

Wellness 

Wednesday

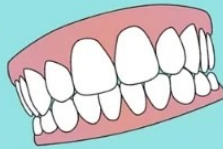
IMPROVE YOUR DENTAL HYGIENE



We all know (or should know) that brushing your teeth is extremely important to your health. However, many people fail to properly take care of their teeth because they do not know exactly what they should be doing. With the help of Colgate, I am here to help you improve your dental hygiene.

1 WHAT IS THE RIGHT WAY TO BRUSH?

Proper brushing will take you at least two minutes. Unfortunately, most people do not even come close this time. You should brush your teeth using short, gentle strokes. Make sure that you pay extra attention to the gumline and hard-to-reach back teeth.



2 WHAT TYPE OF TOOTHBRUSH SHOULD I USED?

Soft-bristled brushes are considered to be the best for removing plaque and debris from your teeth. Small-headed brushes are also preferable because they can easily reach all areas of the mouth. A powered toothbrush is a great alternative for many people because it does a better job of cleaning teeth.



3 HOW IMPORTANT IS THE TOOTHPASTE I USE?

There are many different types of toothpastes out there, each designed to help with different conditions, such as cavities, gingivitis, tartar, stained teeth and sensitivity. If you are unsure what you should be most concerned with then talk to your dentist or dental hygienist about what toothpaste is right for you.

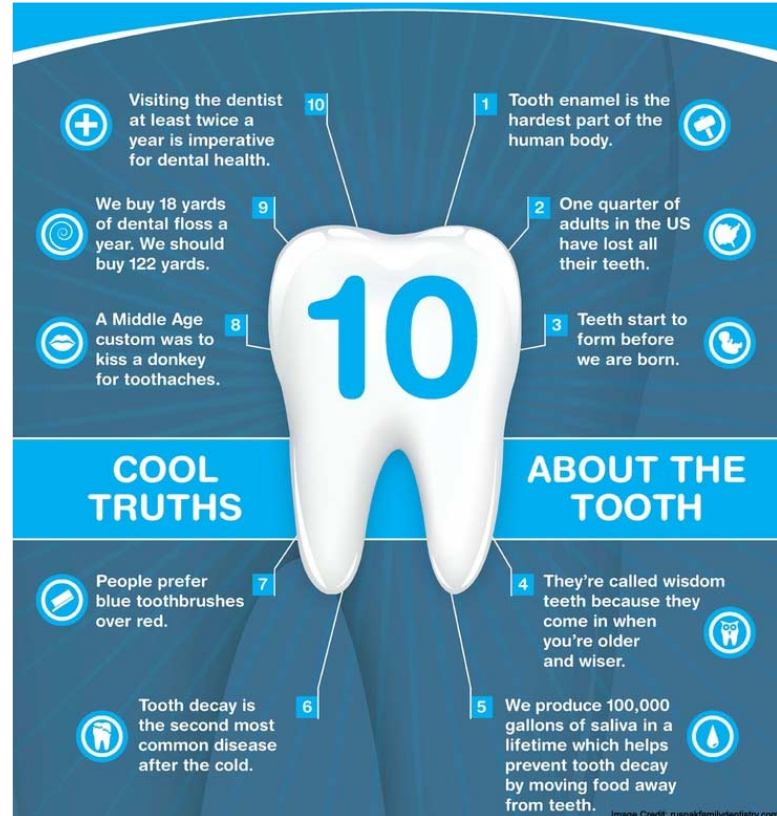


4 HOW OFTEN SHOULD I REPLACE MY TOOTHBRUSH?

You should replace your toothbrush once it begins to show some wear. This should take about three months. However, you should also replace your toothbrush anytime after you have had a cold, since the bristles can collect germs that could lead to reinfection.



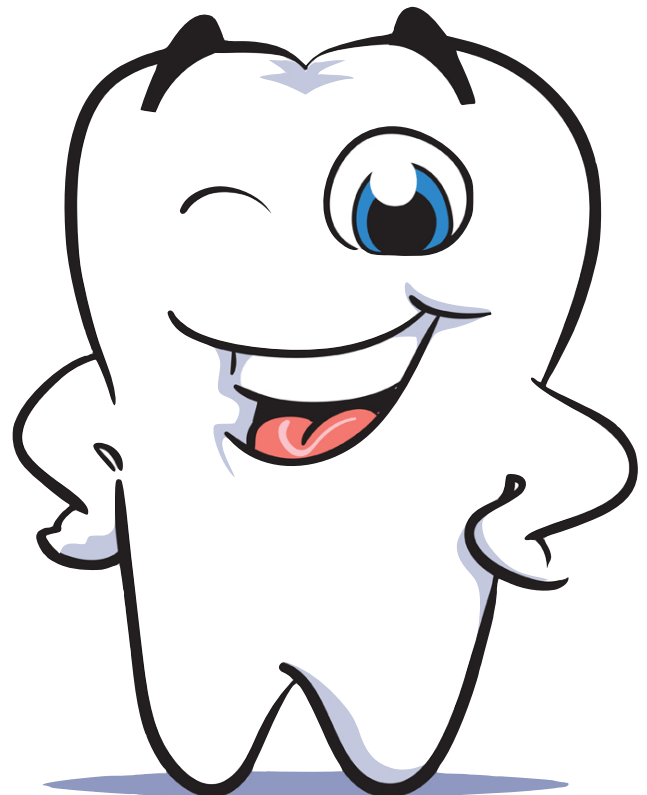
Taking Care of Your Teeth



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- 1 Tooth enamel is the hardest part of the human body.
- 2 One quarter of adults in the US have lost all their teeth.
- 3 Teeth start to form before we are born.
- 4 They're called wisdom teeth because they come in when you're older and wiser.
- 5 We produce 100,000 gallons of saliva in a lifetime which helps prevent tooth decay by moving food away from teeth.
- 6 Tooth decay is the second most common disease after the cold.
- 7 People prefer blue toothbrushes over red.
- 8 A Middle Age custom was to kiss a donkey for toothaches.
- 9 We buy 18 yards of dental floss a year. We should buy 122 yards.
- 10 Visiting the dentist at least twice a year is imperative for dental health.

COOL TRUTHS **ABOUT THE TOOTH**



HOW ORAL HYGIENE AFFECTS YOUR OVERALL HEALTH

BRAIN TISSUE DETERIORATION/DEMENCIA

People with gum disease are 70% more likely to get dementia
(source: National Health Service)

PERIODONTAL DISEASE

50% of American adults suffer from periodontal disease, which can lead to many other chronic inflammatory diseases
(source: CDC)

RESPIRATORY DISEASE

New research has found that bacteria resulting from periodontitis can move through airways into the lungs, leading to potentially life-threatening respiratory illnesses such as pneumonia
(source: United Concordia)

SEPSIS

Dental infections reaching the blood vessels within the inner pulp of the tooth may cause the infection to enter the bloodstream. This dental infection may then create an abscess and lead to sepsis
(source: Sepsis Alliance)

NEGATIVE EFFECTS ON PREGNANCY

Nearly 60 to 75% of pregnant women have gingivitis, an early stage of periodontal disease that occurs when the gums become red and swollen from inflammation. If untreated, pregnant women run the risk of transmitting oral bacteria to their newborns
(source: CDC)

MEDIASTINITIS

Inflammation of the Mediastinum, the area containing the heart, windpipe and esophagus, is linked to abscesses in teeth
(source: National Institutes of Health)

HEART HEALTH

Studies have shown that bacterial infections caused by poor dental health have the potential to negatively affect heart valves
(source: The Mayo Clinic)

OSTEOPOROSIS/BONE FRACTURES

Women with osteoporosis are three times more likely to experience tooth loss than those who do not have the disease
(source: National Institutes of Health)

DIABETES

Diabetes and bleeding gums increase your chances of premature death by 400-700%
(source: American Academy for Oral Systemic Health)



River Dental