

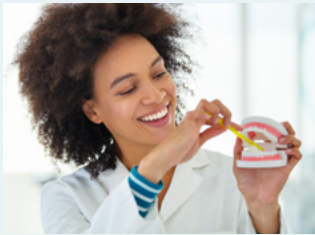
THE ORAL HEALTH EXPERT

We're observing National Women's History Month by looking back at the influences of female dentists and exploring how your family history influences your smile.

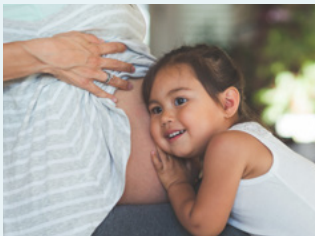
DELTA DENTAL OF ARIZONA

MARCH 2019

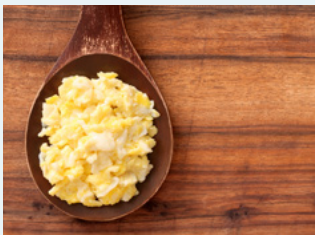
OPEN WIDE SEE WHAT'S INSIDE



P.2 The History of Women in Dentistry



P.3 Why Moms-to-Be Need Extra Dental TLC



P.4 Healthy Recipe: Creamy, Cheesy Scrambled Eggs

What Your Family History Says About Your Teeth



Your genetics may provide a window into your risk for oral health issues. Understanding your family history can help you stay prepared to keep cavities and gum disease at bay.

Your parents probably told you candy causes cavities, but that's not the only thing that causes them. Risk for cavities is 60 percent due to genetic factors such as preference for sweets, teeth enamel strength and saliva composition, according to the University of Pittsburgh School of Dental Medicine.¹ If members of your family often develop cavities, you might want to talk with your dentist about sealants or fluoride treatments.

Genetics also play a role in gum disease, meaning you may have a predisposition for gum disease based on your family history.² Gum disease starts with gingivitis, which can cause swollen, red and bleeding gums. Over time, it can develop into a more severe condition called periodontitis if not treated. When this occurs, gums become infected³ and can lead to eventual tooth loss.⁴ If you have a family history of gum disease, stay extra vigilant about gum health by telling your dentist and looking for early signs.

While it's not genetic, there is a direct relationship between how children take care of their teeth and how their parents do.⁵ Children learn the importance of preventive care like brushing, flossing, visiting the dentist and eating healthy predominately from their parents. If they aren't taught this early on and don't develop proper habits, they may overlook oral health, leading to problems down the road.

During your next family reunion, ask uncle Joe and cousin Sarah if they find it easy to keep their smiles healthy. Besides a little extra fodder for conversation, it might help you find some insight into your smile!



THE HISTORY OF WOMEN IN DENTISTRY



To celebrate National Women's History Month, take a look at the tremendous women who have changed dentistry for the better. Although we couldn't cover all the pioneering women who helped shape dental care, we've included just some of their milestone stories.

Lucy Beaman Hobbs Taylor

The first woman to graduate from dental school had some roadblocks to overcome. When Lucy Beaman Hobbs Taylor was initially denied admittance to the Ohio College of Dentistry, she forged her own route.⁶ First, she found a mentor. Then, she taught herself the principles of dental care until she was proficient enough to open her own practice in Iowa. She was eventually permitted to enroll in dental school and graduated in 1866.⁷

Ida Gray Nelson⁸

Ida Gray Nelson became interested in dentistry while working part-time in a dental office. This experience helped her pass the entrance exam for her dental degree. After receiving her degree at the University of Michigan in 1890, she moved to her hometown of Cincinnati, Ohio, to open her own practice as the first African-American dentist.

Grace Rogers Spalding⁹

In 1913, Grace Rogers Spalding joined efforts with another female dentist named Gillette Hayden to form the American Academy of Periodontology and holds the title of the academy's first female president. Additionally, she left a lasting impression on periodontology practices as an editor of the Journal of Periodontology for 20 years. In her work, she emphasized the importance of gums and supporting tooth structures instead of merely focusing on teeth.

Sara Gdulin Krout

Sara Gdulin Krout became the first female dentist to serve in the U.S. Navy in 1944. At the time, the military restricted women from providing dental care, so Krout became a lieutenant in the U.S. Navy Women Accepted for Volunteer Emergency Service.

Today, roughly half of dental school graduates are female¹⁰ compared to just over 1 percent in 1968. Thanks to the bold efforts of female dental professionals, the path is more open than ever for women to make their mark on dentistry.¹¹

SMILE STATS



In 1997, Mattel released the first dentist Barbie doll.¹² Today, female dentists have more opportunities than ever.



The effectiveness of your saliva at maintaining healthy teeth is influenced by genetics.¹³ Luckily, proper oral health care can keep your smile strong.



Roughly half of adults over 30 have gum disease.¹⁴ To find out how healthy your gums are, speak to your dentist during your next visit.

Why Moms-to-Be Need Extra Dental TLC



Ask any expecting mother what she wants to get done before her bundle of joy arrives and you'll likely be greeted with a mile-long to-do list. What may not be on that list, though, is some extra care in the dental department.

After a newly expecting mom makes her first doctor's appointment, she should dial up her dentist as well. A dental checkup and cleaning during the first trimester will allow the dentist to identify any problems that should be taken care of during the second trimester, the safest time for dental work during pregnancy. If a dental emergency should happen to crop up during the third trimester, the mom-to-be should consult her obstetrician before moving forward with any procedures.

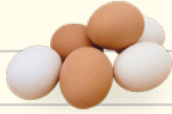
Increased hormones – specifically, estrogen and progesterone – are the culprits behind many pregnancy woes; how gum tissue reacts to plaque is no exception. Gingivitis, the first stage of gum disease, is what happens when plaque isn't removed from teeth. "Pregnancy gingivitis" affects some expecting women, usually sometime between the second and eighth month of pregnancy, and is characterized by redness, swelling, tenderness and bleeding. To make sure plaque build-up doesn't occur, pregnant women should be sure to brush twice a day with fluoride toothpaste and floss at least daily, paying special attention to the gum line.

"Pregnancy tumors," red growths of gum tissue found between the teeth, may also make an unwelcome appearance during pregnancy. The good news? They're totally benign and usually go away on their own. If the "tumors" are irritating or interfering with the ability to clean teeth or eat, however, they may have to be surgically removed.

Staying on top of cleanings and plaque production during pregnancy isn't just beneficial to the mother – studies have shown that a pregnant woman's oral health is linked to her baby's overall health. Help keep your teeth and your baby healthy by giving your oral health a little extra attention during pregnancy.

MOUTH-HEALTHY RECIPE: CREAMY, CHEESY SCRAMBLED EGG

Ingredients:



8 eggs



4 teaspoons milk



Salt and pepper to taste



2 tablespoons softened butter



1/4 cup grated cheddar cheese

Directions:

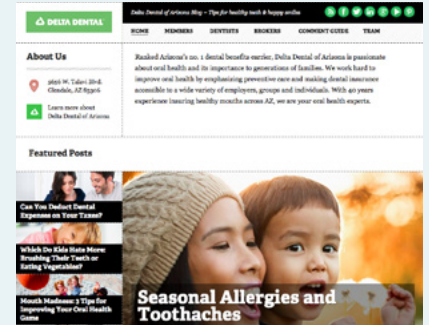
In a mixing bowl, combine eggs, salt, pepper and milk. Beat mixture for about 30 seconds until thoroughly blended.

Next, melt 1 tablespoon butter in a pan, covering the bottom and sides to prevent eggs from sticking. Pour egg mixture into pan and cook over moderately low heat. Continuously and slowly stir the mixture. After 2 to 3 minutes, eggs will start to thicken into a custard form. Stir mixture quickly, moving pan off heat from time to time. Cook until eggs are thickened to your preferred consistency. Remove from heat and pour remaining butter and cheese into pan, mixing to combine. Serve and enjoy.¹⁵

WANT MORE ORAL HEALTH TIPS AND NEWS?

VISIT THE DELTA DENTAL OF ARIZONA BLOG

deltadentalazblog.com



CONNECT
with us



SOURCES

¹<https://www.cnn.com/2014/07/03/health/tooth-decay-causes/index.html>

²<https://www.perio.org/consumer/gum-disease-risk-factors>

³<http://oralhealth.deltadental.com/Search/22.Delta19n>

⁴<http://oralhealth.deltadental.com/Search/22.DD32>

⁵http://www.scielo.br/scielo.php?pid=S0021-75572013000200003&script=sci_arttext&lng=en

⁶<http://dent.umich.edu/about-school/sindecuse-museum/timeline-women-dentistry/>

⁷<https://nlgroup.com/dental-cpa-blog/history-women-dentistry/>

⁸<https://blackpast.org/aah/rollins-ida-gray-nelson-1867-1953>

⁹<http://dent.umich.edu/about-school/sindecuse-museum/grace-rogers-spalding%E2%80%9494periodontics>

¹⁰<https://nlgroup.com/dental-cpa-blog/history-women-dentistry/>

¹¹<https://www.ada.org/en/publications/ada-news/2016-archive/january/women-in-dentistry-see-progress-continued-challenges>

¹²<https://www.cnet.com/pictures/barbies-careers-though-60-years-from-fashion-designer-to-robotic-engineer/26/>

¹³<https://www.cnn.com/2014/07/03/health/tooth-decay-causes/index.html>

¹⁴<https://www.mouthhealthy.org/en/common-myths-of-gum-disease>

¹⁵<https://www.everydayhealth.com/hs/healthy-teeth/best-foods/>