



FOR IMMEDIATE RELEASE
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**ST. CHRISTOPHER'S FOUNDATION FOR CHILDREN RONALD MCDONALD®
CARE MOBILE PRESENTS THREE ORAL HEALTH CARE TIPS FOR KIDS FOR 2010**

Philadelphia (January 5, 2010) – To kick-off the New Year in a healthy way, Judy Gelinas, director of the St. Christopher's Foundation for Children's Community *Oral Health Initiative*, recommends that local parents have their children adopt the following three practices in 2010 as part of their New Year's Resolution:

- Give your teeth a thorough daily cleaning! Keep gums and teeth clean to avoid decay, gum disease and bad breath. Use a soft-bristled toothbrush, working in small "jiggles" that reach the gums. Don't skip your back teeth. Even the best brushers need to use floss to clean between the teeth, wiping sides and wiggling under the gum line.
- Select tooth-friendly beverages! Sugary drinks (even 100-percent fruit juice) feed the germs that cause decay. Carbonated drinks are very acidic, even if they are sugar-free. Save juices for meal time and soda for a special treat. If you need to be sipping all day, *do your teeth a favor*: Drink water!
- Visit your dentist! In these tough economic times, don't think you are saving by skipping your six-month check up at the dentist. Preventing oral hygiene problems will save money in the end.

"Seventy-three percent of our seven-year-old patients come to us with cavities," said Gelinas. "Following good practices will not only keep children's teeth healthy, but also save parents money!"

(more)

The goal of St. Christopher's Foundation for Children's *Community Oral Health Initiative* is to improve the oral health of the community surrounding St. Christopher's Hospital for Children, a federally designated dental health provider shortage area. The five programs within the initiative stress early intervention and prevention of oral disease. One of those programs, the Ronald McDonald Care Mobile, provides comprehensive, quality dental treatment to more than 2,500 children each year, at no cost to their family. To schedule an appointment with the Care Mobile, please call 215-427-4645.

About Ronald McDonald House Charities (RMHC) of the Philadelphia Region, Inc.

RMHC of the Philadelphia Region, Inc. grants hundreds of thousands of dollars per year to support non-profit programs that directly improve the health and well being of local children. The Charity also supports the Philadelphia, Southern New Jersey and Delaware Ronald McDonald Houses, in addition to the St. Christopher's Foundation for Children Ronald McDonald Care Mobile, and receives its support from McDonald's Corporation, McDonald's Owner/Operators, corporate donors and McDonald's customers. For more information, visit www.rmhc.org.

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