



## Healthy dental habits

November

### Sports safety

Being physically active is a great way to keep your heart healthy and your weight at an optimal level. There are certain sports, however, that put your teeth and mouth at risk for injury.

Contact sports like football, soccer, baseball and hockey all pose a higher risk for injury to your mouth and teeth. Although not all sports accidents can be avoided, oral injury can oftentimes be prevented simply by wearing a mouth guard. So, keep your mouth safe and have fun!

Sources: JISPCD, Mouth Healthy

### Tobacco oral health risks

Although smokeless tobacco might be safer for your health than smoking, it still poses many risks for your overall health. In addition to cavities, gum disease and addiction, smokeless tobacco can also lead to more serious conditions like cancer and heart disease. No level of tobacco consumption is considered safe, so talk to your doctor now about a plan to kick the habit. And remember, it's never too late to quit: start today!

Sources: Mayo Clinic, American Cancer Society

### Trivia time:

*How much saliva does a person produce?*

Answer: In a lifetime, over 25,000 quarts!  
Enough to fill two swimming pools!

### Good habits for a healthy mouth and body

We all know how important oral health is, but men, did you know keeping your mouth and gums healthy might help you steer clear of heart disease, diabetes and even cancer? Research has shown there is a link between gum disease and other, far more serious conditions.

Maintaining a healthy mouth is easier than you think.

- > Brush and floss daily to prevent cavities and gum disease that can lead to tooth loss
- > Visit your dental health professional regularly for cleanings and exams
- > Include lots of fresh fruits and vegetables in your diet and drink plenty of water
- > Avoid all forms of tobacco and limit your alcohol intake (if you do drink)

Although it's important for all men to maintain good oral hygiene habits, men who take medications that cause dry mouth and men who play sports need to take extra precautions to keep their teeth and gums healthy.

As always, prevention is the best practice for keeping your mouth, gums and entire body healthy. Good dental habits now will keep you smiling for years to come.

Sources: Mouth Healthy, AAP, Delta Dental