

Ask the Katy Experts

Your medical, aesthetic, and well-being questions answered by local professionals

Thumb-Sucking



Katy Kids Dentist

Kathy Ko, D.M.D., M.S.D.
830 S. Mason Rd., #2B
281-769-8807
katykidsdentist.com

Are pacifiers and thumb-sucking really harmful for a child's teeth?

Sucking on a pacifier or thumb is a perfectly normal habit that many babies develop. For an infant, thumb-sucking and using a pacifier is harmless, but if the habit persists past age 3, it can cause problems. With persistent thumb-sucking, it's possible for the pressure of a thumb, finger, or pacifier to gradually push the front teeth up and out. This can cause an "open bite" to develop, which is where the upper front teeth are angled forward and don't meet the bottom front teeth. An open bite can impair speech, eating, and proper bite function, and it requires orthodontic treatment to correct.

Staying Positive



Be Unique

Wendy Severance
5529E FM 359, Richmond
281-394-7004
beuniquetoday.com

What are some natural ways I can maintain a positive mental attitude?

Our beliefs guide, our thoughts, and the decisions we make in life begin by training your mind to see the good in everything. By creating a positive morning ritual, you will encourage a healthy start to a busy and stressful day. Whether you listen to your favorite music while getting dressed in the morning or you sit quietly in prayer and express gratitude to God for His blessings; you will develop a healthy and productive daily habit that is contagious to others and will be the best thing you can bring to the table.

Teeth Whitening



Ultra White Dental

Antoine Bach, D.M.D.
9727 Spring Green Blvd., #200
832-589-0671
ultrawhitedental.com

I want whiter teeth. What is the best, most cost-effective option?

The most cost-effective way is using over-the-counter products such as whitening toothpaste and mouthwash. Tartar or calculus accumulates around the teeth from poor oral hygiene and stains from pigmented food and drink are common causes that affect the color of your teeth. Minimize sipping coffee for prolonged periods and rinse vigorously with water to keep the stain particles from adhering to your teeth. If you want instant results, in-office teeth whitening would be the best option because it saves you time and money from trying out different products.

Special thanks to this issue's panel of experts:
Kathy Ko, D.M.D., M.S.D.; Wendy Severance; and Antoine Bach, D.M.D.

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