

“FRESHMAN TEN” DOESN’T ALWAYS MEAN POUNDS
New College Students Face Increased Cavity Risk
Once They Hit Campus

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Rochester, MI., August 16, 2004 --- The “freshman ten” usually refers to the ten pounds that college freshman are said to gain with the introduction of dorm food, free-rein snacking and alcohol consumption. Rochester, Michigan dentist [Dr. Kurt Doolin](#) cautions that there is another unwelcome condition that can accompany a young adult’s foray into campus life: cavities.

“It is not unusual to find several cavities in a young adult patient who visits me after one or two semesters of college,” admits Dr. Doolin. “For many students, the transition from home to college life presents dramatic lifestyle changes - most of which are not beneficial to dental health.”

Dr. Doolin cites the following as major factors contributing to the formation of cavities in college students:

- ❖ The end of a regular meal schedule that family life typically provides. Parents are no longer around to provide and monitor healthy food intake; sugary snacks and candy that can lead to poor dental health often replace positive eating choices.
- ❖ Increased consumption of soda pop. The majority of kids have a pop-drinking habit before entering college, but pop consumption often increases on campus because it’s readily available, inexpensive and relied on as a caffeine source for late night study sessions.
- ❖ Erratic schedules. New college students may sleep until lunchtime on weekends and stay awake until the wee hours of the morning studying during the week. Excessive alcohol intake also contributes to an unpredictable schedule. Hence, regular dental hygiene patterns are disrupted and the student may brush only once a day rather than twice.

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Dr. Doolin offers the following advice to parents as their young adult children head off to college:

- Be sure and talk to your children about the importance of maintaining physical and dental health at school; encourage regular meal patterns and twice a day, two-minute brushing sessions
- When visiting campus, bring students a case of bottled water to serve as a soda substitute around the dorm
- Insist on regular 6 month dental check-ups and cleanings, or more often if necessary, when the student returns home on break

Dr. Doolin holds a Bachelor of Science degree from Michigan State University and a Doctor of Dental Science degree from the University of Detroit. He completed his postgraduate residency at the University of California, San Francisco. Dr. Doolin received additional [surgical and prosthetic](#) training in [dental implantology](#) from the Misch Implant Institute and ongoing comprehensive training in [aesthetic dentistry](#) from the [Las Vegas School for Advanced Dental Studies](#). Dr. Doolin's [staff](#) of 10 includes dentist [Dr. Jeffrey Haddad](#) and 4 dental hygienists. His practice focuses on aesthetic and implant dentistry as well as general dentistry for children and adults. For additional information, please visit www.rochesteradvanceddentistry.com.

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