900
Robert Weaver DDS	100 Ottawa Ave, South River, ON	705 386 2318
Dr Starr	Sundridge, ON	705 384 5456
Dairy Lane Dental	Huntsville ON	705 789 9521
Sunrise Centre Dental Drs John and Sharon Koncan	Huntsville ON	705 789 2369
Dentistry On the Bay	61 Bowes St, Parry Sound, ON	705 746 2772
Bowes Dental Clinic	5 Bowes St, Parry Sound, ON	705 746 5859
Parry Sound Family Dentistry	73 Bowes St, Parry Sound, ON	705 764 6461
Optometrist		
Erin Axt	3 Church St, Parry Sound, ON	705 746 1212
Dr Bishop March and Associates	3 Albert St, Parry Sound, ON	705 746 7849
Eye Associates of North Bay	North Bay, ON	705 495 2022
Eyes On Main Optical	North Bay , ON	705 499 3937
Northgate Optometrists	North Bay, ON	705 474 5705
Daniel Stager OD	140 Ottawa Ave, South River, ON	705 386 2925
Dr Gordon A Creasor	33 King William St, Huntsville ON	705 789 9100
Drs. Bjork & Stager	367 Muskoka District Road 3, Huntsville ON	705 788 3937
Physicians		
Medical Associates and Wright Clinic	60 Bowes St, Parry Sound, ON	705 746-2181
Callander Lakeside Medical Clinic	299 main St. N , Callander ON	705 752 1004
The Algonquin Family Health Team-Wellness Hub	The Summit Centre, 20 Park Drive Huntsville, ON	705 789 5986
Burk's Falls Family Health Team	150 Huston St, Burk's Falls, ON	705-382-4020
Burk's Falls Medical Centre	162 Huston St, Burk's Falls, ON	705-382-2207
Whitestone & Area Nursing Station	11 Church St, Dunchurch ON	705-389-1951
Sundridge Medical Centre	5 Park St, Sundridge	705-384-1277
South River Medical Centre	140 Ottawa Ave West, South River, ON	705-386-0512
Powassan & Area Family Health Team	8 King St, Powassan, ON	705-724-1020
Powassan & Area Family Health Team - Dr. Seguin	506 Asterville Rd. Asterville	705-752-5521
Argyle Nursing Station	11851 Hwy 522, Port Loring, ON	705-757-1717
Callander Lakeside Medical Centre	299 Main Street North, Callander, ON	705-752-1004