

# THE ORAL HEALTH EXPERT

DELTA DENTAL OF ARIZONA

JUNE 2020

## OPEN WIDE SEE WHAT'S INSIDE



**P.2** A Simple Guide to Mouthwash



**P.3** Are Grilled Foods Good for Teeth?



**P.4** Healthy Recipe: Easy Grilled Chicken with Homemade Dry Rub

## Gearing Up for Summer Sports



With warmer weather and longer days, many people are much more active in the summer. Though you've probably already stocked up on sunscreen and summer sports gear, here are some precautions to take when it comes to your teeth.

### Use a Mouth Guard for Contact Sports

Are your kids running the bases this summer? If so, be sure to have them fitted for a mouth guard before the season starts. After all, you want to celebrate a successful slide into home with cheers and hugs—not an emergency dentist trip.

By the way, that advice goes for you, too. Whether you're participating in your office summer volleyball league or showing off your slow pitch skills against company rivals, make sure you wear a mouth guard. That's one way to ensure that the water cooler crowd is talking about your sweet spike instead of your newly gaping grin.

### Keep an Eye on the Sports Drinks

A cold sports drink is pretty refreshing to help recover after a hard summer workout or run. Unfortunately, for routine consumption, most sports drinks aren't doing your teeth any favors thanks to the sugar and citric acid they contain. Before you buy a beverage for routine consumption, check out the label. Choose one that's sugar-free or stick with good old H<sub>2</sub>O instead.

### Schedule Back-to-School Dentist Appointments

Summer always seems to fly by! Don't forget to schedule back-to-school dentist appointments for your family. Routine cleanings and exams will help catch potential problems early-on before they turn into painful and costly concerns. Cleanings also keep your smile sparkling by removing tartar build up and tough stains.

These simple tips will help keep you smiling all summer long.



# A Simple Guide to Mouthwash



Mouthwash, also known as mouth rinse, offers a solution to bad breath and can be a great addition to your oral health routine. It is designed to be held in the mouth, swished around and then spit out. Mouthwash typically contains antimicrobial ingredients that can reduce gingivitis-causing bacteria. It can't replace brushing or flossing but it may provide some additional benefits.

## Types of Mouthwash

There are two types of mouthwash you can choose from: cosmetic and therapeutic.

- **Cosmetic mouthwash** is an over-the-counter product that helps to temporarily control bad breath and leaves behind a pleasant taste but has no chemical or biological application—which means it will not fight plaque, gingivitis, or cavities. Cosmetic mouthwash can, however, help to remove oral debris that might linger after brushing teeth and leave your mouth feeling cleaner than before.
- **Therapeutic mouthwashes** often have multiple benefits. They have active ingredients that, depending on the specific formula, address or help prevent various oral diseases and conditions. Besides freshening breath, some even offer whitening capabilities. Many therapeutic mouthwashes are available over the counter, but some require a prescription from your dentist depending on the active ingredient or the strength.

## Oral Health Conditions Mouthwash Can Address

Different formulations of therapeutic mouthwash can treat or address a variety of oral health concerns, including:<sup>1</sup>

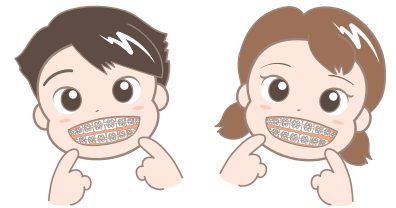
- Bad breath
- Gingivitis
- Tooth decay
- Whitening
- Dry mouth
- Dry socket(s)

Mouthwash is not required for good oral health, but it can help! Keep in mind, mouthwash sometimes masks the signs of an underlying problem, such as bad breath. If you experience any persistent oral health symptoms, talk to your dentist. Your dentist can give you advice on the best products to use in your daily dental care routine.

# SMILE STATS



George Washington's dentures have withstood the test of time. You can find them on display at the National Museum of Dentistry in Baltimore, Maryland.<sup>2</sup>



Straight teeth are all the rage! An estimated 3.9 million children are orthodontic patients in the U.S. today.<sup>3</sup>



In some countries, like Greece and Brazil, it's tradition for kids to throw their baby teeth up onto the roof after they fall out.<sup>4</sup>

# Are Grilled Foods Good for Teeth?



If you like to add a little sizzle to your summer, you've probably already cooked up some mouth-watering foods on your grill this season. But don't forget to keep your smile in mind. Here are some foods to get fired up about grilling—and a few to avoid putting on your cookout menu—to maintain good oral health.

## Meats and Plant-Based Alternatives

Because they're rich in protein and a great source of phosphorous, meats help build and maintain strong teeth. Meat also requires a lot of chewing that produces saliva to help wash away food particles and acids that can cause tooth decay. For the healthiest choices, look for lean cuts of red meat, fish and skinless poultry.

As an alternative, plant-based burgers have recently risen in popularity. Many plant-based meat alternatives contain as much protein as a beef burger and can also benefit your oral health.

## Sauces, Marinades and Dry Rubs

While meat and meat alternatives are generally good for your teeth, be careful how you enhance their flavor. Most barbecue sauces are high in cavity-causing sugar. And marinades can be highly acidic due to ingredients like vinegar, citrus juices and wine that are used to tenderize meat. To avoid acids and added sugars, try flavoring your meat with a dry rub. If you don't add sugar, these mixtures of herbs and spices offer a ton of flavor, without the dental danger.

## Produce

Many tooth-friendly vegetables are delicious grilled, including asparagus, zucchini, onions, and carrots. Consider topping your burger with healthy leafy greens, like spinach, kale and lettuce. Crunchy lettuce also increases the flow of teeth-cleaning saliva. Of course, corn-on-the-cob is a summer grilling favorite. However, eating it can damage fillings, sealants and braces. And it gets stuck in teeth. If corn is on your menu, try cutting it off the cob.




## Add-ons

Go ahead and add a slice of cheese to your burger. It's high in calcium and phosphorus to strengthen and protect tooth enamel. However, proceed cautiously with these:

- Ketchup, like barbecue sauce, is high in sugar. Use it in moderation.
- Pickles and tomatoes are acidic. Eat them as part of a meal, rather than as a snack.
- Buns usually contain sugar. If you use them, choose whole wheat for more fiber and lower sugar. Go for a seedless variety so seeds don't get stuck in your teeth.

Keep this guide in mind when you shop for your next backyard barbecue to help keep your smile healthy.

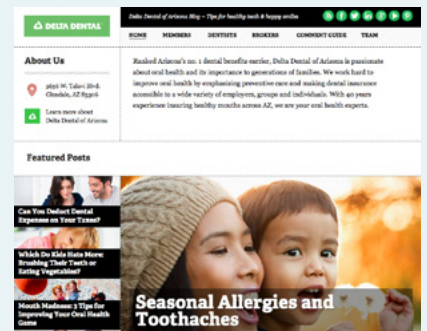
# MOUTH-HEALTHY RECIPE: EASY GRILLED CHICKEN WITH HOMEMADE DRY RUB

Ingredients:	Directions:
 <ul style="list-style-type: none"> <li>• 1 Tbsp. garlic powder</li> </ul>	
<ul style="list-style-type: none"> <li>• 1 Tbsp. ground cumin</li> </ul>	<ol style="list-style-type: none"> <li>1. Preheat grill to medium-high heat of about 375° F to 400° F.</li> </ol>
<ul style="list-style-type: none"> <li>• ½ tsp. ground coriander</li> </ul>	<ol style="list-style-type: none"> <li>2. Mix spices and olive oil in a small bowl.</li> </ol>
 <ul style="list-style-type: none"> <li>• ½ Tbsp. smoked paprika</li> </ul>	<ol style="list-style-type: none"> <li>3. Rub spice mixture on both sides of the chicken breasts.</li> </ol>
<ul style="list-style-type: none"> <li>• ½ Tbsp. sea salt</li> </ul>	<ol style="list-style-type: none"> <li>4. Grill each side of the chicken for 4 to 7 minutes or until internal</li> </ol>
<ul style="list-style-type: none"> <li>• 1 tsp. black pepper</li> </ul>	<p>temperature reads 165° F.</p>
<ul style="list-style-type: none"> <li>• 1 Tbsp. olive oil</li> </ul>	<ol style="list-style-type: none"> <li>5. Remove chicken breasts from the grill and let them rest for 5 minutes</li> </ol>
<ul style="list-style-type: none"> <li>• 4 chicken breasts</li> </ul>	<p>before serving.</p>
	<ol style="list-style-type: none"> <li>6. Enjoy!</li> </ol>

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[deltadentalazblog.com](http://deltadentalazblog.com)



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## SOURCES

<sup>1</sup><https://www.ada.org/en/member-center/oral-health-topics/mouthrinse>

<sup>2</sup><https://www.atlasobscura.com/places/national-museum-dentistry>

<sup>3</sup>[https://www.aaoinfo.org/\\_/press-room/](https://www.aaoinfo.org/_/press-room/)

<sup>4</sup><https://www.cbc.ca/kidsCBC2/the-feed/tooth-fairy-or-tooth-mouse-4-legends-from-around-the-world>