

Dental Care

There are now more reasons to take care of your mouth!

Around the turn of the century, bad teeth were so common that it wasn't unusual to give a woman her first set of false teeth as a wedding present. Tooth loss seemed an inevitable part of growing older. Today we know better.

Thanks to modern dental science and technology, we have new tools and methods of preserving our pearly whites, and our gums, with a minimum of fuss and bother – but you have to take advantage of these strategies for them to work.

Did you know...

- You should spend 2-3 minutes each time you brush (at least twice a day), even if using an electric toothbrush?
- Gum disease has been linked to heart problems, as well as arteriosclerosis, poor blood sugar control in diabetics, low birth weight in premature babies, and pneumonia? Some also question an association with adult acne!
- One cup of black tea has enough fluoride to help prevent tooth decay and inhibit plaque and gingivitis – and green tea has twice as much?
- You should see your dentist if your gums bleed? (Healthy gums don't bleed.)
- Chewable antacids with calcium, prescription drugs that cause dry mouth, and lozenges that contain sugar can sabotage your “smile saving” skills?
- It's never too late to prevent dental problems by consulting an orthodontist in adulthood?
- Chewing sugar-free gum, especially with xylitol (contains extra cavity-fighting ingredient), increases saliva flow? (Saliva is a natural antibacterial and your best ally against cavities.)
- The two biggest culprits of “cavity-causers” are based on the length of time any food residue remains on the teeth and the stickiness of the food?
- Aged cheeses, unsweetened yogurt, crunchy raw fruits and vegetables are some of the foods most likely to help prevent gum disease?
- Regular bad breath can be a sign of dental problems?
- 75% of adults over age 35 are affected by periodontal disease?

(Sources include: American Dental Association, American Council on Science & Health, University of Michigan School of Dentistry)