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 care guidelines

Wipe baby teeth daily with a clean, damp wash cloth to remove harmful bacteria.

Use fluoride toothpaste.
0-3 yrs.
small smear
3-6 yrs.
pea-size amount

Schedule first dental visit by age 1.

See the dentist 2 times a year, or as directed by your dentist. Preventive care can help to avoid more expensive dental procedures.

Floss teeth daily.

Children who play sports should wear a mouth guard to protect against broken teeth.

Orthodontia

It is not just cosmetic. Straight teeth also contribute to healthy teeth and gums, the ability to speak clearly, and overall confidence and happiness.

25%

Braces are not only for kids. About **25%** of orthodontic patients are **over age 18**.
Source: Healthline 2019

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

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Oral health tips

- Brush and floss teeth daily.
- Eat nutritious, balanced meals and limit sugary snacks.
- Drink at least two cups of fluoridated water each day.
- Visit your dentist regularly for cleanings and exams.
- Ask your dentist about supplemental fluoride and dental sealants.

178 million

178 million Americans are missing at least one tooth. The most common reasons for losing a tooth are dental decay, gum and bone disease, or trauma.
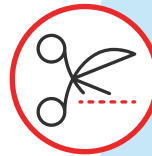Source: Journal of Dental Hygiene 2020

Prevent emergency dental visits

Wear a **mouth guard 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, here's what can save a tooth.

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 remove any food or other debris caught between teeth with floss or a water pick. Use an oral numbing gel designed for oral pain. 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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