

Your Dental Health

Something to smile about

Your dental health can have an impact on your overall health. Brushing, flossing and visiting the dentist on a regular basis keeps your teeth healthy. Good oral health also reduces the amount of harmful bacteria and plaque that's released into the bloodstream, which can cause or complicate other medical issues such as coronary heart disease, stroke and diabetes.



Proper dental care is important for all ages

children's dental health oral care guidelines



schedule 1st dental visit by age 1



see the dentist 1x/year, or as directed by dentist
(preventive care can head off expensive dental costs)



wipe baby teeth daily with gauze to remove plaque



floss teeth daily

use fluoride toothpaste

0-3 yrs.
small smear

3-6 yrs.
pea-size amount



playing sports?

Have children wear a mouth guard to protect against broken teeth

Sources: American Academy of Pediatric Dentistry, Centers for Disease Control and Prevention, American Dental Association, National Institute of Dental and Craniofacial Research

orthodontia



It is not just cosmetic. Straight teeth also contribute to healthy teeth and gums.

Benefits of orthodontia

- Properly aligned teeth and jaws
- Alleviate or prevent physical health problems
- Effectively bite, chew and speak
- Higher self-esteem, self-confidence and self-image



Braces are not only for kids. About **20 percent** of orthodontic patients are **over age 18**.

Source: Procter & Gamble 2014



As we get older, we may take medications that cause dry mouth and gum recession. These symptoms can cause tooth decay.

Source: © 2012 American Dental Association



Daily oral health tips:

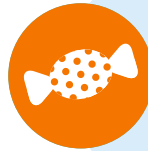
- Brush teeth at least twice a day
- Clean between teeth daily with floss
- Eat nutritious, balanced meals and limit sugary snacks
- Drink at least one pint of fluoridated water each day
- Visit your dentist regularly for cleanings and exams
- Ask your dentist about supplemental fluoride and dental sealants



Prevent Emergency Dental Visits



Wear a mouthguard during sports or recreational activities that may pose a risk.



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



Always use scissors instead of your teeth.

In an emergency, knowing what to do can save a tooth. What should you do in an emergency?

Issue	Solution
Objects caught between teeth	Try to gently remove the object with dental floss and avoid cutting the gums. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object using dental floss, contact your dentist.
Toothache	Rinse your mouth with warm water. Gently use dental floss or a water pick to ensure that there is no food or other debris caught between the teeth. Use an oral numbing gel designed for pain rather than aspirin or a painkiller, which could burn your gum tissue. If the pain persists, contact your dentist.
Broken tooth	Rinse your mouth with warm water to clean the area. Use a cold compress on the area to keep swelling down. Call your dentist immediately.
Tooth knocked out	If it's dirty, gently hold the tooth by the crown and rinse off the root of the tooth in water. Do not scrub or remove any attached tissue fragments. Gently insert and hold the tooth in its socket, or put the tooth in a cup of milk and get to the dentist as quickly as possible.
Jaw possibly broken	Apply a cold compress to control swelling. Go to your dentist or seek medical care immediately.

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