



Dental preventive care

December

Oral health made easy

Your mouth naturally contains many kinds of bacteria. If not removed, bacteria can cause plaque, cavities and other oral health problems. Bacteria feeds off of some of the things you eat and drink, especially those with certain types of sugar.

Brushing and flossing is your first defense against plaque. It's recommended that you brush your teeth twice a day with a soft-bristled brush and a toothpaste that contains fluoride. Using gentle back-and-forth strokes, make sure to clean all surfaces of your teeth and your tongue, as well. Flossing once a day helps prevent gum disease, which can cause tender, swollen gums and if left untreated can lead to bone damage and the potential for tooth loss.

Don't forget to visit your dentist regularly for professional cleanings and checkups. Taking care of your teeth is easy and quick, and will keep your smile bright for years to come.

Sources: NCBI, Mayo Clinic, Know Your Teeth

Trivia time:

How much do you smile?

Answer: On average, adults smile about 20 times a day, while children smile up to 400 times a day!

A kiss is worth a thousand germs

Invisible to the human eye, germs are everywhere – in dirt, water, doorknobs and even on our skin. Although most are not harmful, some can cause infectious disease. Germs are spread several ways. By a cough or sneeze, touching an infected surface (such as a keyboard) and then your eyes, nose or mouth – even by kissing.

While disease-causing bugs can be spread by a kiss, the risk of serious disease is very small. It's a good idea, however, to avoid kissing if you or a loved one is sick.

Sources: Better Health, Communicable Disease Control and Prevention

Is periodontal disease contagious?

Often indicated by persistent bad breath or tender gums that bleed easily, periodontal disease can be caused by poor oral hygiene, genetics, pregnancy or diabetes. While technically not contagious, the bacteria that cause the inflammatory reaction can be spread through saliva. If someone in your home has periodontal disease, it's best to avoid sharing eating utensils and toothbrushes. Help protect the oral health of those you love and make sure to brush and floss daily, reducing your risk for periodontal disease and other oral health problems.

Sources: American Academy of Periodontology, NCBI, ADA