

**BRUSH**

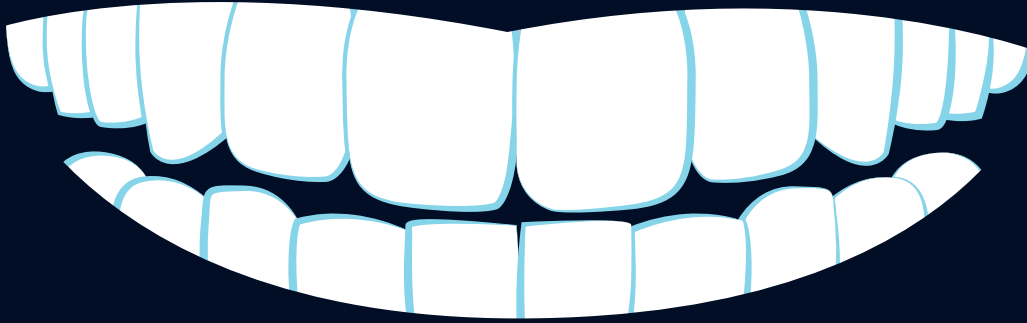
**WITH**



**WISDOM**

**DENTAL HEALTH IS WHERE  
YOUR MOUTH IS™**

# Thirty-two reasons to love your mouth



**32**  
**TEETH**

Teeth. You've had them since you were a baby. They're pretty handy things. We use them for cutting and chewing our food. They kick off the whole digestive process. They help us speak and form words. So here's the question: Why not take care of them? Humans have only two sets of teeth their whole lifetime: baby teeth and permanent teeth. Once a permanent tooth is gone, it's gone for good.

The condition of your mouth can play an important role in your general health and well-being. From dental basics and helpful tooth tips to common oral diseases and amazing mouth facts, this book will give you the goods on dental data, and take a bite out of some common myths.

So take time to brush up on how to best take care of your teeth and get wise to the wonders of oral hygiene

**32**  
**REASONS**



**DISCLAIMER.** This book provides general information about oral hygiene and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual issues or health needs and to professionally address personal medical concerns.

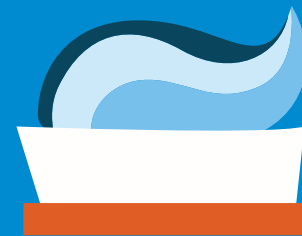
# BRUSH WITH WISDOM

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# DENTAL DICTIONARY



To learn good oral hygiene, start by making sure you know what these common dental terms mean.

<b>abscess</b>	AB-sess	An infection of a tooth, soft tissue or bone
<b>amalgam</b>	Uh-MAL-gum	A common filling substance used to fix cavities; also known as “silver fillings”
<b>antibiotic</b>	Ant-eye-by-OT-ic	A drug that stops or slows the growth of bacteria
<b>bicuspid</b>	By-CUSS-pid	The fourth and fifth teeth from the center of the mouth to the back of the mouth; the back teeth are used for chewing and have only two points (cusps). Adults have eight bicuspids (also called premolars), two in front of each group of molars
<b>braces</b>	BRAY-sus	Devices (bands, wires, etc.) placed by orthodontists to gradually reposition teeth to a straighter alignment
<b>caries</b>	CARE-eez	Tooth decay or “cavities”; a dental infection caused by toxins made by bacteria
<b>cleaning</b>	CLEEN-ing	Removing the plaque and tartar from teeth
<b>crown</b>	Crown	The part of a tooth above the gum line that is covered by enamel; dental restoration covering all or most of the natural tooth; the artificial cap can be made of porcelain, composite or metal and is cemented on top of the damaged tooth
<b>cuspid or canines</b>	CUSS-pids	The third tooth from the middle of the mouth to the back of the mouth; the front teeth with one rounded or pointed edge used for biting
<b>decay</b>	Dee-KAY	Destruction of tooth structure caused by bacteria

<b>dentin</b>	DEN-tin	Inner layer of a tooth, right under the surface enamel
<b>denture</b>	DEN-chur	Removable or fixed replacement teeth for missing natural teeth and surrounding tissues
<b>enamel</b>	ee-NAM-ul	The hard, mineralized material that covers the outside part of the tooth that lies above the gum line (the crown)
<b>extraction</b>	Ex-TRACK-shun	The removing of a tooth
<b>filling</b>	FILL-ing	Restoring of lost tooth structure with metal, porcelain or resin materials
<b>flossing</b>	FLOSS-ing	Cleaning between the teeth with a thread-like material
<b>fluoride</b>	FLORE-ide	A mineral put in water and toothpaste that helps strengthen tooth enamel, making teeth less likely to decay
<b>gingivitis</b>	Jin-jiv-EYE-tus	Swollen and reddish gum tissue that may bleed when touched or brushed
<b>incisors</b>	In-SIZE-ers	Four upper and four lower front teeth used mainly for tearing and cutting
<b>molars</b>	MO-lers	The three back teeth on top and bottom and on each side used for grinding food
<b>oral hygiene</b>	Or-ul HI-jean	Keeping the teeth and mouth clean

## TOOTH TRUTH

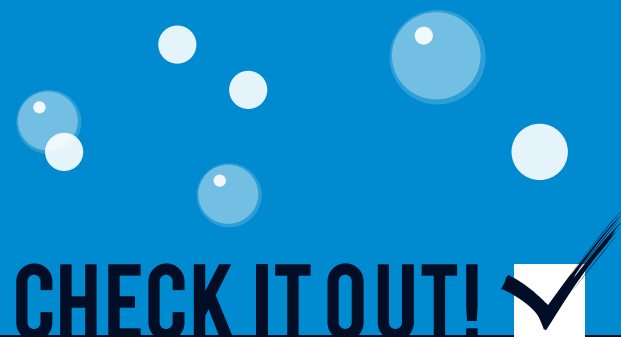
The hardest substance in the human body is tooth **enamel**.



<b>orthodontics</b>	Or-tho-DON-tix	Dental specialty using braces, retainers and other dental devices to treat crooked teeth, restoring them to proper function
<b>palate</b>	PAL-ut	The hard and soft tissue that forms the roof of the mouth
<b>pulp</b>	pulp	The living part of the tooth, located inside the dentin containing nerve tissue and blood vessels that feed the tooth
<b>retainer</b>	Re-TAYN-ur	A removable appliance used to keep teeth in a given position, most often worn at night
<b>root</b>	Root	Tooth structure that connects the tooth to the jaw
<b>root canal</b>	ROOT kuh-NAL	Procedure used to save an abscessed tooth in which the pulp chamber is cleaned out, disinfected and filled with a filling
<b>tartar</b>	TAR-ter	The hard deposit that sticks to teeth, making rough surfaces that attract plaque
<b>wisdom teeth</b>	WIZ-dum teeth	The third (last) molars that usually break through the gums between ages 18 and 25

## OUR AMAZING MOUTHS!

The first toothbrushes appeared in China in 1498. The bristles were made from the hair of hogs, horses and badgers.



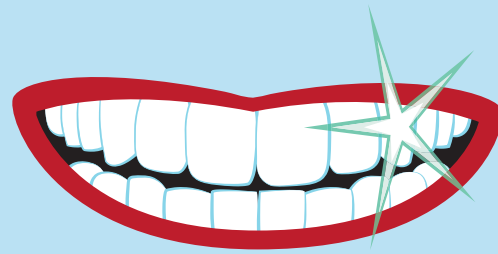
**CHECK IT OUT!**

**Know Your Teeth:**

Glossary of Dental Terms:

[knowyourteeth.com/infbites/glossary/](http://knowyourteeth.com/infbites/glossary/)

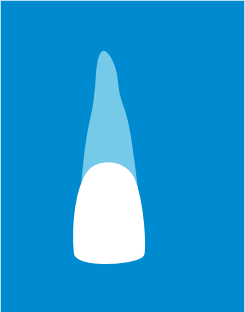
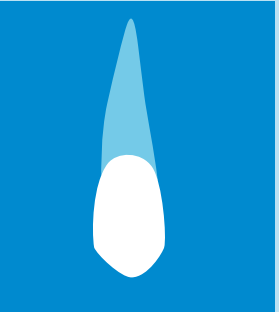
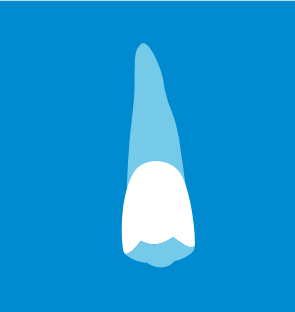
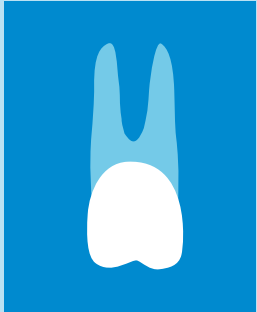
# TEETH 101



## BITE INTO THIS

Teeth. They're great things to have in your mouth. Without them, chewing your food wouldn't work nearly as well. That's why we have to take care of them. Some teeth bite and tear. Some teeth grind and crush.

There are four types of teeth in the adult human mouth:

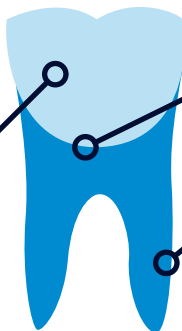
TOOTH TYPE	Incisors	Canines	Premolars	Molars
HOW MANY	8	4	8	12
WHAT THEY DO	Chisel-shaped teeth used for cutting food	Pointed teeth used for stabbing food	Bumpy teeth with a dual role of both the canine and molar	Bumpy-textured teeth that chew food
PICTURE				

## TOOTH STRUCTURE

Each tooth has three main parts:

### THE CROWN

The visible part of the tooth. A protective layer called enamel covers the crown.



### THE NECK

The area of the tooth between the crown and the root.

### THE ROOT

The part of the tooth that extends through the gum and into the jawbone.

## TWO SETS OF TEETH

Humans develop two sets of teeth. The first set of 20 teeth begins to form before birth. They're called the primary, temporary or baby teeth. They start to fall out when a child is around 6 years old. They're replaced by a set of 32 permanent teeth, which are also called secondary or adult teeth.

## CAVITIES



So what is a cavity? It's a hole in the enamel of the tooth. Up to 90% of kids and adults have had at least one cavity. And what causes a cavity? The buildup of plaque. Plaque is the sticky, slimy stuff made mostly of bacteria that likes to create acids when sugars and carbs break down. These acids can eat away at the teeth. If not treated by a dentist, cavities will get bigger and touch the nerves, resulting in a lot of pain. An untreated cavity can become a tooth abscess.

**Dentists treat cavities and tooth decay in a few ways:**

- Filling the cavity
- Performing a root canal therapy
- Crowning the tooth with a cap that looks like a tooth
- Removing or replacing the tooth

**Regular checkups with your dentist can help find cavities and fill them before they lead to big problems.**



Brushing your teeth twice a day is the first defense against cavities, tooth decay, gum disease and bad breath. But even regular brushing can't always rid your teeth of harmful plaque and tartar. That's where a dental visit every six months comes in.

## TOP 10 REASONS FOR GETTING YOUR TEETH CLEANED BY A DENTAL PROFESSIONAL

10	To keep your overall health up.	Studies have linked heart disease and strokes to gum disease. A dental cleaning every six months might lessen your risk of these serious diseases. Also, your dentist may be the first health care provider to diagnose a problem in its early stages.
9	To save you money.	Taking advantage of dental insurance benefits now may save you money in the long run by helping to protect your oral health and avoid costly procedures later.
8	You've got dental insurance. Why not use it?	Routine preventive care is most likely covered at 100% with most dental plans. Using these benefits will save you big bucks later when you don't have to shell out for costly dental work due to bad oral hygiene.
7	To prevent cavities.	Since plaque can build up and eat away at tooth enamel, causing cavities, it's best to have it removed by brushing, flossing and dental cleanings.
6	Because no one likes bad breath.	Ongoing bad breath can be caused by poor oral hygiene, periodontal disease, tongue fungus, food stuck in your teeth, dirty dentures, throat infections or other problems. Good oral hygiene and regular checkups and cleanings can end bad breath.

## OUR AMAZING MOUTHS!

By planting special cells into the gap where an old tooth was, scientists have been able to grow replacement teeth in mice. Within a few years, this technology should be available to people.

# CHECK IT OUT! ✓

**WebMD:**

Picture of the teeth:  
[webmd.com/oral-health/picture-of-the-teeth](http://webmd.com/oral-health/picture-of-the-teeth)

## TOP 10 REASONS FOR GETTING YOUR TEETH CLEANED BY A DENTAL PROFESSIONAL continued

5	To help find or prevent oral cancer.	Finding oral cancer early is crucial to surviving the disease. Many dentists screen for oral cancers at the time of cleaning.
4	For a brighter smile that'll get you noticed.	Teeth cleaning can get rid of stains caused by smoking, drinking coffee, wine or tea, and bad brushing skills. Removing the plaque and tartar results in a whiter, brighter smile.
3	To create a dental treatment plan.	If your dentist finds any problems in your mouth, he/she will most likely give you a treatment plan. This plan will have the steps needed and the cost of each procedure, so you can plan financial arrangements and schedule follow-ups.
2	To stop tooth loss.	Gum disease can spread deeper into the pockets, with plaque moving further down the tooth root. This can destroy the supporting bone, loosening the tooth and causing it to fall out. To keep your teeth, brush and floss and schedule regular dental exams.
1	Because gum disease should never be left untreated.	Gum disease is caused by <b>plaque</b> . As it builds up on teeth, it hardens and becomes <b>tartar</b> . The bacteria in plaque make toxins that bother the gums and cause swelling and <b>gingivitis</b> . If the bacteria aren't cleaned away, the gum tissues can be destroyed.

# BRUSHING UP ON THE BASICS

## HOW NOT TO BRUSH YOUR TEETH

Brushing your teeth may seem like a simple, straightforward task. Nothing to it, right? The truth is, there are a lot of ways of doing it wrong. Here are some of them.

### Using the wrong toothbrush

A brush too big can be a strain to wedge into your mouth, causing pain. If the bristles are too stiff, they can harm your gums, causing bleeding, irritation and swelling. Go for a soft brush, as recommended by the ADA.

### Not brushing long enough

Dentists recommend brushing at least twice a day, with three times being the best. Brush for at least two minutes each time.

### Not brushing in the right way

You should hold your brush at a 45-degree angle to your gums. Brush in an up-and-down motion. Brushing side-to-side can scrape up your gums.

### Choosing the wrong toothpaste

Good old fluoride toothpaste is always best. Special whitening toothpastes that brighten teeth and keep tartar in check can be punishing on tooth enamel, even sanding away the tooth structure. These may be okay every once in a while but mix in regular brushings with your fluoride toothpaste.

### Brushing too much

Brushing your teeth more than three times a day can wear down tooth enamel and hurt your gums. Pressing down too hard can also be harmful. It doesn't take a lot of pressure to remove the plaque, so be gentle.

### Eating too many sour foods

Some sour foods have acid that can soften tooth enamel. If you have foods like energy drinks, diet sodas, sour candy, apple juice, orange juice and coffee, wait a half an hour to brush your teeth. This gives your mouth time to make saliva that restores tooth enamel. Brushing too soon after eating sour foods can wear away the enamel.

## Not rinsing your brush

If you don't rinse your brush before using it, germs can get into your mouth. These germs can come from the last time you brushed or even from being too close to the toilet. So rinse your toothbrush and let it air dry.

## Using an old toothbrush

The ADA says you should get a new toothbrush every three to four months. Look at the bristles. If they've lost their normal flexibility and are breaking apart, it's time for a new brush.

## DENTAL HEALTH BY THE NUMBERS

**48** The average number of **seconds** each day that most people spend brushing their teeth.

**2-3** The number of **minutes** dentists recommend people brush their teeth.

## THE RIGHT WAY TO BRUSH

Okay. Now that we know the wrong way to brush, let's focus on the right way. Brushing your teeth is Chapter One, Page One, Step One in the Book of Good Oral Hygiene. So here we go:

➤ Brush your teeth at least twice a day. Brush after breakfast and before bed.

➤ Use a soft-bristled brush.

➤ Replace your toothbrush every three to four months or sooner if the bristles get worn.

➤ Use toothpaste with fluoride.

➤ Brush for at least two minutes each time.

➤ For fresher breath, brush your tongue, too.

Now that you've got the do's and don'ts of brushing down, remember to schedule regular dental visits. Your dentist will help you figure out the best schedule, based on your dental needs and likelihood of getting cavities.

## CHECK IT OUT!



**wikiHow:**

How to Brush Your Teeth:

[wikihow.com/Brush-Your-Teeth](http://www.wikihow.com/Brush-Your-Teeth)

# STRINGS ATTACHED

## THE INS AND OUTS OF FLOSSING

### DOT YOUR I'S AND FLOSS YOUR TEETH

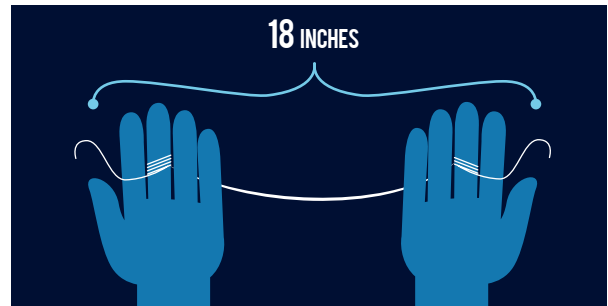
Brushing your teeth and flossing go together. Flossing once a day gets rid of the plaque that builds up between your teeth in places that a toothbrush can't reach. Remember that once plaque hardens, it turns into tartar that can only be removed at the dentist's office. Flossing also helps fight cavities and gum disease.

### FIRST TIME FLOSSERS:

Flossing should not hurt. It's normal to feel some discomfort when you first start flossing, but soon your gums will become stronger from daily flossing. Flossing too hard can damage the tissue between the teeth. But flossing too lightly can leave food behind. Practice and find the perfect balance for flossing effectively without pain or harm to your gums.

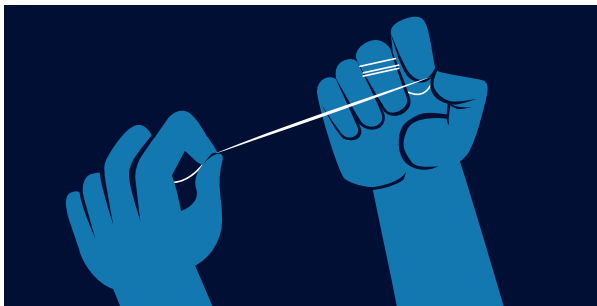
### FLOSS LIKE A PRO

#### Step 1:



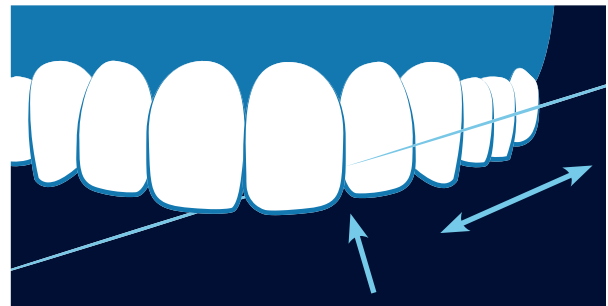
Break off about 18 inches of floss. Wind most of it around one of your middle fingers. Wind the rest of the floss around the same finger of the other hand. This finger will take up the floss as it gets dirty.

#### Step 2:



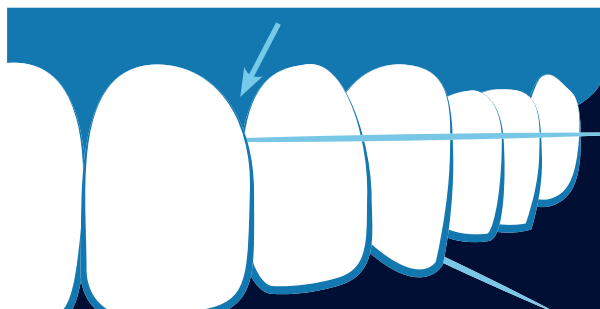
Hold the floss tightly between your thumbs and forefingers.

#### Step 3:



Guide the floss between your teeth using a gentle rubbing motion. Don't snap the floss into the gums. This could cause bleeding and hurt the gums.

## Step 4:



When the floss reaches the gum line, curve it around one tooth. Lightly slide it into the space between the gum and the tooth.

## Step 5:



Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum up and down. Repeat this for the rest of your teeth. Don't forget the back side of your last tooth.

If the floss breaks while you're using it, just throw it away and start with a fresh length of floss. If it happens a lot in the same spot, you may have a cavity or a jagged tooth. Ask your dentist to look at that area.

Throw the floss away when you're finished. A used piece of floss won't work well and could leave bacteria in your mouth.

## TYPES OF FLOSS:

- Waxed
- Unwaxed
- Thick
- Comfort
- Tape/glide floss

Try waxed or glide floss for an easier fit if your teeth are too close together. Using a threader or a loop to get you started can help you floss if you have recessed gums, varied gaps between teeth or braces.

## CHECK IT OUT!



**WebMD: Flossing Teeth:**  
No More Excuses!

[webmd.com/oral-health/healthy-teeth-14/flossing-floss-sticks](http://webmd.com/oral-health/healthy-teeth-14/flossing-floss-sticks)

# THE FACTS ON FLUORIDE

## NATURE'S CAVITY FIGHTER

Imagine having a brawny bodyguard to protect you wherever you go. He'd make sure nothing harmed you and that you were safe from physical attacks. That's kind of what fluoride does. It quietly goes about its job of fighting off tooth decay for you. Fluoride is found in:

- Drinking water
- Toothpaste
- Mouthwash and rinses

## WHAT IT DOES:

Even before tooth decay can be seen, fluoride is on the scene helping repair the early stages of damage. It works for children and adults by shielding teeth from the acid attacks that make cavities happen. So, every time you brush your teeth with fluoride toothpaste—or even drink water—you're making your enamel stronger and warding off cavities.

## TOOTH TRUTH

Fluoride is dental science's main weapon in the battle against tooth decay.

A fluoride treatment performed during your dental checkup and cleaning gives you added protection. Ask your dentist about this if you're not already getting it. Fluoride gel or varnish applied during dental visits can help keep new cavities from starting and stop ones that have already begun.

## BONUS!

Not only does fluoride keep your teeth protected from tooth decay, it also helps make your bones healthy.



## TEETH TIPS

**Drink fluoridated water to prevent tooth decay:** Tap water with fluoride keeps you from getting cavities. Drink water or milk between meals instead of fruit drinks, soda, sports drinks, energy drinks or other sweetened beverages, which all cause cavities.

All water naturally contains fluoride. Community water fluoridation means adding fluoride to bring the amount up to the recommended level for the best dental health.

### TOOTH TRUTH

Fluoride in the water has been credited with reducing tooth decay by as much as 60%.

## CHECK IT OUT!



**American Dental Association:**  
Fluoridation Facts

[ada.org/~media/ADA/Member%20Center/Files/fluoridation\\_facts.ashx](http://ada.org/~media/ADA/Member%20Center/Files/fluoridation_facts.ashx)



# TEETH AND NUTRITION

## STOP #1

You may have already noticed this, but your mouth is Stop #1 for everything you eat and drink. It stands to reason that there will be foods that are good for your teeth and mouth and those that aren't so good. So, eat well! Stick with healthy foods like fruits, vegetables, whole grains and dairy products such as milk, cheese, cottage cheese and unsweetened yogurt for meals and snacks. Limiting the amount of food and drinks with sugar can lessen your risk of cavities.

## FINDING BALANCE

A balanced diet is important for all. The U.S. Department of Agriculture's **ChooseMyPlate** site says a balanced and healthy diet should include:

- **Fruits and veggies.** These should take up half of your plate at meals.
- **Grains.** At least half of the grains you eat should be whole grains. Try oatmeal, whole wheat bread and brown rice.
- **Dairy.** Go with low-fat or fat-free dairy foods.
- **Protein.** Make lean protein choices such as lean beef, skinless poultry and fish. Vary your protein choices to also include eggs, beans, peas and legumes. Eat at least eight ounces of seafood a week.

## NUTRITIOUS SNACKING

Limit eating and drinking between meals for the best dental health. Most people like sugary snacks or chips for snacks, but these can lead to tooth decay. If you have to snack, go with a nutritious choice. Try:

- Cheese
- Veggies
- Yogurt
- Nuts
- Fruits

**TOOTH  
TRUTH**

**People with 25  
or more teeth  
tend to eat more  
nutritiously.**

# FOODS THAT DAMAGE YOUR TEETH

## ICE

Chewing on hard substances like ice can damage enamel and set you up for a dental emergency.

**Advice:** Break the ice-chewing habit and have some water in its non-frozen form.

## CITRUS

Citrus fruits like oranges, lemons, limes and grapefruit are acidic. Frequent eating of acidic foods can erode enamel, making teeth more likely to decay over time.

**Advice:** Try other fruits that are not so acidic and drink plain water instead of adding lemon or lime to it.

## COFFEE

Natural coffee and tea can be healthy drinks. But adding sugar to these is bad for the teeth. Coffee and tea with caffeine can also dry out your mouth and stain your teeth.

**Advice:** Limit the sugar you add to these drinks and also have plenty of water.

## STICKY FOODS

Many dried fruits are sticky. Sticky foods stay on the teeth longer than other foods and can damage your teeth. Sticky candy loves to hang around on teeth a long time, doing a number on the tooth enamel.

**Advice:** If you eat dried fruits, trail mix or sticky candy often, make sure to rinse with water after and brush and floss carefully.

## POTATO CHIPS

Potato chips are filled with starch. Starch likes to get trapped in your teeth.

**Advice:** If you eat snacks like these, take extra care when you floss that day to clean out all the food particles that can lead to plaque buildup.

## SODA AND SUGARY DRINKS

Here's what happens when you eat sugary foods or have sugary drinks for long periods of time: plaque bacteria uses that sugar in your mouth to make acids that attack your tooth enamel. Most carbonated soft drinks—diet soda—are acidic and bad for your teeth. Drinks with caffeine like colas can also dry out your mouth.

**Advice:** If you do sip on soft drinks, try to have a cup of water with them.

## ALCOHOL

Alcohol causes dehydration and dry mouth. People who drink a lot may find their saliva flow limited over time. That can lead to tooth decay and gum disease. Heavy alcohol use also makes your chances for mouth cancer go up.

**Advice:** Limit alcoholic drinks.

## SPORTS DRINKS

Many sports and energy drinks contain sugar as their main ingredient.

**Advice:** Before you chug that sports drink, check the label to make sure it's low in sugar. If you're not sure, go with water instead!

## CHECK IT OUT!



**WebMD:**

Nutrition and Healthy Teeth:

[webmd.com/oral-health/nutrition-and-healthy-teeth](http://webmd.com/oral-health/nutrition-and-healthy-teeth)

# GUM DISEASE

**Q:** What is gum disease?

**A:** Gum disease, or periodontal disease, is an infection of the tissues around the teeth.

Gum disease is the main cause of tooth loss for adults. It's caused by plaque and in most cases, doesn't hurt, so you might not know you even have it.

## WARNING SIGNS

- Gums that bleed easily
- Red, swollen, tender gums
- Gums that have pulled away from the teeth
- Bad breath or bad taste that lingers in the mouth
- Loose or separating permanent teeth
- A change in the way your teeth fit together when you bite
- A change in the fit of partial dentures

The sooner you start treating gum disease, the better! See your dentist right away if you notice any of these warning signs.

## TOOTH TRUTH

According to the Centers for Disease Control, half of American adults have periodontal disease.

## GINGIVITIS

Gingivitis is the early stages of gum disease. Symptoms include gums that become red, swollen and bleed easily. A professional cleaning can usually clear up and take care of the problem at this early stage. Brush and floss daily after that to keep the problem from recurring.

# PERIODONTITIS

Periodontitis is the advanced stage of gum disease. It can lead to loss of bone that supports the teeth. It can get worse over time and feel like your teeth are loose and moving. The type of disease and how far along it has gotten will help decide which treatment methods will work best. You'll need good home dental care to keep periodontal disease from getting worse or coming back.

## FACTORS THAT CAN MAKE THE RISK OF GUM DISEASE GREATER:

- Bad oral hygiene
- Smoking or chewing tobacco
- Genetics
- Crooked teeth that are hard to keep clean
- Pregnancy
- Diabetes
- Some medications

### The kicker:

You can have gum disease and have no warning signs. That's another reason why regular dental checkups and gum exams are so important.

So don't lose teeth to gum disease. Brush twice a day, floss daily, eat a balanced diet and set up regular dental visits.

**Healthy smiles will follow!**

## DENTAL HEALTH BY THE NUMBERS

# 6

The number of feet away from the toilet that you should store your toothbrush. Airborne particles from the toilet could settle on the toothbrush.

## CHECK IT OUT!



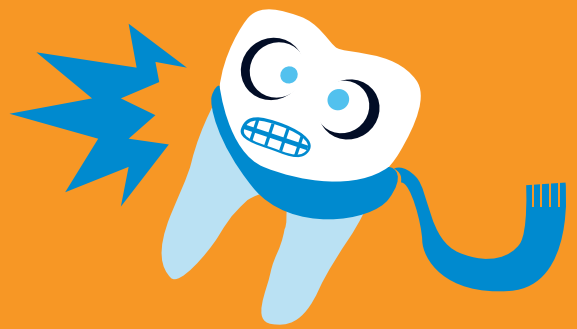
**CDC:**

Periodontal Disease:

[cdc.gov/oralhealth/periodontal\\_disease/](https://www.cdc.gov/oralhealth/periodontal_disease/)

# OUCH!

## TOOTH SENSITIVITY



### THE COLD HOT FACTS

Have you ever taken a sip of a hot or cold drink and felt a sharp pain in your teeth? This is called tooth sensitivity and it's a common problem. Why does it happen? It could be because of:

- **Tooth decay and cavities**
- **Fractured or cracked teeth**
- **Worn fillings**
- **Gum disease**
- **Worn enamel**
- **Exposed tooth root**
- **Grinding your teeth down**
- **Tooth-whitening products**
- **Age (teeth are most sensitive between the ages of 25 and 30)**
- **Plaque buildup**
- **Using mouthwash over a long period of time**
- **Acidic foods**
- **Dental work and cleaning**

When your gums pull back and expose the soft dentin layer below, the result is painful sensitivity to hot, cold or sweet food and drinks. This exposure lets the heat, cold or sweet reach the nerve center of the tooth causing the pain.

### DENTAL HEALTH BY THE NUMBERS

# 300+

The number of different species of bacteria that live on teeth.

### TREATMENT

Sensitive teeth can be treated. Your dentist may recommend special toothpaste that makes the teeth less sensitive or a treatment based on the cause of the sensitivity. Guess what prevents sensitive-tooth pain. Good oral hygiene.

## HERE ARE SOME WAYS YOU CAN TREAT SENSITIVE TEETH:

- Brush and floss regularly and properly, cleaning all parts of your teeth and mouth.
- Use a soft-bristled toothbrush.
- Use toothpaste made for sensitive teeth.
- Say no to food and drinks that are high in acids.
- Use dental products with fluoride.
- Use a mouthguard at night if you grind your teeth while sleeping.
- See your dentist every six months.

If you have any questions about tooth sensitivity or your daily oral hygiene routine, just ask your dentist.

## DENTAL HEALTH BY THE NUMBERS

# 38.5

The number of days the average person spends brushing his or her teeth in a lifetime.

## CHECK IT OUT!



**ADA:**  
Sensitive Teeth:

[ada.org/~media/ADA/Publications/Files/patient\\_33.ashx](https://ada.org/~media/ADA/Publications/Files/patient_33.ashx)

# DRY MOUTH

## A DENTAL DESERT

Ever feel like a sandy desert moved into your mouth? Saliva moistens our mouths and keeps them clean. It helps digest food and controls bacteria and fungi to keep infection away.

But when mouths lack the necessary saliva, “dry mouth” occurs. Dry mouth means your mouth isn’t making enough saliva. It can raise your risk of gingivitis, tooth decay and mouth infections. And it can feel uncomfortable.

## CAUSES

The medical word for dry mouth is **xerostomia**. It can be caused by:

- **Certain medications.** The side effect of many prescriptions, over-the-counter drugs and other meds is often dry mouth.
- **Certain diseases and infections.** Diseases and conditions like diabetes, HIV/AIDS, stroke, mumps, anemia and many others can often cause dry mouth.
- **Certain medical treatments.** Damage to the glands that make saliva from cancer radiation to the head and neck or chemotherapy can bring on dry mouth.
- **Dehydration.** Not enough water in your system because of fever, sweating, blood loss, vomiting and burns can lead to dry mouth.
- **Nerve damage.** Dry mouth can result from nerve damage to the head and neck from an injury or surgery.
- **Lifestyle.** Smoking or chewing tobacco can affect how much saliva you make and aggravate dry mouth. Breathing with your mouth open a lot can also contribute to the problem.

**TOOTH  
TRUTH**

**Dry mouth  
affects more  
women than  
men.**

## SYMPTOMS

- Sticky, dry feeling in the mouth
- Extreme thirst
- Sores in the mouth
- Split or cracked lips
- Dry, scratchy or sore throat
- Burning or tingling feeling on the tongue
- Dry, raw tongue
- Problems speaking, chewing, swallowing or tasting
- Dry nasal passages
- Bad breath

## TREATING DRY MOUTH

Talk with your doctor if you think your dry mouth is being caused by meds you're on. The doctor may switch your prescription, change your dose or give you an oral rinse that will help restore moisture to your mouth. There is also a medicine that can help your glands make saliva.

## THESE ARE STEPS YOU CAN TAKE TO GET THE SALIVA FLOWING:

- ➔ Drink plenty of water.
- ➔ Suck on sugar-free candy or chew sugar-free gum.
- ➔ Brush with a fluoride toothpaste, use a fluoride rinse and visit your dentist.
- ➔ Breathe through your nose, as much as you can.
- ➔ Use a room vaporizer to add moisture to the air.
- ➔ Use an over-the-counter artificial saliva substitute.

## CHECK IT OUT!



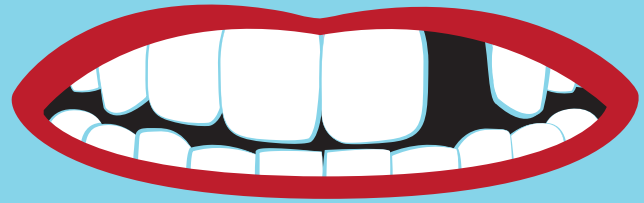
**MedicineNet.com:**  
Dry Mouth

[medicinenet.com/dry\\_mouth/article.htm](http://medicinenet.com/dry_mouth/article.htm)



# GONE WITH THE GRIN

## MISSING TEETH



## DENTAL HEALTH BY THE NUMBERS

# 3 or more

The number of decayed or missing teeth for the average adult between the ages of 20 and 64.

Having a large gap in your mouth from a missing tooth can affect how you eat food and even how you speak. A missing molar can make chewing hard and painful. The teeth beside a missing tooth can shift, and bone loss can happen in the area.

The good news is you don't need to suffer from missing teeth. Dental technology today has many ways of fixing the problem. There are plenty of reasons to get your smile back, as well as your bite.

If you need to replace a lost tooth or teeth, talk to your dentist about these options:

**Bridges:** Anchored to teeth next to the gap, these can be removable or fixed, depending on your mouth, your needs and what your dentist recommends.

**Dentures:** A set of false teeth is an option if you've lost all or most of your teeth.

**Implants:** Most like a natural tooth, implants are posts placed into the bone and capped with a false tooth.

## CHECK IT OUT!



**ADA:**

Tooth Replacement Options:

[ada.org/~media/ADA/Publications/Files/ADA\\_PatientSmart\\_Tooth\\_Replacement.ashx](https://ada.org/~media/ADA/Publications/Files/ADA_PatientSmart_Tooth_Replacement.ashx)

# MOUTH AND THROAT CANCER

## IDENTIFY IT

Mouth and throat cancer can affect the lips, gum tissue, cheek lining, tongue, jaw, palate and throat. Many times it starts as a small red or white spot, a sore or swelling somewhere in the mouth or throat.

Let your dentist look at these areas of concern. The best way to better your chances for dealing with mouth cancer is through regular dentist visits. Your dentist will discuss your health history and look for signs of mouth or throat cancer. If caught early, the cancer can be treated more easily and with greater results.



## THE SYMPTOMS OF MOUTH OR THROAT CANCER CAN INCLUDE:

- Sores on the face, neck or mouth that bleed and don't seem to heal easily
- A thick or hard spot or lump
- A rough or crusted area
- Numbness, pain or tenderness in the mouth, face or neck
- White, red or speckled patches in the mouth
- Bleeding in the mouth
- Soreness or feeling like something is caught in the back of the throat
- Hoarseness, severe sore throat or change in voice
- Ear pain
- Dramatic weight loss
- A change in the way your teeth fit together when you bite

Tell your dentist about any problems you have when chewing, swallowing, speaking or moving your tongue or jaw. Regular dental checkups, including an exam of your entire mouth, are critical in order to detect cancerous and pre-cancerous areas.

## CHECK IT OUT!



**WebMD:**

Oral Cancer:

[webmd.com/oral-health/guide/oral-cancer](http://webmd.com/oral-health/guide/oral-cancer)

# WISE UP, DON'T LIGHT UP

## SMOKING AND ORAL HEALTH

### SMOKE ON THE CHOPPERS

Hopefully you already know how bad smoking is for your health. Smoking harms nearly every organ in the body. Each year in the U.S., 480,000 deaths are caused by cigarette smoking. That's one in every five deaths. Well, guess what. It's also terrible for your teeth and mouth. No surprise there.

When it comes to the damage smoking and chewing tobacco can do to your mouth, check out this list of accomplishments:

- **Bad breath**
- **Stained teeth and tongue**
- **Dulled sense of taste and smell**
- **Swelling of the gland openings on the roof of the mouth**
- **Slow healing after having a tooth pulled**
- **Gum disease**
- **More plaque and tartar buildup on teeth**
- **White patches inside the mouth**
- **Loss of bone within the jaw**
- **Oral cancer**

### THE GOOD NEWS:

There's an easy way to lessen your risk of these nasty conditions.

#### **QUIT SMOKING.**

Okay, maybe it's not so easy. But quitting is the only way to prevent the harm smoking does to your mouth and your entire body.

### DENTAL HEALTH BY THE NUMBERS

# 50

The percentage of smokers who have some form of gum disease.

## THE SMOKING GUMS

Think smoking and tobacco are no big deal for your mouth? Take a puff of these facts:

- Smokers are twice as likely to lose their teeth as nonsmokers.
- Cigarette smokers are nearly twice as likely to need root canal treatment.
- Smoking makes treatment for gum disease less effective.
- Smoking increases the risk of mouth pain, cavities, receding gums and tooth loss.
- Tobacco lessens the body's ability to fight infection, including in the mouth and gums.
- Smoking limits the growth of blood vessels, slowing the healing of gum tissue after oral surgery or from injury.
- Smokeless tobacco can lead to cancers of the cheek, gums and lining of the lips.
- Smokeless tobacco users are 50 times more likely to get these cancers than nonsmokers.

FREE YOUR MOUTH FROM THE DANGERS OF CIGARETTES, CIGARS, PIPE SMOKING AND CHEWING TOBACCO.

## KICKING THE TOBACCO HABIT

It doesn't matter how long you've been a tobacco user. Quitting is the best thing you can do for your health, and for your mouth. Those who quit see less of a chance of getting gum disease.

If you're a smoker, talk to your doctor about treatment plans for quitting. The following websites offer wisdom and ideas for kicking the tobacco habit:

[Smokefree.gov](http://Smokefree.gov)

[BeTobaccoFree.gov](http://BeTobaccoFree.gov)

[cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/](http://cdc.gov/tobacco/quit_smoking/how_to_quit/)

# PREGNANCY AND ORAL HEALTH

## MOUTH WELL, BABY WELL

Having a baby? Congrats! You've got a lot to think about, a lot to plan. But your teeth are just as important when you're pregnant as any other time in your life, maybe more. Why? Diet and hormonal changes during pregnancy may increase a woman's risk for tooth decay and gum disease. Infections from tooth decay and gum disease can affect the health of a mother and her baby.

Bacteria in your mouth can pass into your baby's system, affecting his or her health, growth and development. If you keep your mouth clean and healthy, it's more likely your baby's mouth will be healthy as well! Brushing and flossing your teeth and having them professionally cleaned adds to your overall health.

You'll want to make sure to see your dentist while you're pregnant. Regular oral exams and teeth cleaning are important during this time, for your health and your baby's. Make sure to tell your dentist that you're pregnant and if you've noticed any changes in your oral health.

## TEETH TIPS

Be sure to tell your dentist and dental health staff when you're pregnant, as well as your due date. This will help them better manage your care.

Schedule a checkup during your first trimester for a cleaning. At that time, your dentist will check your teeth and make a plan for the rest of your pregnancy. During the second trimester, go back for another cleaning and for your doctor to check on your oral health. A quick visit early in your third trimester may help the dentist identify any new areas of concern.

### TOOTH TRUTH

**Research shows that women with gum disease may be at greater risk of giving birth to a preterm or low birth weight baby.**

### So, while you're pregnant, remember to:

- Brush your teeth twice a day to prevent or control tooth decay
- Use fluoride toothpaste
- Use a soft toothbrush
- Floss between your teeth once a day
- Eat a balanced diet
- Limit between-meal snacks
- Get regular cleaning and dental care and don't put it off until after you have the baby

## GOOD FOODS, GOOD MOUTH

While you're pregnant, eat a variety of **fruits, vegetables, whole grains like bread and crackers, dairy products like milk, yogurt or cheese, lean meats, poultry, eggs, beans and nuts**. Choose **fruit** rather than fruit drinks to get your daily fruit intake. Drink **water** or **low-fat milk** instead of fruit juice, sport drinks or soda. Cut down on sweets. If you snack, choose nutritious foods that are low in sugar, have no sugar added or are unsweetened. Look for products (like chewing gum and mints) that are sugar free or contain xylitol. To control nausea and vomiting, eat small amounts of nutritious foods throughout the day.

## TEETH TIPS

If you can't brush your teeth because you feel sick, rinse your mouth with water or a mouth rinse that has fluoride. Rinsing your mouth with water and a teaspoon of baking soda after vomiting will neutralize the acid.

## CHECK IT OUT!



**National Institute of Dental and Craniofacial Research:**

Pregnancy and Oral Health

[nidcr.nih.gov/oralhealth/Topics/Pregnancy/](http://nidcr.nih.gov/oralhealth/Topics/Pregnancy/)

## AFTER YOUR BABY IS BORN

Once you've welcomed that little bundle of joy into the world, keep up with your good oral health routine. Brush twice a day and floss once a day. Use toothpaste with fluoride. Eat healthy foods and limit sugar. Germs that cause tooth decay can pass from your mouth to your baby's mouth through saliva. So use different spoons to taste your baby's food. Clean your baby's pacifier with water.

## START RIGHT FOR A SMART BITE

Once your child reaches 12 months old, start brushing any teeth you see emerging. At 2 years old, start teaching them to brush their own teeth. Follow up their performance by brushing their teeth again to make sure they're clean.

## CARING FOR YOUR BABY'S TEETH AND GUMS

Clean your baby's gums with a clean, soft cloth or gauze after every feeding, even before the first teeth come in.

Clean your baby's gums and teeth twice a day as soon as you see the first tooth (usually around 6 months). Use a clean soft cloth or gauze or a small toothbrush with soft bristles designed for babies.

Never put your baby to bed with a bottle. Milk, formula or fruit juice can cause early childhood tooth decay when allowed to stick to a baby's teeth for long periods. Think about giving your baby a pacifier at bedtime instead.

Make an appointment for your baby to see a dentist when he or she is at least 6 months old or when his or her first tooth breaks through the gum, and no later than 1 year of age.

## TEETH TIPS

Make brushing time fun by turning it into a game of “Scrubbing for Treasure” or “Hunting for Dinosaurs.” A themed toothbrush featuring a cartoon character also makes the habit more enjoyable.

### YOUR LESSON PLAN

**Cavities are a common problem of childhood. But they can be prevented. You can help your child lessen the risk of getting cavities and protect their teeth and gums. Teach them to:**

Brush twice a day with fluoride toothpaste to get rid of the cavity-causing plaque.

Floss once a day between teeth to remove the plaque before it becomes tartar (age 4 and on).

Eat a balanced diet that limits sugary and starchy foods that cause plaque to build on teeth.

Make sure your child’s drinking water has fluoride. If your water supply doesn’t have the mineral, ask your dentist about prescribing fluoride supplements.

Visit the dentist for regular cleanings and checkups.

### BRUSH WITH WISDOM: JUNIOR EDITION

It’s all about the technique. Teach and make sure your children have perfected the right brushing technique before you turn them loose to take on their own oral hygiene. Supervise them while they get the hang of these steps:

→ Squeeze a pea-sized dab of fluoride toothpaste onto a rinsed, soft-bristled toothbrush.

→ Make sure your child doesn’t swallow the toothpaste.

→ Brush the inside surface of each tooth first, where plaque tends to gather first.

→ Brush gently back and forth.

→ Brush the outer surface of each tooth. Angle the brush along the outer gumline and gently brush back and forth.

→ Brush the chewing surface of each tooth.

→ Use the tip of the brush to clean behind each tooth from top to bottom.

→ Brush the tongue.



## BABY TEETH VS. PERMANENT TEETH

20 total teeth; 10 upper, 10 lower

32 total teeth, with wisdom teeth appearing after the age of 18

Appear by age 2, begin to fall out by age 6, are normally gone by age 13

Begin appearing around age 6

### ENEMIES OF THE STATE (OF YOUR CHILD'S MOUTH)

Beware of frequent snacking. It may be the biggest enemy to your kid's oral health. The sugars and starches found in foods and snacks like cookies, candies, dried fruit, soft drinks, pretzels and chips mix with plaque on teeth to make acids. These acids attack the tooth enamel and can lead to cavities.

### TOOTH TRUTH

Like fingerprints, everyone has a set of teeth like no one else's. Even identical twins have different "dental fingerprints."

### FLOSS TO THE RESCUE

Flossing removes the tiny particles of food and plaque that get stuck between teeth. Brushing can't always clean these away. Start flossing your child's teeth at age 4. Most kids can begin flossing for themselves starting at age 8.

### OUCH! WHAT TO DO IF YOUR CHILD CHIPS, BREAKS OR KNOCKS OUT A TOOTH

As your child starts playing sports, make sure he or she always uses a mouthguard to protect the teeth. But accidents happen. With any injury to your kid's mouth, contact your dentist right away. The dentist will examine the injury and decide what treatment is best.

If possible, take any part of a broken or knocked out tooth to the dentist. Don't wipe off or clean the tooth. Store it in water or milk while you travel to the dentist. The dentist may be able to re-implant the tooth into your child's mouth.

### CHECK IT OUT!

**MedlinePlus:**  
Child Dental Health:

[nlm.nih.gov/medlineplus/childdentalhealth.html](http://nlm.nih.gov/medlineplus/childdentalhealth.html)

Let's face it, your face just looks better with a full set of teeth. A healthy smile can give you confidence and a winning appearance. So, doing the common sense extras can help keep those teeth where they belong, as the stars of your shining smile. And they look and work better in your mouth than they do scattered on a soccer field!

### FACT: DAMAGED TEETH DON'T GROW BACK!

So...

- Wear a safety belt while driving or riding in a car.
- Wear a helmet when riding a bicycle, motorcycle or ATV, or when playing football.
- Wear protective gear when playing sports or doing physical activities.

### DENTAL HEALTH BY THE NUMBERS

# 10-20%

Percentage of youth sports injuries occurring to the mouth and teeth, according to the American Dental Association.

### DENTAL HEALTH BY THE NUMBERS

# 5 MILLION+

The number of missing teeth caused by sports injuries each year. Wear a mouthguard and don't add to the tooth pile.

### USE A MOUTHGUARD FOR:

- BASEBALL
- FOOTBALL
- WRESTLING
- SOCCER
- MARTIAL ARTS
- BOXING
- SKATEBOARDING
- SKATING
- LACROSSE
- BASKETBALL
- ICE HOCKEY
- FIELD HOCKEY
- WATER POLO
- SKIING/  
SNOWBOARDING

If you're the parent or guardian of a child who plays sports, make sure he or she uses a mouthguard when playing or practicing.

## THE THREE TYPES OF MOUTHGUARDS:

### 1. **READY-MADE** or **STOCK**

Made in a pre-formed shape and many sizes, but not able to form exactly to a user's unique bite. Can be bought at sporting goods stores.

### 2. **MOUTH ADAPTED** or **"BOIL AND BITE"**

Made in a pre-formed shape but can be heated and molded to a user's bite pattern. Can be bought at sporting goods stores.

### 3. **CUSTOM-MADE**

Made from an impression taken by a dentist and sent to a special lab to be made, custom mouthguards perfectly fit the user's bite pattern.

**These types of mouthguards vary in price and level of comfort, but they all provide protection from an impact to the mouth.**

**REMEMBER:** A mouthguard should fit right, be strong, easy to clean and not get in the way of speaking or breathing.

Mouthguards are made to fit both the upper and lower teeth. They should be comfortable and easy to put in and remove.

## GRINDING TO A FAULT

If you grind your teeth as you sleep, a special mouthguard is available that can protect your teeth. Ask your dentist.

## CHECK IT OUT!



**American Dental Association:**  
Mouthguards

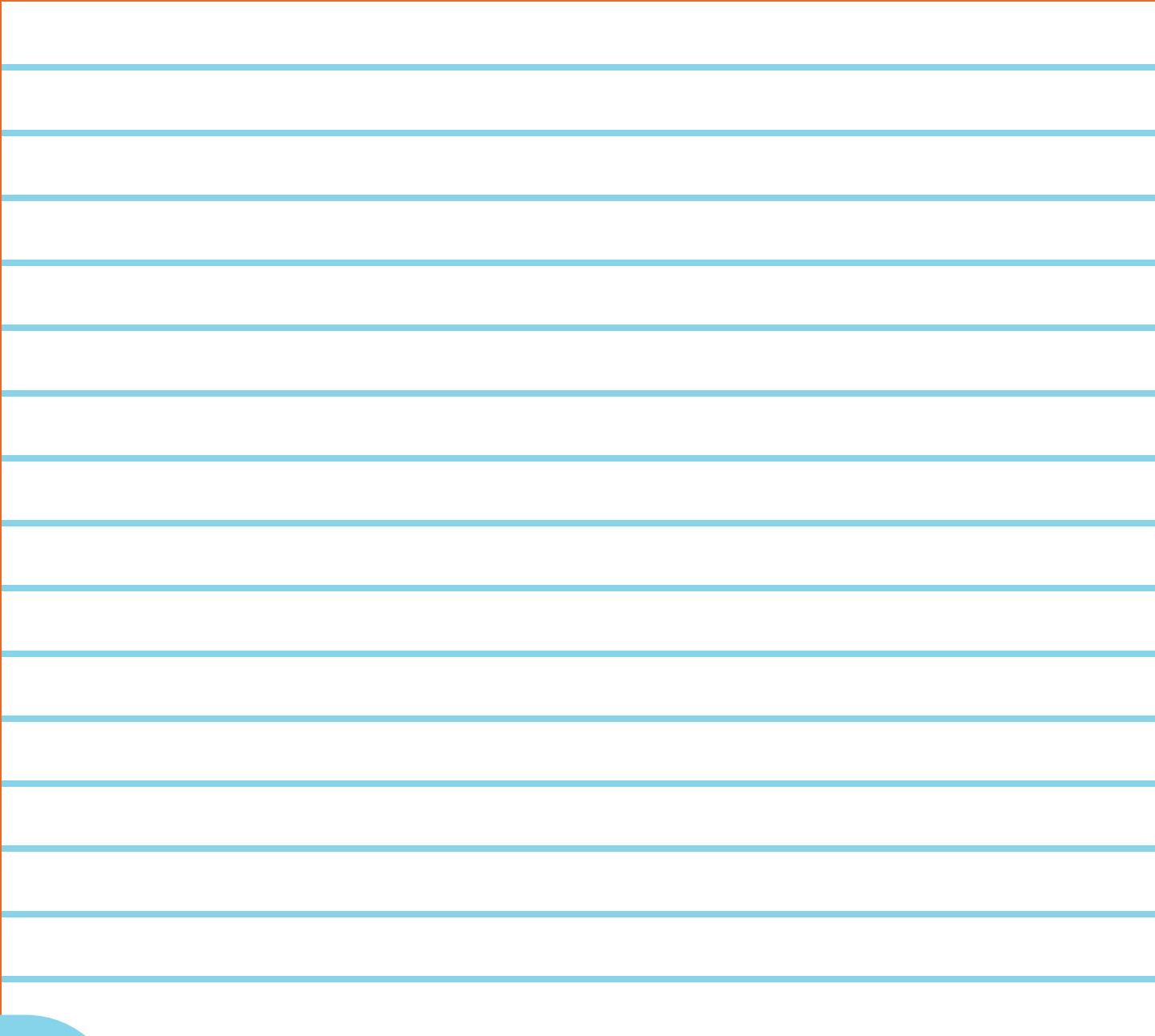
[ada.org/en/member-center/oral-health-topics/mouthguards](http://ada.org/en/member-center/oral-health-topics/mouthguards)

# NOTES



# NOTES

# NOTES



# RESOURCES

ADA:  
American Dental Association  
[ADA.org](http://ADA.org)

[HealthyTeeth.org](http://HealthyTeeth.org)

Dental Resources  
(Find Dentists by State)  
[dental-resources.com](http://dental-resources.com)

The American Academy of  
Pediatric Dentistry (AAPD)  
[aapd.org](http://aapd.org)

[ChooseMyPlate.gov](http://ChooseMyPlate.gov)

# BRUSH WITH WISDOM



**“GOOD ORAL HYGIENE IS IMPORTANT FOR EVERYONE. THIS INFORMATIVE BOOK GIVES YOU HELPFUL TIPS ON KEEPING YOUR MOUTH, TEETH AND GUMS HEALTHY. USE IT TO LEARN HOW BRUSHING, FLOSSING AND PROTECTING YOUR TEETH WILL KEEP YOU HEALTHY AND GIVE YOU A WINNING SMILE.”**

**--Jack Dillenberg, DDS, MPH, Dean  
Arizona School of Dentistry &  
Oral Health, A.T. Still University**

Those little white objects in your mouth are there for a reason. Without teeth, eating, chewing, talking and smiling just wouldn't be the same. So let's take care of them and they'll take care of you. Good dental hygiene should start when the first teeth appear. But it's not too late to get organized, get wise and get those teeth in good shape so they'll serve you a lifetime!

**In this book  
you'll learn about:**

- **TOOTH BASICS**
- **THE RIGHT WAY TO BRUSH**
- **FLOSSING**
- **GUM DISEASE**
- **PROTECTING YOUR SMILE**
- **PREGNANCY AND DENTAL HEALTH**
- **TEACHING YOUR KIDS GOOD ORAL HYGIENE**
- **AND MORE**

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