

THE ORAL HEALTH EXPERT

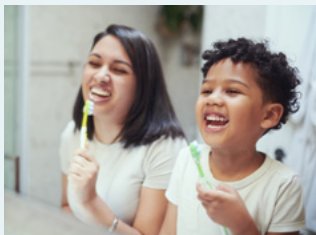
DELTA DENTAL OF ARIZONA

FEBRUARY 2022

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Is Gum Disease Putting You at an Increased Risk for Heart Disease?



American Heart Month is a great time to check your overall health. While heart disease is a leading cause of death in the U.S., some studies have found gum disease may be a factor.

The mouth-body connection

This is because your mouth and the rest of your body are part of an intertwined relationship called the mouth-body connection. How you care for your body can impact the health of your mouth. And, how you care for your mouth can impact the health of your body.

The link between gum disease and heart disease

What's linking gum disease and an increased risk for heart disease? Bacteria. When your mouth isn't cleaned properly bacteria builds up and can spread to your heart and other areas of your body through your bloodstream. This causes inflammation in your blood vessels which can lead to heart attack, stroke and heart failure.

Regularly visiting your dentist is one of the best defenses against gum disease. But you can also do some things at home to prevent gum disease and keep your heart healthy:

- Brush 2x a day with a fluoride toothpaste
- Floss at least once a day
- Eat a healthy diet
- Don't smoke or use tobacco

SHOW YOUR LIPS SOME LOVE THIS MONTH



This Valentine's Day, give your smile some special attention. These easy, inexpensive ideas can make a big difference to your oral health:

1. Use a lip balm with SPF 15+ to protect your lips from oral cancer
2. Chew sugarless gum to prevent cracked lips caused by dry mouth
3. Wear a mouthguard to avoid injuries during activities like skiing, basketball or hockey

If you're also noticing some pesky side effects from wearing a face mask, here are a few extra tips to keep your mouth happy and healthy.

Mouth sores

Bacteria love to grow in a hot and humid climate like the one under your mask. This overgrowth of bacteria can cause an inflammatory condition causing the corners of the mouth to crack or bleed.

How to fix it: Avoid mouth breathing while wearing a mask because your breath is warm and moist. Try to breath in and out through your nose.

Dry lips

Trapped moisture in the mask can irritate your lips, making you lick or pick at your lips more than normal. This daily irritation can lead to dry or cracked lips.

How to fix it: Keep a lip balm with you and reapply during the day. You can also exfoliate your lips by gently rubbing them with a soft-bristle toothbrush every night before bed.

SMILE STATS



Laughing is good for your heart. It reduces stress and gives your immune system a boost.¹



You could fill 2 swimming pools with your saliva. Over the course of your lifetime you'll produce over 25,000 gallons of spit.²



A snail's mouth is no larger than a pinhead, but has more than 25,000 teeth.³

Cavities Are a Big Problem for Little Teeth



Kick off Children’s Dental Health Month by learning how important it is to establish good oral hygiene habits from a young age.

It doesn’t take long for some children to develop cavities — even before all their other baby teeth come in. More than 1 in 5 children between the ages of 2 and 5 have at least one cavity in their baby teeth.

Cavities, also known as tooth decay, are one of the most common chronic diseases among children. But the good news is that cavities are nearly 100% preventable.

The importance of preventing cavities in babies and toddlers

Healthy teeth help children chew, speak and smile. Tooth decay can make it difficult for young children to perform these functions well.

Cavities can lead to crowding or crookedness. And if cavities in children go untreated, they can cause pain, infections and problems learning.

How cavities form in young ones

Cavities are caused by bacteria in the mouth that produce acid that attacks teeth. These bacteria feed on sugary or starchy foods and drinks that linger on your child’s teeth.


A common cause of more severe decay, known as baby bottle tooth decay, develops when an infant or toddler often consumes drinks containing sugar — including milk — for long periods of time.

Tips for cavity prevention

Follow these tips to help prevent cavities in infants and toddlers:

- Supply them with healthy drinks and food
- Avoid passing bacteria to your child by sharing utensils or drinks
- Start a good hygiene routine early
- Visit the dentist by age 1
- Make sure they’re getting the right amount of fluoride through toothpaste or by drinking fluoridated tap water

MOUTH-HEALTHY RECIPE: DARK CHOCOLATE KIWI POPS

<p>Ingredients:</p>	<p>Directions:</p>
 <p>1 cup dark chocolate chips</p>	<ol style="list-style-type: none"> 1. Insert a lollipop stick through the edge of each kiwi slice. 2. Place them on a tray lined with wax paper and freeze for 4 hours.
<p>6 large kiwis, peeled and cut into rounds that are 1/8" to 1/2" thick</p>	<ol style="list-style-type: none"> 3. Melt the dark chocolate and coconut oil together. 4. Dip each frozen kiwi slice into the melted chocolate, covering evenly.
 <p>1/4 cup coconut oil</p>	<ol style="list-style-type: none"> 5. Enjoy immediately or refreeze to eat later!
 <p>Lollipop sticks</p>	

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deltadentalazblog.com



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SOURCES

¹<https://www.healthline.com/health/fun-facts-about-the-heart>

²<https://www.wearebitesize.com/7-fun-facts-about-kids-teeth/>

³<https://www.oakvillefamilydental.com/dental-tips/shocking-facts-about-teeth/>