

Thanks a Billion!

WELL AWARE

Mouth Health—an important piece of the Wellness Puzzle

We all know that diet and exercise play a vital part in keeping us healthy. But did you know that a healthy mouth is also an important part of a healthy body?

Poor oral health can affect your quality of life. Oral pain, infections, or missing teeth influence the way a person speaks, eats and socializes. These problems can reduce quality of life by affecting your physical, mental and social well-being. Research shows a relationship between oral disease and other health problems such as diabetes, certain kinds of pneumonia, heart disease and stroke.

We often ignore bleeding or tender gums, while an irritation or pain elsewhere in the body would mean a trip to the doctor.

Smoking is a major risk factor for oral and dental disease, including oral cancer. In fact, smoking is one of the biggest risk factors for gum disease and the biggest risk factor for oral cancer.

Every year about 3,200 Canadians are diagnosed with oral cancer with 1,050 deaths. This cancer has a low survival rate because it is often diagnosed late.

Your dentist has the training, skills and expertise to properly address your oral health care needs. Visit regularly to prevent small problems from getting worse.

For more information visit www.cda-adc.ca and www.hc-sc.gc.ca (Health Canada)

The 6 step oral health plan

1. *Brush thoroughly for two minutes twice a day with a soft bristle brush.*
2. *Floss daily to remove plaque from areas your toothbrush can't reach.*
3. *Use a fluoride rinse regularly.*
4. *Eat a balanced diet to keep teeth and gums healthy.*
5. *Don't smoke or use tobacco.*
6. *Replace your toothbrush every three months or sooner if the bristles begin to look worn out.*
7. *Visit your dentist at least twice a year for a professional cleaning and exam.*



The Hidden Powers of Gum

Chewing sugarless gum helps prevent cavities.

It's a Fact! Research shows that chewing sugarless gum for 20 minutes following meals can help prevent tooth decay.

That's because the act of chewing increases the flow of saliva in your mouth, which helps neutralize and wash away cavity-causing acids and bacteria. Over time, acids can wear away tooth enamel, creating ideal conditions for decay.

OUCH! That Hurts

For a toothache—Rinse your mouth with warm water to clean it out. Gently use dental floss to remove any food caught between your teeth. Do not put aspirin on your aching tooth or gums; it may burn the gum tissue. If pain persists, contact your dentist.

There are a number of simple precautions you can take to avoid accident and injury to the teeth:

- Wear a mouthguard when participating in sports or recreational activities.
- Avoid chewing ice, popcorn kernels and hard candy, all of which can crack a tooth.
- **NEVER** use your teeth to cut and/or open things.

Get Snack Smart for your Kids

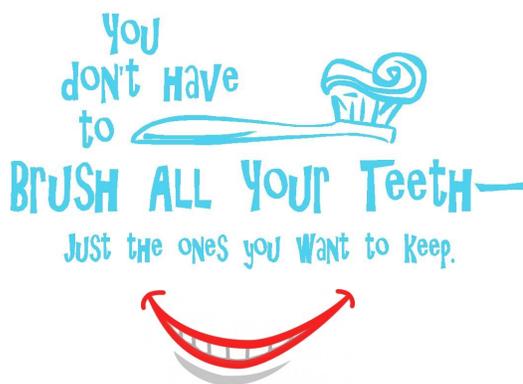
- Limit the amount of sugars—eating and drinking.
- Avoid sugary treats that stay in the mouth for a long time like hard candy or lollipops.
- Avoid soft, sticky sweets that get stuck in teeth.
- Serve sweets for dessert while there is still plenty of saliva in your child’s mouth to wash away the sugars.
- Serve juice and milk during or at the end of mealtime.
- Drink water between meals.
- Serve vegetables, cheese, nuts or seeds for snacks.
- Have your child brush her teeth at least twice a day and before going to bed.

Flossing fundamentals

What to use: There are many types of floss—waxed, non-waxed, flavored, flat, round, and they all clean effectively. Choose what you are like best.

How often: Floss once a day to remove plaque and food particles your tooth brush can't reach.

How to floss: Break off about 18 inches of floss and wind most of it around a finger; wind the rest around the same finger on your other hand. Use a careful sawing motion to slide the floss between your teeth down or up to the gum line; then gently move the thread slightly under the gums. Next, curve it into a "C" shape against the side of one tooth and sweep it up and down. Repeat for both sides of each tooth, unwinding clean floss from the first hand.



Choosing a Toothbrush



There are many varieties of toothbrushes and regardless of whether it is manual or powered, there are certain characteristics to look for:

Size. The best toothbrush head for you allows easy access to all surfaces of your teeth. For adults, a toothbrush head 1/2 wide and one-inch tall is easiest to use and most effective. It should have a long enough handle to hold comfortably it in your hand. For children, select a child size head with soft bristles.

Bristle variety. For most people, a soft-bristled toothbrush is the most comfortable and safest choice. Depending on how vigorously you brush and the strength of your teeth, medium and hard-bristled brushes could actually damage the gums, root surface, and protective tooth enamel. For even more tooth protection when you brush, be sure the bristles on the toothbrush you select have rounded tips.

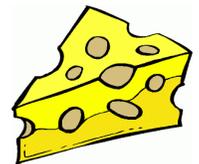
Expert recommendation. To ensure your toothbrush has undergone rigorous quality control tests for cleaning effectiveness and safety, look for manual or powered toothbrushes that have earned the Canadian Dental Association Seal of Approval.



Effectiveness. Many scientific studies have been conducted to investigate whether manual or powered toothbrushes are more effective. A review of nearly 30 studies comparing the two types found that, there was not a significant difference between electric and manual toothbrushes in their ability to remove plaque and prevent gum disease. But, evidence suggests that a certain type of powered toothbrush called a rotation oscillation toothbrush (the bristles go round and round and back and forth) is more effective than manual toothbrushes.

CHEESE! Please

If you're one of the many people who profess a love of cheese, you now have another reason to enjoy this tasty food.



A study published in the journal of the American Academy of General Dentistry, reported that eating cheese raised the pH in the subjects' mouths and lowered their risk of tooth decay. It's thought that the chewing required to eat cheese increases saliva in the mouth. Cheese also contains calcium and protein, nutrients that strengthen tooth enamel.