



Your Health and Wellness

Dental Health

July 2014

Stay Healthy and Smile Brighter

Your dental health may affect more than your teeth

You may be surprised to know that gum disease can contribute to heart disease, diabetes, and other health complications. Regular dental check-ups are an important part of your overall health, but it is important not to neglect the things you can do at home, like regular brushing and flossing.

A Dental Friendly Diet

How your diet can affect your pearly whites

Certain foods and beverages like red wine, coffee, sodas, dark juices, and gravies can significantly affect the color of your teeth. A general rule of thumb to remember is that if it is dark, it can stain.

Ways to Improve Your Dental Health

- Brush your teeth with a fluoride toothpaste 2 times per day
- Change your toothbrush 3 to 4 times a year unless you have been sick. Always change your toothbrush after an illness.
- Floss daily
- Rinse your mouth with an antibacterial rinse or chew sugar-free gum after meals to help wash away bacteria and neutralize acid
- Schedule regular dental check-ups for cleanings and oral exams



Did you know?

15–20% of middle-aged adults are found with severe gum disease, often leading to tooth loss.

Although you don't have any teeth present when you are born, the buds that will form your permanent teeth are already present in your jaw.



How to Avoid a Dental Emergency

Wear a mouthguard when participating in sports and other recreational activities.

Avoid chewing ice, popcorn kernels, and hard candy, all of which can crack a tooth.

Use scissors to cut things and never your teeth.

healthstat