

## **“Your Health and Safety Matters!”**

**October is all about Good Oral Hygiene and Good Oral Health**



### **National Dental Hygiene Awareness Month (NDHM)**

The importance of National Dental Hygiene Month is to promote good oral health maintenance to the public.

### **Why is preventative oral health maintenance so important?**

Because if we all absorb the message of a diligent daily dental health regimen we can reduce things like kids tooth decay – about 40% of children have tooth decay by age 5, which causes more than 51 million school hours to be lost each year due to dental-related illnesses. Tooth decay & gum disease are 100% preventable!!

### **Remember: Good Oral Health = Good Overall Health!**

The “*Do The Daily 4*” message the NDHM & WOHP are focusing on spreading in 2015 involves the four most important components of preventative oral health maintenance:

#### **THE FOUR COMPONENTS OF GOOD ORAL HEALTH MAINTENANCE:**



## **Do The Daily 4 – Brush, Floss, Rinse, Chew**

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Here's how to do it...by making sure we all *Do The Daily 4*...

### **1. Brush 2x a Day, for 2 Minutes**

*Always Brush Your Teeth for 2 Minutes, Twice a Day, Every Day.*

### **Steps For Proper Brushing Technique**

#### **Get the right angle**

For the most effective brushing, tilt the brush at a 45-degree angle.

#### **Get the motion down**

Gently move the toothbrush back and forth. Be careful not to be too rough!

#### **Cover all surfaces**

Get inside, outside, top, bottom, and everywhere in between.

### **Don't forget the tongue**

Loads of bacteria lives on your tongue so make sure you remember to brush that. Bonus points for fresher breath, too.

Here are some links from the to help you find out more about how to brush your way to a healthier smile and mouth.

- [Proper brushing technique](#)
- [Tips on brushing](#)
- [Tooth brushing tips for caregivers of older adults](#)

<https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>

## **2. Floss DAILY**

*Make Flossing a Daily Habit.*

Do you floss your teeth every day?

According to [Colgate.com](#), some statistics say that nearly 80 percent of people don't floss!

Daily flossing is so important because your toothbrush doesn't reach the spaces between your teeth, and using dental floss (or [interdental brushes](#)) are the best ways to remove any remaining food particles and plaque to prevent cavities & gum disease.

Your oral health is connected to your [overall health](#), so skipping the daily flossing can actually make you more susceptible to infection, and other overall health issues like diabetes, stroke, heart disease, & prenatal complications – among others.

Flossing can also help prevent bad breath, so make sure you don't skip step two of your “*Do The Daily Four*” daily dental health routine.

<https://www.webmd.com/oral-health/features/flossing-excuses#1>

### **Did you know that daily flossing can actually *SAVE* you money at the dentist?**

By simply flossing your teeth each day you can reduce the impact on your bank account when it comes to shelling out some cash for expensive dental work to treat problems that could have been identified earlier – at a significantly lesser cost.

*“An ounce of prevention is worth a pound of cure.” – Ben Franklin*

Here are some helpful links about the importance of flossing your teeth:

[–Proper flossing technique](#)

[–Text 2 Floss](#) – A partnership between ADHA and the Arizona School of Dentistry and Oral Health. Text2Floss is a one-week interactive educational tool meant to help people develop positive oral hygiene habits through the use of mobile technology.

[–Flossing for oral health](#)

[–Flossing and interdental cleaning tips](#)

### **3. Daily Rinsing with Mouthwash**

*Rinse with Mouthwash to Improve Oral Health.*

Rinsing with an anti-microbial mouthwash every day is the third component in the “*Do The Daily 4*” steps to dental health success.

Our teeth really only account for less than half of your mouth, so make sure to put a bow on your preventative dental health regimen each day but swishing with some mouthwash.

When combing the isles searching for the best mouthwash, just try to look for an antiseptic mouthwash which has the ADA Seal of Acceptance on it.

You should also talk to your dental hygienist next time you’re in the office for that routine bi-annual checkup & cleaning.

### **4. Chewing Sugar-Free Gum**

*Chewing Gum Can Help Keep Teeth Healthy While You’re on the Go.*

Maybe you just powered down a colossal cheeseburger watching your favorite sports team, or perhaps that pistachio ice cream cone didn’t stand a chance, chewing gum after eating is a great way to give your teeth & gums a little on-the-go love.

Do you remember when gum was actually bad for our teeth?

It still is if we’re chomping down on super sweet sugar cubes of gummy deliciousness, but chewing sugar-free gum has come a long way since...

So stoke up the saliva production and help your body naturally fight against tooth decay by chewing sugar-free gum after meals!

## **A LIFETIME OF HEALTHY TEETH**

Although the healthy daily habits that lead to healthy teeth should be taught as soon as a child is old enough to do them on their own, adults should get into the habits recommended by this year's National Dental Hygiene Month regardless of their age or the condition of their teeth. Good oral health is an important part overall well-being.

For more information, the American Dental Hygienist's Association has wonderful resources on their website.

Please visit: <https://nationaltoday.com/national-dental-hygiene-month/>

**Remember: Good Oral Health = Good Overall Health!**

<http://dentalpatientnews.com/4-smile-tips-for-national-dental-hygiene-month/>

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