

THE ORAL HEALTH EXPERT

DELTA DENTAL OF ARIZONA

JANUARY 2022

OPEN WIDE SEE WHAT'S INSIDE



P.2 Why bacteria aren't always bad for your mouth



P.3 How much calcium do you need



P.4 Healthy Recipe: Spicy Roasted Chickpeas

6 Resolutions That Help Your Smile



Don't forget about your smile when making New Year's Resolutions. Check out our six healthy tips for a brighter 2022.

1. Relieve stress to help avoid cold sores, teeth grinding and gum disease
2. Drink more water throughout the day to help clean your teeth
3. Eat tooth-friendly foods like fruits, vegetables, nuts, cheese and sugar-free yogurt to prevent cavities
4. Avoid tobacco, including vaping, to help prevent oral cancer and other diseases
5. Limit alcohol and soda to reduce sugars and acids that damage teeth
6. Visit the dentist regularly to help prevent or catch oral issues early

Plan and practice to perfect your new healthy habits. Set realistic expectations, take baby steps and celebrate each tiny victory. Here's to your healthiest and happiest year yet!

WHY BACTERIA AREN'T ALWAYS BAD FOR YOUR MOUTH



You've likely heard that probiotics can be good for gut health. But did you know they may also have benefits for your smile?

Probiotic bacteria live naturally in your body but can also be found in many enriched and fermented foods, including:

- Most yogurts
- Cultured cottage cheese and buttermilk
- Soft cheeses
- Kimchi (fermented vegetables)

Probiotics are also available in some dietary supplements, including lozenges, pills, tablets and powders, and in some oral health products like probiotic mouthwash that reduces bad bacteria in your mouth.

How do probiotics work?

Your body has trillions of bacteria, both good and bad. Probiotics make up the good bacteria that help keep you healthy.

For example, probiotics that benefit oral health may be different than the ones that help your gut. The probiotics that may help improve oral health appear to promote the growth of good bacteria in your mouth. At the same time, these probiotics reduce the growth of harmful bacteria.

What effects do probiotics have on oral health?

Although more research is needed, some studies show bacteria with probiotic effects may help:

- Fight plaque and tooth decay
- Stop bad breath
- Reduce inflammation from gum disease
- Prevent oral cancer¹

For most people, keeping a healthy balance of good and bad bacteria is as simple as eating a well-balanced diet.

If you're thinking of taking a probiotic supplement, talk with your dentist or doctor first to make sure it's safe and beneficial for you.

SMILE STATS



Every tooth is unique. No two teeth are exactly the same shape and size. So, your smile is a true mark of your individuality.²



Around 5,000 B.C. the Egyptians used crushed eggshells and ground animal hooves to clean and polish their teeth.²



When babies are born, the crowns of their first 20 teeth are already under the gums just waiting for the right time to break through.²

How much calcium do you need?



Even though calcium is one of the most plentiful minerals, your body can't make it. That means you need to get calcium from your diet. Here's why getting enough calcium is important for your total and oral health.

Why is calcium so important to your oral health?

Calcium is key to maintaining strong, healthy teeth and bones. It strengthens tooth enamel — the hard outer shell — and helps maintain the bone that supports your teeth. Healthy enamel protects your teeth from cavities and erosion. Calcium in your saliva can even help repair damage to teeth caused by acids.

Why is it also vital to your overall health?

Calcium plays a major role in bone health by helping you maintain bone mass. When your body needs more calcium, it takes it from your bones. This means a low intake of calcium can lead to bone loss, osteoporosis and a higher risk of bone fractures.

What's your recommended daily intake of calcium?

The amount of calcium you need is based mostly on your age. Growing children and teenagers need more calcium than adults. And as we age, changing hormone levels result in the need for more calcium to reduce bone loss.

Here's the recommended amount of calcium (in milligrams) you should try to consume daily according to the FDA:

Children:	Adults:
1-3 years old: 700 mg	19-50 years old: 1,000 mg
4-8 years old: 1,000 mg	51-70 years old: 1,000 mg (men), 1,200 mg (women)
9-18 years old: 1,300 mg	70+ years old: 1,200 mg

How can I get enough calcium?

You can only get calcium from foods, beverages and supplements. The best sources include:

- Dairy products like milk, cheese and yogurt
- Sardines, salmon and canned shrimp
- Foods fortified with calcium
- Dark green leafy vegetables like collard and turnip greens, kale and spinach

You may want to spread out your calcium intake over the course of the day because your body can't absorb too much at once. If you are worried you might not be getting enough calcium, talk to your doctor or dentist before starting any supplements. Too much calcium from supplements can result in weak bones, kidney stones and more.

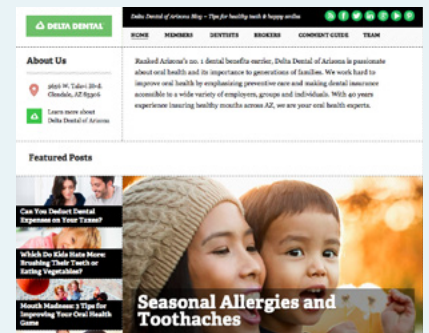
MOUTH-HEALTHY RECIPE: SPICY ROASTED CHICKPEAS

Ingredients:		Directions:
 <p>2 cans (15 ounces each) garbanzo beans</p>	 <p>2 tablespoons olive oil</p>	<ol style="list-style-type: none"> 1. Preheat oven to 375 F. 2. Drain garbanzo beans and rinse with water.
 <p>1 teaspoon ground cumin</p>	 <p>1 teaspoon chili powder</p>	<ol style="list-style-type: none"> 3. Spread beans on paper towel and let dry for 30 minutes. 4. Line a cookie sheet with foil or parchment paper and spread dried beans evenly on sheet.
 <p>½ teaspoon cayenne pepper</p>	 <p>½ teaspoon sea salt</p>	<ol style="list-style-type: none"> 5. Bake for 40 to 60 minutes until crunchy. 6. Transfer to a bowl and mix with olive oil. 7. Stir in seasonings. 8. Enjoy!

WANT MORE ORAL HEALTH TIPS AND NEWS?

VISIT THE DELTA DENTAL OF ARIZONA BLOG

deltadentalazblog.com



CONNECT
with us



SOURCES

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7079586/>

²<https://www.mouthhealthy.org/en/fun-teeth-facts>